

From Namaste to Herne Bay at Lulworth House Residential Care Home



We've enjoyed pampering our ladies and gents recently with one of our Namaste sessions here at Lulworth House Residential Care Home.

Our residents relaxed with **massages**, **foot spas** and **nails painting**, in our soothing environment – *so good for the soul.*

We've been keeping active too with '**Active armchairs**', when our residents used **resistance bands** to exercise their arms and upper bodies, which created lots of laughs! **Target games** too have helped keep our hand-eye co-ordination well practised.

And we had a lovely seaside trip out to **Herne Bay** in our minibus, which was a real breath of fresh air. We all spent time admiring the blue skies and beautiful scenery. *Such an uplifting place.*



