

From shopping trips to guinea pigs at Lulworth House Residential Care Home



Never a dull moment for our residents here at Lulworth House Residential Care Home. Over the last week our wonderful Recreation and Well-Being team have hosted a variety of events for our ladies and gents to enjoy:

Pub Afternoon

Our residents enjoyed a nice glass of bubbly, a classic pub quiz, followed by and a sing-song. We also decorated cupcakes for an extra bit of fun!

Shopping Trip

A small group of our ladies took a trip to the local garden centre to get some supplies for our guinea pigs. We also bought some lovely flowers for **Mother's Day**, and stopped in the sun for a yummy ice cream before coming home.

Guinea Pigs at home

Our guinea pigs, **Bubble and Squeak**, bring a lot of joy to our residents. We're just waiting for the weather to warm up and they'll be moving outside into their new run!

Music for Health

Our ladies and gents always enjoy the regular **Music For Health** sessions. They provide fun, light exercise and music – all rolled into one workshop! Last week residents joined in with music instruments and pom moms before taking part in a quiz.

Namaste Treatments

Our weekly Namaste sessions have become very popular with all the ladies here at **Lulworth House**. Every Tuesday, they get really excited to have their nails done or a gentle massage. With calming music in the background, our ladies can choose from a hand or foot massage, aromatherapy treatments with essential oils, and a relaxing foot spa.

Nibbling fresh fruits and sipping herbal teas is part of the Namaste treatment – a real treat for the senses. Some of four ladies enjoyed flavoured coffees and a fresh cake too, but everyone finished the session feeling happy and content, with a smile on their face.











