

## Namaste, knitting and fundraising at Lulworth House Residential Care Home



Last week, a number of our residents enjoyed a Namaste and sensory therapy session, which is always very popular here at Lulworth House Residential Care Home. Our ladies and gents relaxed in the darkened room with stimulating sensory lights, which are so calming and captivating.

Our ladies have also been exercising their fingers this week, as they've been busy with **knitting club** - a very sociable group who love to knit and natter!

Our vocal cords have also been exercised with one of our very popular **piano singing session**; it's lovely to hear the piano playing in our **Home**.

We also held a **Children in Need** tea morning last week, when we had a trolley full of scones and jam, and Pudsey biscuits, to tempt everyone. We were delighted to **raise £30** from our cookie sale to donate to the charity. *Thank you to everyone who supported us.*



