

The latest news from Lulworth House Residential Care Home



From Wales to India

It's been a busy couple of days here at Lulworth House Residential Care Home – getting ready to 'set sail' to India with our armchair travel adventure "Around the World with Nellsar Cruises". We also made lots of decorations and coloured in daffodils to celebrate St David's Day on Monday 1 March.

Happy birthday Anne

We celebrated our resident **Anne's 88th birthday** in style recently, when we went for a drive to **Herne Bay** and partied on the bus. With banners, balloons and a cheeky glass of wine or beer, a good time was had by all, with beautiful scenery to look at too.

Pub afternoon

A **Lulworth House** motto, "*If you can't go to the pub, we'll bring the pub to you!*" came to life when we enjoyed a pub afternoon at the **Home** last week. With a selection of drinks and nibbles, we listened to our own juke box selection and enjoyed lots of laughter and dancing!

Exercise and well-being

We have been stretching our legs and enjoying the sunshine this week, going for short walks. It has been interesting to look at the nearby houses, deciding which ones we would buy if we won the lottery!

Our **Recreation and Well-Being** staff have been working alongside the lovely **Nina** (*Well-Being Team*) to put together a sleep programme. We want to promote healthy mental and physical well-being among our residents and staff, by having a relaxing evening sensory session with lots of lights, music and scents.

This has gone down a treat and has shown to be a meaningful activity among staff and residents, who are sleeping well – *no more counting sheep!*



