

Wellbeing activities at Lulworth House Residential Care Home



This week our residents have enjoyed a number of relaxing activities which have promoted a lovely sense of well-being here at Lulworth House Residential Care Home.

Yoga and pets

Our ladies have been stretching at a **yoga session with Nina**, which is always so calming and good for the body and mind. They have also enjoyed spending time stroking our lovely **Guinea pigs**, who love to sit on laps and get all the attention! Pets are so therapeutic and we love to see them being cared for as part of our family.

Some of our residents got involved with some household tasks too, which can provide a sense of purpose and pride; thanks goes to Joyce who enjoyed doing some hoovering around our **Home**.

Birthday wishes

We celebrated **Edna's 94th birthday** last week on Thursday 11 June. We sang '*Happy birthday*' to her and presented her with the wonderful birthday cake our ladies had made and decorated with buttercream icing and sprinkles for her.

Edna loved her celebrations and a special visit from her daughter was the cherry on top!

Namaste

On Friday 12 June we held one of our relaxing **Namaste sessions** in our **Home**, which are always very popular.

Our ladies love the **scents** from our diffusers and the **relaxing music** we play, and very much enjoy a relaxing foot or hand **massage** and getting to choose from our selection of colourful nail polishes.

It's lovely to pamper them!







