

World Mental Health Day creativity at Lulworth House Residential Care Home



To mark World Mental Health Day 2023, we delved deeper into the things that make us happy here at Lulworth House Residential Care Home by creating individual 'brain collages' to represent everything that is good for our own mental health.

Everyone used **old magazines and newspapers** to find the pictures that resonated the most with them. They then stuck them on to their **brain templates** to show what they enjoy the most – highlighting the things that can best improve their mental wellbeing.

Our residents chatted about how mental health wasn't a common topic of conversation when they were younger, and how great it is to see people acknowledging it now.

