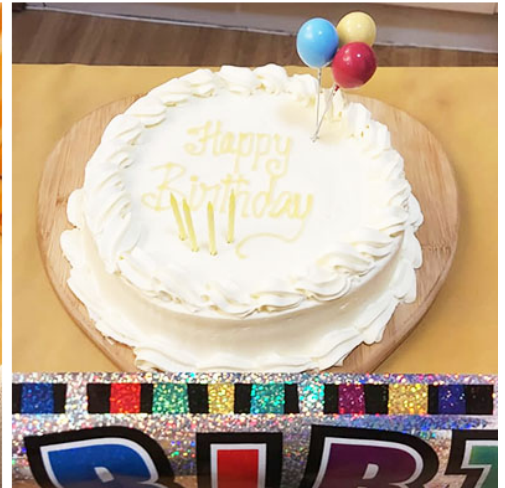


## Enjoying an outing and engaging activities at Bromley Park Care Home



### Garden Centre outing

Last week, our Bromley Park Care Home resident Colin and his daughter-in-law enjoyed a lovely trip to Polhill Garden Centre with the support of our work experience team member Tylor and a number of other residents.

After having a good look around and talking about the different items they had seen, the group relaxed with **pasties and cups of tea** in the cafe.

Colin said he'd really loved the garden centre and we're sure we'll be visiting again before too long.

### Bingo and flowers

During the week, Rita, Colin, Engin and Gwen all enjoyed a **game of bingo** together and were very pleased to win small gift prizes. A number of our residents also enjoyed **flower arranging** which sparked a lot of conversation about gardening and different types of flowers.

### Namaste and birthday celebrations

Colin, Gwen and Janet enjoyed a **Namaste session** with Linda when they relaxed for an indulgent **foot spa and massage** which is wonderfully soothing for the senses.

**One of our ladies also celebrated her birthday** and loved seeing different members of her family throughout the day who came to celebrate with her. Our team members sang '*Happy birthday*' to her and our Chef also made a **lovely cake** which went down a treat!