

Fresh air and football skills at Bromley Park Care Home



Spring sun

We've been enjoying the spring weather recently here at Bromley Park Care Home – a wonderful chance to get outside in the garden for a boost of vitamin D. ☀☀

Fresh air is so important and our residents were armed with their blankets as they took in some early spring sunshine. They enjoyed the **sound of the birds** and appreciated the lovely **daffodils** we planted in the autumn.

Football skills

Exercise is an important part of the day at **Bromley Park** and Donald enjoyed showing off his **footie skills** with Douglas recently.

Wait until the summer and we'll be out the garden*with jumpers for goalposts?!*