

A love of knitting at Lukestone Care Home



Who says that knitting is 'not fun' or 'boring'? We love it at our Home! We've proved at Lukestone Care Home that we can keep our hobbies alive, whatever our skill level.

We like to 'think outside the box' and celebrate our residents' preferences in a unique way - reminiscing, creating together and just being together.

Our ladies love to knit babywear so we decided to **knit some baby boots**. Knitting can **reduce stress, improve dexterity** and can also help with **hand-eye coordination and increased brain activity**.

Most of all we believe it brings people together and **build bonds with our residents** – *keep knitting!*