

Blooming marvellous at competition at Lukestone Care Home



Springtime has arrived and our Recreation and Well-Being Team here at Lukestone Care Home were ready! We've had some fun with flowers recently, from sunflowers to daffodils and hyacinths, ahead of a sunflower competition.

We have been gardening with sunflower seeds and planting daffodil and hyacinth bulbs. We are curious as to how the flowers will turn out and how tall the sunflowers will grow, and we're very excited to follow the progress!

We really like flowers at **Lukestone**, and having the opportunity to plant daffodils and hyacinths really made us happy. Getting involved in gardening activities can increase a person's sense of well-being; such as watering plants and deadheading them, pruning shrubs or cutting grass and also harvesting vegetables and fruits.

Gardening also encourages sensory stimulation, and some of our senses can deteriorate with age and illness; taking the opportunity to get outside in the fresh air, and experience the joy and colours of plants and vegetables, can reawaken and invigorate our senses.

We really enjoyed it!

