

## Lukestone Care Home celebrates annual Sports Day



**On Thursday 4 August, our residents and staff at Lukestone Care Home celebrated our annual Sports Day in our garden.**

It was a morning filled with **joy and so much laughter** as our residents and staff competed in a variety of **races and activities in the sunshine to win medals, trophies and prizes.**

We offered our residents a variety of activities to try, including the **wheelchair egg and spoon race** where a member of staff teamed up with a resident in a wheelchair or recliner; it was wonderful seeing pairs nurture their relationships and work together to win.

Other races included the **obstacle and relay race** which we offered to our residents, with many having a go, with our staff also joining in.

Our staff team finished the morning off with the **egg and spoon race**, which some of our visitors also took part in, and the **sack race**. Our residents loved watching our staff competing and falling over and they cheered them on with flags from the side lines!

***It was such an amazing day for everyone at Lukestone and we cannot wait for what Sports Day brings next year!***





