

Lukestone Care Home residents use their pedal power



In the mornings at Lukestone Care Home, our residents have been enjoying some cycling which helps to kick start the day and energise those taking part.

Throughout last week we had some record-beating distances from **Brian who cycled over 700m**, nearly a km!

Many of our residents gave it a go, even just to try it out for 10 metres.

We can't wait to continue this activity this week and see if our residents can make some new records with their distances!