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We recognised World Menopause Day on 18 October here at Woodstock Residential Care Home, alongside cardiovascular disease and Breast Cancer Awareness Day.

Over the last few weeks, our residents have been helping to prepare for these awareness days by **colouring in lovehearts and bras** to help decorate the displays around our Home.

We had **three different displays on show**, with information about each cause, details about symptoms and advice on how you can deal with them, plus advice on where individuals can get support.

For World Menopause Day our team members were supplied with a **small care package to help relieve symptoms of menopause** including a fan to help with hot flushes, lavender to help with sleepless nights and teabags to help relax. **Our wonderful Cook Lynn kindly made biscuits and pink cupcakes** to give out to our staff as a sweet treat - everyone really enjoyed receiving these care packages and said how thoughtful it was.

We were joined by **singer Dave Lee** in the afternoon for a sing and dance along to encourage us to be active, something which is encouraged by our information posters all around our Home.

