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On Thursday 13 January we have had a lovely day with our green fingered residents here at Woodstock Residential Care Home, making up new bouquets to brighten up our dining tables and lounges.

We carefully selected each flower, making sure each and every arrangement was as bright and colourful as possible. We had a gorgeous selection of blooms to choose from including **tulips, carnations** and **roses**.

We had to cut some stems and organise a few flowers to make our masterpieces complete*and we definitely have some florists in the making!*

Flower arranging is a wonderfully **therapeutic activity** as it helps with concentration and fine motor skills.

The smell of the flowers was beautiful and it was amazing to see everyone sharing, working together and admiring each others' creations.

And how lovely to see our Home filled with these beautiful flowers!