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Our residents at Woodstock Residential Care Home had a super day of gardening on Monday 18 May and planted lots of seeds including runner beans, tomatoes and peas.

You don't have to be green fingered to take part in a garden activities, just enthusiastic!

Watching plants grow, smelling flowers and eating fruit and vegetables produced in the garden can help enhance a resident's life and give them something to talk about and do together – it's wonderful to see in action.

Once we got cleaned up Charles watered the seeds and Iris watered the garden plants.

We all enjoyed each others company in the garden and look forward to seeing our seeds take shoot!



