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We hosted a friendly archery competition here at Woodstock Residential Care Home on Tuesday 24 August.

We had fun firing arrows at the target and it was lovely to see everyone encouraging each other to have a go.

It was also a great activity to **exercise the arms** and **improve concentration**.

We took our target around **Woodstock**, so residents could have a go in their rooms or in our conservatory. We all cheered each other on and there was excitement when we hit the target and saw our scores go up!

Dudley and Jonty came in top place with the highest scores, with the chasers not far behind!

Well done everyone!