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On Monday 5 June some of our Woodstock Residential Care Home residents were eager for adventure and were happy to put on their walking shoes to get a bit of fresh air.

A few of us took a **walk to our local park** and on our way we admired all the beautiful properties and chatted about the lovely designs of the houses.

It was such a lovely day for a trip to the park – a great way to get out into our **community** and a good way to get some exercise to **boost our self esteem and sense of wellbeing**. We enjoyed **speaking to locals and smiled watching the dogs** run and play in the park.

We enjoyed chatting about the walks we'd been on and are looking forward to going for a walk to the park more often now we have sunnier days ahead of us!

