

## Silverpoint Court Residential Care Home residents plant sunflower seeds



**We've been busy gardeners recently here at Silverpoint Court Residential Care Home.**

Last week we got stuck in **planting sunflower seeds**. All our residents had a pot to fill and everyone enjoyed a chit chat as they worked.

Two of our new residents said it had been years since they had done any gardening, commenting how lovely it was to be outside.

We also filled pots for our residents who didn't come, or who are in bed, as we are **going to see who can grow the biggest sunflower!**

Our ladies and gents really **enjoyed the sunshine** and we even had enough soil to fill our planters.

Everyone has been told to remind Recreation and Well-Being Champion Julie to water the sunflowers, pots and the planters, especially now the weather has warmed up!