

Jubilee gardens and painting pebbles at Loose Valley Care Home



Like most people, we at Loose Valley Care Home love to sit out in the garden enjoying the sun, fresh air and being surrounded by scenic greenery and plants. The benefits of plants are endless but are brilliant for mental health.

Here at **Loose Valley**, we are lucky to have a lot of grounds and different garden areas but unfortunately, not everyone is able to access them. This gave us the idea of creating individual mini indoor gardens – to bring the outside in.

In the winter, when all the plants have withered, it can really lower spirits so with the help of our residents we created a seated area with an artificial wisteria arch to add colour to the garden all year round.

It has been a team effort with residents, staff and volunteers donating and potting plants. And even the badger made the bark for the bench!

Nellsar Right Royal Jubilee Garden Competition

As the competition draws to a close this week, we're proud to show off a glimpse of our **Jubilee inspired pebbles** – painted to celebrate all thing British. These will create a centre-piece for our competition entry, and will then be used to add a pop of colour to our mini gardens.

