

Loose Valley Care Home residents visit Mote Park



On Saturday 25th May, three of our Loose Valley Care Home residents took a trip out to Mote Park in Maidstone to enjoy a picnic together.

The sun was shining, so we enjoyed a walk around part of the lake and fed the ducks and Canadian geese and goslings.

With over one million visitors a year, **Mote Park** is one of the largest parks in the south east. The park has existed since the 13th century and has been owned by many people including the royal family in 1464. In 1492 the land was sold to Sir Henry Wyatt of Allington castle, who bequeathed the land to his grandson Sir Thomas Wyatt in 1524, after his beheading for treason.

One of our ladies is now registered blind, but could picture the park from her previous visits.

We took time to describe her surroundings and we all enjoyed listening to the mini motor boats whizzing around the lake, children playing and ducks quacking.

We also walked around to a beautiful waterfall to listen to the gentle running of the water over the rocks. The lawns were being cut, so we could all enjoy the fresh smell of the grass.

She thoroughly enjoyed the trip out and said how lovely it was to hear the different sounds out in the fresh air; even though she couldn't see, her other senses are heightened, which brings sounds and smells forward. So it was a wonderful sensory experience – which we all enjoyed!



