

## **A walk in the sunshine at Abbotsleigh Care Home, Staplehurst**



**Here at Abbotsleigh Care Home, we understand how important spending time outdoors is ' it's essential for our physical and mental health ' particularly for our residents, and especially for those with Dementia. Vitamin D is essential for healthy bones and we get most of our Vitamin D from exposure to sunlight.** A lack of Vitamin D in adults can lead to osteomalacia, which causes bone pain and tenderness. Walks outside among plants and wildlife, or "green walks", can also help reduce stress levels and increase our sense of self esteem ' which goes to promote sociability and activity.

Yesterday, **Monday 13th April**, was such a gorgeous sunny day, **we took three of our residents outside for a walk around the Home's grounds. We enjoyed chatting about the wildlife we could see in the fields surrounding Abbotsleigh**, such as rabbits, and we spotted one running as fast as it could, and we all remarked about it. We picked some daffodils and lily of the valley flowers and took them back with us. Our residents thoroughly enjoyed their time outdoors in the gardens and were happy and very chatty afterwards too ' we made in back just in time for tea and biscuits!. They particularly enjoyed the fresh air and warm sunshine, and they are looking forward to many more such outings over the coming months.

If you would like to **pay us a visit and see the Home and gardens for yourself**, please get in touch using the details below. We are here to help and our door is always open.

Click [here](#) for more information on **Abbotsleigh Care Home**.

### **Abbotsleigh Care Home**

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