

Festive crafts at Abbotsleigh Care Home



This week at Abbotsleigh Care Home we made some festive pomanders for the Christmas season.

We pushed **cloves into fresh oranges** and tied them beautifully with ribbon to make our hanging decorations, which will give our rooms some **delicious festive scents**.

This is a traditional Christmas decoration dating back to the Middle Ages. The cloves act as wicks and help draw out the moisture from the fruit. The scent of oranges and cloves was used to ward off evil spirits and to stay healthy!

One of our ladies, **Rita**, also made a beautiful arrangement from wintery leaf stems and pine cones, with help from Esme from our Recreation and Well-Being Team.

We love getting creative at Christmas!



Rita with her winter-themed arrangement