

## P.A.T (Pets as Therapy) at Abbotsleigh Care Home



Not many people can resist stroking or having a cuddle with a puppy when they see one! **On Friday 30 April, two labrador puppies came to visit the residents of our Home, accompanied by their owner Cathy Miles.** Cathy is a member of our staff. **It was wonderful to see the reaction from the residents when they first saw the puppies and they all enjoyed their company.** You can tell from the pictures!

**The benefits of Pet Therapy for elderly people, especially those who live in in a Care Home, are tremendous. It can help lower blood pressure, help release endorphins which has a calming effect, and it provides comfort too. Stroking small animals can help lift spirits, it encourages communication, lowers anxiety and helps improve our overall sense of wellbeing.**

Our residents are really looking forward to the next visit from their new friends and seeing how much they have grown. Feel free to join us if you would like to.

If you would like to know more about the **Home** or the **Activities** we arrange for our residents here at **Abbotsleigh**, please get in touch using the details below.

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

### **Abbotsleigh Care Home**

George Street, Tonbridge, Staplehurst TN12 0RB

Tel: 01580 891 314

Email: [abbotsleigh@nellsar.com](mailto:abbotsleigh@nellsar.com)