

## **A little pampering for David at The Old Downs Residential Care Home**



**On Thursday 4 October our resident David enjoyed a well deserved foot spa here at The Old Downs Residential Care Home.**

He said that it was so relaxing "*he nearly nodded off!*"

Our residents really enjoy foot spa therapy; it makes them feel very relaxed as the water soothes their feet.

Well done to Vira, our Recreation & Well-Being Lead, in taking the time to make sure that our residents enjoy this little bit of pampering.

