

Celebrating World Kindness Day at The Old Downs Residential Care Home



Last week, we celebrated World Kindness Day here at The Old Downs Residential Care Home – a wonderful opportunity to pause and reflect on what kindness means to us all. Our residents were asked to share their thoughts on 'What kindness means to me', and their responses were truly heartwarming.

Daphne said: *"The staff at The Old Downs show me kindness and are good to me."*

Hazel shared: *"Being able to help people, listening to them and understanding them. This makes people feel better that someone has listened – and it makes you feel better too."*

Dave added: *"Helping people when they get into trouble, or when I get into trouble."*

It was lovely to have an open discussion about kindness and how it shapes our community. At The Old Downs, kindness is at the heart of everything we do – it's what keeps our Home a home.

