

Scents of the kitchen at The Old Downs Residential Care Home



On Friday 3 July our residents at The Old Downs Residential Care Home joined in for a 'Scent for pleasure' activity.

We used different herbs and spices to stimulate the senses, including **curry powder, ginger, rosemary** and **nutmeg**. Our ladies and gents enjoyed guessing the different smells, which they said took them back to when they used to prepare home-cooked meals for their families.

It was a simple activity, but one which we all really enjoyed and it was great to hear lots of conversations being sparked and memories shared.



