

Sunflowers and Smiles:

Nurturing Quality Care in Village Life



This summer, something special grew in our villages – not just in our gardens, but in our community spirit too.

In May, Right at Home Grantham & Newark launched its very first Sunflower Growing Competition. We handed out little packs of Mongolian sunflower seeds – three to a pack – along with biodegradable pots to our clients and our friends in the community through our Chair Yoga sessions. It might sound simple, but for many it became a summer project filled with joy, purpose, and connection.



The competition gave people something to look forward to, a reason to step outside each day, and an opportunity to use their hands in a way that supported fine motor skills. For some of our clients, it was a chance to reconnect with nature in what turned out to be their final summer. Watching their seeds sprout and grow brought comfort, pride, and companionship, with our dedicated care assistants right there alongside them – watering, measuring, and celebrating every inch of progress.

By September, our community had shared so

many wonderful entries. The winning sunflower towered at over 6.5 feet, grown by one of our clients who proudly watched it stretch toward the sky week by week. Yet in truth, every participant grew something bigger than a sunflower – they grew hope, connection, and a reminder that even small activities can have a profound impact.

In village life, where isolation can creep in, especially for older people, meaningful activities like this remind us that community is at the heart of wellbeing. At Right at Home, we believe quality care means more than meeting practical needs – it means helping people live with purpose, joy, and dignity. It's the same kind of care we would want for our own families.

This was our first sunflower competition, and we're delighted to say it won't be our last. We'll be running it every year, continuing to celebrate growth, togetherness, and the power of small seeds to make a big difference.



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