

Thursday 7<sup>th</sup> May

My day started with a walk over to the polling station at 7am, I placed my vote into the ballot box and felt quite intrigued about what the end result might be.

I left for work just after 9am this morning I had a meeting with the commissioner for dementia services in Southend. We were meeting at a care home in Southend called St. Martins I was going to be shown round the sensory garden that they have, which is just a year old.

When I went in, wonderful smells and colours overwhelmed me. As I walked along the amber coloured pathway to my left, I saw a bus stop and post-box this made me smile.

I saw butterflies and birds; there were posters up where you could record what you have seen. There were signs showing all the flowers and plants in the garden.

I saw raised planters that the residents could access to plant in, a potting shed and a heated seated area so that residents can use the garden in all the seasons.

I felt that it was a lovely peaceful place to be in and somewhere that families that come to visit their relatives would find enjoyable to.

I left St Martins and on my drive home I could imagine myself sitting in that lovely garden with my sketchbook.

Debbie Davis