



Welcome to March 2026
Newsletter.
Edition No 95

Hello everyone,

A very warm welcome to our March Newsletter. We are so pleased to share this new month with all of you.

March is a special time of year as we begin to say goodbye to winter and welcome the gentle signs of spring. The days are getting a little longer, the mornings a little brighter, and there is a fresh feeling in the air. Soon we will start to see blossoms on the trees, daffodils in the gardens, and hear the birds singing more cheerfully outside our windows.

As we look at the weather this week, we can see a mix of clouds and sunshine, with some brighter, milder days ahead. Temperatures are beginning to feel a little warmer, which is a lovely reminder that spring is on its way. Even on cloudier days, there is a sense that the season is slowly changing around us.

Spring is often a time of new beginnings. It's a wonderful opportunity for us to enjoy simple pleasures together — perhaps sitting in the garden on a sunny afternoon, taking part in spring-themed activities, sharing stories about favourite spring memories, or enjoying a cup of tea while watching the world outside begin to bloom.

Throughout March, we have some lovely activities planned, inspired by the season. We look forward to music, crafts, gentle exercise, and special moments shared together as a community. We will also be celebrating Mothers' Day and St Patricks Day.

To our residents, families, friends, and staff — thank you for being part of our home. We hope this month brings warmth, comfort, and many small moments of joy.

Here's to a bright and beautiful March together.



Activities we have enjoyed together

Over the past few weeks, we have shared many meaningful and enjoyable activities within our home.

Our **arts and crafts sessions** have given everyone the opportunity to be creative and express themselves. Creative activities are especially beneficial for people living with dementia, as they can help stimulate memories, encourage concentration, and promote a sense of calm. Completing a craft project also brings a wonderful feeling of achievement and pride.



Our Residents' have completed Art Displays for Valentine's Day & St David's Day and are now working towards Mothers' Day then soon after that St Patricks Day with a little bit of Easter in between! The residents have stated in their last resident meeting that they would like to do more Artwork, so I have recently purchased some Adult Art books for them to work through.



Pancake Day



I think the pancakes went down a treat! Beryl's got sticky fingers !



We had a wonderful time celebrating Pancake Day together!

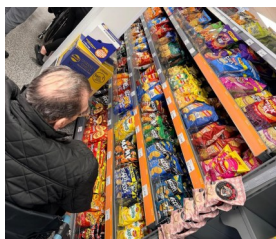
The kitchen was filled with lovely smells, as we enjoyed freshly made pancakes, and everyone had the opportunity to experiment with different toppings. From the traditional lemon and sugar to jam, chocolate spread, fresh fruit, and syrup, there were plenty of delicious choices to try.



Community Visits



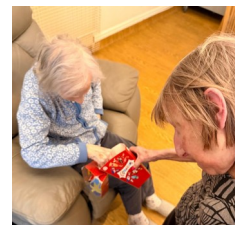
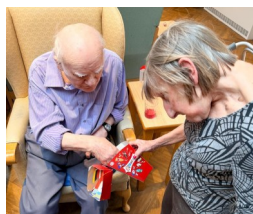
These trips are a wonderful opportunity to stay connected with the world around us. Residents have enjoyed browsing the shelves, choosing favourite treats, and chatting with members of the local community. Even small outings like a visit to the shop can make a big difference in maintaining independence and confidence.



Shopping supports important everyday skills such as making choices, handling money, and recognising familiar items. It also encourages gentle physical activity through walking and moving around the store.

Most importantly, these visits bring enjoyment, fresh air, and a change of scenery — along with a few tasty purchases to bring back and share!

Brenda did just that. When she returned from the shop, she went around and offered everyone a sweet from the box of sweets that she had bought and really was pleased to do so. She even thought about the staff. Thanks Brenda x



The children from the Omega Charity have written to our residents again. Sharing stories card and pictures they have drawn!



As you can see, receiving these pieces of work from the children in the community is very much appreciated and really lifts our residents, promoting stories of their own. Millie was animatedly telling me about the picture she had just received and the story behind it.



Elm Life Church Visited



When the church group comes in, the room fills with song, hand-holding, and harmonies that are sometimes louder than the guitar! But we have so much fun.

Baby (Doll) Therapy:

Sometimes our tiniest residents (the dolls!) receive the biggest cuddles, bringing out nurturing smiles and the gentlest conversations.



Flower Arranging

We have also enjoyed flower arranging, bringing beautiful colours into our home. Handling flowers supports fine motor skills and coordination, while arranging them encourages creativity and conversation. Flowers often spark happy memories of gardens, special occasions, and time spent outdoors. As you can see, our residents creativity was amazing with their bunches of flowers.



Beautiful creation
Maureen!!

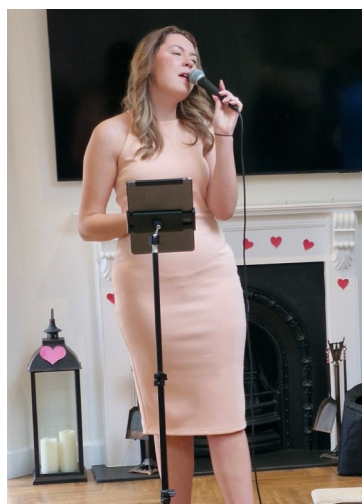


I think we have some
budding florists within our
community!!

Mini Concerts Entertained Us



New style of
dancing???



We enjoyed a lovely afternoon being entertained for Valentine's Day with Frankie, from Mini Concerts.

The room was filled with music, laughter, and plenty of toe-tapping, as everyone joined in with the singing. There were smiles all around as familiar love songs brought back happy memories, and some of us even enjoyed a little dance.

Holy Communion

A Special Visit from St Peter's and St Paul's Church

We were honoured to welcome Father from St Peter's and St Paul's Church, who kindly visited our home to give Holy Communion to our residents.

This was a peaceful and meaningful time for those who wished to take part. Receiving Communion within the comfort of our own home provides great reassurance and spiritual support, especially for residents who may no longer be able to attend church services outside.

Moments like these offer comfort, reflection, and a continued connection to faith and familiar traditions. We are very grateful to St Peter's and St Paul's Church for their kindness and ongoing support to our community.



Listening to Our Residents

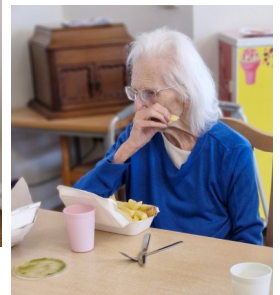
During our recent residents' meeting, a very important request was made — a Chippy lunch!

We're always keen to listen to suggestions and ideas, so we were delighted to make it happen. Before long, we were all enjoying a traditional chippy lunch together, complete with everyone's favourite choices.

It was a lovely way to show that residents' voices truly matter in our home. Sharing familiar, much-loved meals brings great enjoyment. Safe to say... it went down a treat!



Everyone was quiet!



We could not forget Derek's love of mushy peas!!



Sweetie Trolley



Modelled by our lovely Alex

One of the weekly highlights in our home is the sweetie trolley, which makes its appearance every Tuesday and Thursday. Our residents always look forward to choosing their favourite treats, from chocolates to classic sweets. The sweetie trolley is a lovely way to add a little extra fun to the day and often sparks conversations about favourite sweets from years gone by. It also encourages residents to make their own choices and enjoy a small indulgence. Of course, there are always plenty of smiles when the trolley rolls into the room. A little sweetness can go a long way in brightening the day.

Birthdays we have celebrated



We have recently enjoyed celebrating the birthdays of Beryl and Tom.

It was a lovely opportunity for everyone to come together, share smiles, and wish them both a very happy birthday! There was plenty of singing, laughter, and of course some delicious birthday treats to enjoy.

Goodnight and God Bless

In Loving Memory of Denis. Recently, we said a sad goodbye to Denis, who has now got his wings. Denis was a valued member of our home and will be truly missed by residents and staff alike. He brought many smiles, conversations, and special moments that we will always remember. Our thoughts are with his family and loved ones during this difficult time. Denis will remain in our hearts and memories, and he will always be a part of our community.



Can you guess how many?

Fundraising Fun – Guess the Jelly Beans!

We are raising money for our Residents' Activity Fund with a fun little challenge!

Have a go at **guessing how many jelly beans are in the jar**. Each guess costs **£2**, and you can have as many guesses as you like — just make sure your number hasn't already been chosen by someone else.

All money raised will go towards activities, entertainment, and special events for our residents to enjoy throughout the year.

So take a close look, make your best guess, and join in the fun. Who knows... you might be the one who guesses the closest!

Good luck everyone!



Top 20 Care Home

We are incredibly proud to receive the **Top 20 Care Home Award**. This recognition reflects the heart of our ethos — providing compassionate, person-centred care where every resident is treated with dignity, respect, and kindness. Our dedicated team works tirelessly every day to create a warm, safe, and supportive home for those we care for, and this award is a testament to their passion and commitment.



For our staff, it's a wonderful acknowledgement of the difference they make in people's lives. For our residents and their families, we hope it reinforces the trust they place in us and shows that the care, comfort, and community they experience here truly matters. We share this achievement with every member of our team and every resident who makes our home such a special place!!