

A Warm Welcome to May at Digby Manor

As we step into the beautiful month of May, we're delighted to bring you Edition No. 97 of the Digby Manor Newsletter. With longer days, blooming gardens, and a fresh sense of energy in the air, this is a wonderful time of year for our residents, staff, and visiting families to enjoy all that spring has to offer.

April was filled with cheerful moments, from Easter celebrations to relaxing afternoons in the garden. Our residents particularly enjoyed the seasonal crafts and shared laughter during our social gatherings—it's these simple pleasures that make Digby Manor feel like home.

Looking ahead, May promises to be just as lively. We have a variety of activities planned, including themed afternoons, gentle exercise sessions, music and sing-alongs, and (weather permitting!) more time outdoors enjoying our garden spaces. We'll also be marking special occasions such as May Day, bringing a touch of tradition and festivity to the home.

We would like to extend a heartfelt thank you to our dedicated staff, whose care, kindness, and hard work continue to make a meaningful difference every day. And to our families and friends—your ongoing support and visits bring great joy to our residents.

As always, we welcome feedback, suggestions, and contributions to our newsletter. If you have a story, photo, or idea you'd like to share, please let us know.

Here's to a bright, cheerful, and engaging May at Digby Manor!

Warm regards,

The Digby Manor Team



Activities We Have Enjoyed



Staying Active with Chair Exercises

Our chair exercise sessions have become a real favourite here at Digby Manor, often filled with smiles, laughter, and a great sense of togetherness. Using resistance bands adds a bit of fun and gentle challenge, helping everyone to keep their muscles moving and their bodies feeling that little bit stronger. These sessions aren't just about exercise—they're a chance to chat, encourage one another, and enjoy being active together at a comfortable pace. It's lovely to see how even small movements can boost confidence, lift spirits, and help our residents feel more energised throughout the day.

Come on Mo get those arms stretched!!



Fun With Food

Sweet Moments: Biscuit Decorating



We recently enjoyed a lovely biscuit decorating session, which brought out everyone's creativity (and a bit of a sweet tooth!). There were some wonderful designs, with plenty of colourful icing and sprinkles to go around. Lyn and Jo have been doing incredibly well and really got stuck in, showing great focus and creativity, while Val also did a fantastic job and clearly enjoyed every moment. It was a relaxed and cheerful activity, full of conversation and laughter—and of course, the best part was getting to enjoy the delicious results afterwards!

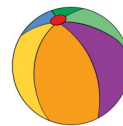


The Great Outdoors

With the warmer weather arriving, our outdoor courtyard has been a much-loved spot for residents to relax and enjoy the sunshine. It's been wonderful to see everyone making the most of the space, from sitting and chatting to a lively kick-about with David and Joe, which brought plenty of smiles. Our parachute games were also a big hit, with everyone joining in and having fun together. As we head into the summer months, we kindly ask relatives to provide sunscreen and a hat for their loved ones so they can stay safe while enjoying the outdoors. Thank you so much to those who have already done so—we really appreciate your support.



Try not to drop the ball guys!



Are you going to join in the game Bernie?



Watch the windows Joe!

GOAL!!!!

Balloon Bash



Well done Maureen!



There was plenty of laughter during our recent game of balloon bash using swimming noodles! Everyone got involved, tapping and reaching to keep the balloon in the air. Frank and Doug provided great entertainment with their friendly “battle” to see who could get to the balloon first—there were lots of cheers and smiles all around. It was a fun, energetic session that really brought everyone together.

Grand National Sweepstake

A Special Congratulations

A big congratulations to David for winning our Grand National sweepstake—what a fantastic result! The winning horse, *I Am Maximus*, certainly brought plenty of excitement, and it was lovely to see everyone following along with such enthusiasm. We hope you enjoyed your win, David!



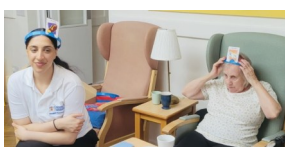
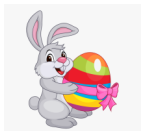
Easter Delights



Easter Smiles. Easter brought lots of smiles with everyone enjoying their chocolate treats and the lovely festive atmosphere. It was especially nice to see so many residents munching on their Easter eggs and sharing in the excitement—it really made the day feel special. Moments like these, filled with simple pleasures and shared joy, are what make celebrations here so meaningful.

Winner!!

A big congratulations to John, who was the proud winner of the Easter Hamper. We heard that the chocolate (and the wine) did not last long!!



Head Bandz game. Guess what's on my head??? There certainly was some bizarre guesses!

Activities we have enjoyed together



Arts and crafts are a favourite. David and Hazel getting ready for St George's Day



Ear plugs at the ready. The instruments are out!

More activities together



Working together

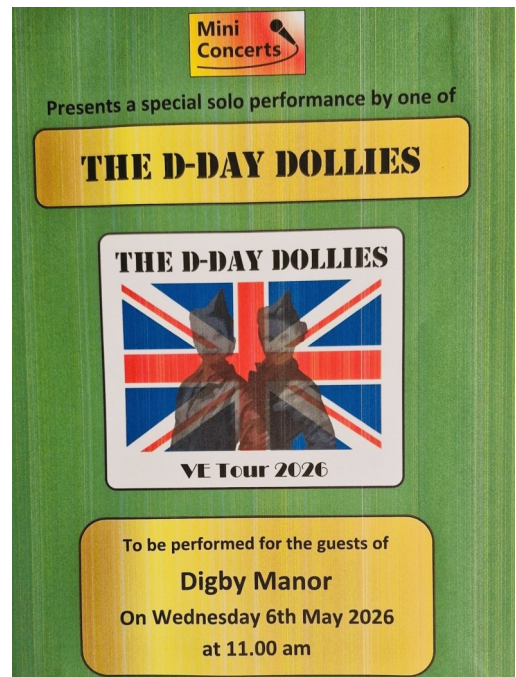


The Minister from St Peter & Paul's Church came to deliver Holy Communion.



Up & Coming Event

Please come and join us if you can.



Farewell to Millie

It is with great sadness that we say goodbye to Millie, who has now gained her wings. Millie was truly part of the Digby Manor family, and she will be deeply missed by everyone who knew her. We shared many wonderful memories together—moments filled with warmth, laughter, and kindness that will stay with us always. Our thoughts are with all who loved her, and we will continue to hold her close in our hearts.

