

Welcome to July's Newsletter 2026



Edition No. 99 – July 2026

Welcome Everyone!

A very warm welcome to our July edition of the Digby Manor Newsletter.

As we move into the heart of summer, we have been enjoying some wonderful weather and plenty of sunshine. The recent heatwave has certainly brought bright days and blue skies, giving everyone the opportunity to spend time outdoors, enjoy our gardens, and make the most of the summer season. While the sunshine is lovely, it is important that we all stay safe by keeping hydrated, wearing suitable clothing and hats, and spending time in the shade during the warmest parts of the day.

June was filled with laughter, friendship, and many enjoyable activities. Residents have taken part in a variety of group sessions, including arts and crafts, music and singing, gardening, games, gentle exercise, and social gatherings. It has been wonderful to see everyone joining in, sharing memories, making new friendships, and creating happy moments together.

We would also like to extend a very special welcome to all of our new residents who have recently joined the Digby Manor family. We hope you are settling in comfortably and enjoying getting to know fellow residents and staff. We are delighted to have you with us and look forward to making many happy memories together.

As always, thank you to our residents, families, friends, and dedicated staff who help make Digby Manor such a caring and vibrant community. We hope you enjoy reading this month's newsletter and looking back on the many activities and celebrations we have shared together.

Wishing everyone a happy, safe, and sunny July!

The Digby Manor Team



Home made Lemonade

One of our favourite summer activities this month was making our very own fresh lemonade. Residents enjoyed getting involved every step of the way, from squeezing the lemons, to mixing the ingredients and, of course, tasting the finished result!

The lemonade was delicious and refreshing, especially during the warm weather. A simple activity, but one that created some wonderful memories and brought plenty of joy to the afternoon.



Don't get
spilling any!!



Mixy, Mixy!
Squeezy, Squeezy!



It was a real group effort
when our creative troopers
created a masterpiece which
we are very proud of.

We hope you all celebrated
and had a lovely day. You
deserve it!!



In the lead-up to Father's Day, our
residents worked hard together to create
a special wall display to celebrate all the
wonderful fathers, grandfathers, and
father figures in our lives.



We had great fun making our own mini pizzas using muffins as the base.

Everyone enjoyed choosing their own toppings, from a variety to choose from, and creating a pizza just the way they like it. There was a lot of concentration, creativity and laughter as they assembled their delicious creations. As you can see they looked amazing and tasted just as good!



We all enjoyed a wonderful indoor street party to celebrate the birthday of King Charles the III.

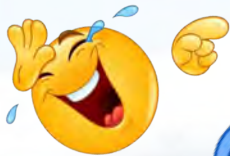
The home was decorated with bunting and Royal displays creating the atmosphere for the occasion. We enjoyed a royal feast with traditional refreshments and enjoyed some music and singing. A great day socialising and reminiscing, to celebrate a significant national event together.



INDOOR PARACHUTE GAME!



Keep that balloon on top. Don't lose it!!!



An activity that needs team work, communication and a lot of speed. No wonder we kept losing the balloon !!

BUTTON ARTWORK



Button art is a fun and enjoyable activity that offers many benefits. Sorting, selecting, and placing buttons helps to improve fine motor skills, hand-eye coordination, and dexterity while encouraging creativity and self-expression. This activity also supports concentration and decision-making as residents choose colours, shapes, and patterns to create their artwork. For many residents, button art can spark memories of sewing, knitting, dressmaking, and other hobbies enjoyed throughout their lives, encouraging meaningful conversation and reminiscence. Most importantly, button art provides a relaxing and rewarding experience, giving residents a sense of achievement and pride in their finished creations.



There are many benefits to doing Jigsaws. Concentration and focus, memory and cognitive skills. Hand-eye coordination and relaxation amongst others. Or just liking the challenge!!

JIGSAW PUZZLES

Piece by piece, memories come together



Yum Yum!



A big thank you to Amy who baked a white chocolate and pistachio and lotus Biscoff cheese cake for the residents to devour. They went down a treat and everyone enjoyed them. Thank you Amy!

As we prepared for the heatwave, the residents got together to make some hand held fans to help keep themselves cool and they worked a treat. They decorated them how they wanted and made them personalised



Father Prabacka came to Bless Digby Manor and stayed to chat to the residents. He left a rosary to hang in the lounge as a symbol of prayer.

We celebrated Janet, Linda and Derek's birthday in June. Happy birthday to you all we hope you had a lovely day!

