

# News from ALDERWOOD CARE HOME

Dear Friends

As we welcome in a new year and all the hope and anticipation it brings, we wanted to share with you the happy times we enjoyed in the final months of 2020.



## Active life at Alderwood



We are an active bunch at Alderwood so we didn't let social distancing get in our way when it came to continuing our non-stop schedule of fun! All that was needed was a little creativity and our unstoppable residents were up and running with a series of lively virtual exercise classes as the Winter months crept in. We've been dancing, and stretching and doing seated workouts via Zoom. Of course, whenever we wanted to slow the pace down, we turned to our other favourite activities such as flower arranging and arts and crafts, creating pretty lavender-scented drawer sachets for the festive season, filling our home with a wonderful, relaxing aroma.

## Re-discovering our favourite things



Happy memories from the past can spark wonderful emotions and bring back a flood of long forgotten stories. So we make time to discover the activities that once brought our residents great joy. For Peggy, this came in the form of a much-loved pastime. Peggy had always loved to crochet but over the years she had got out of practice and came to believe it was something she could no longer do. But with the support of our compassionate team she gained the confidence to re-discover her skills, bringing Peggy great comfort and pleasure. And we are thrilled to report that Peggy has lost none of her incredible talent over the years! What a star!



# The Royal Alderwood Hall

As the festive season rolled around, we had to think outside the box when it came to our celebrations, so our wonderful team had a heart-warming plan! Residents would host a Christmas Carol concert for all their loved ones by turning their beloved Alderwood into the Royal Albert Hall! Residents and team members took to their balconies to perform the ultimate surround-sound, open-air carol concert for a specially invited audience of friends and relatives watching below. It was a magical moment when family members gathered, socially-distanced, outside our home and joined in with a rousing rendition of all the classics. We were so touched by the turn out, and amongst those gathered were neighbours, schoolchildren and entertainers who have helped us over recent months.



## Walking in a Winter wonderland

To round off the year our team were set a Christmas Spectacular challenge; to create a magical winter wonderland scene within our home that would bring fun and festive cheer to all our cherished residents. Everyone got involved as we incorporated our residents ideas and creativity for each lounge, painting snowy woodland foliage, creating a crackling fireplace scene, as well as a festive forest complete with fluffy animals and spectacular Winter Princess, whose flowing gown was intertwined with frosted roses. It was such a pleasure to witness the joy and happiness this brought our residents. So, whilst Christmas was a little different this year, we are proud to say it did not dampen the spirit within our home, which has been filled with love, laughter and merriment, as always!



With love,  
**Nikki Leaney,**  
**Home Manager**

Alderwood Care Home, 39 Essex Hall Road, Colchester, Essex, CO1 1ZP Tel: 01206 237 344

### We always love reading your comments on Facebook! Here are a few recent ones:

“Words cannot convey how grateful our family are for everything you have done for mum. I didn’t think a place like this existed. You are beyond amazing. What an awesome team.” Anna

“I can never thank you enough for the amazing care you give to my Mum.” Jackie

“Nikki goes above and beyond and I certainly appreciate what they all do. Thank you all.” Tony & Sue

