

News from ALDERWOOD CARE HOME

Dear Friends

The glorious summer sunshine has brought our residents and team members many joyous days these past few weeks and we are delighted to share some of them with you here!



Days out in nature

Now the sun is out, there has been no stopping our adventures! Over the past few weeks we have visited The Boathouse at Dedham, where we had a cup of tea by the River Stour and watched the row boats go by. We've had trips to the garden centre and Mill Race Nursery where we had fun posing with the statues and visiting the fish, lizards and birds waiting for their forever homes. We even explored the local historical sites at Colchester's Castle Park. Our residents had an amazing time getting up close to the Roman Wall, taking pictures by the Victorian Bandstand and venturing to the Castle itself! It's great to have all of this on our doorstep!

Party time

Our regular 'Kiddley Divey' music sessions are always bags of fun! We love nothing more than to see our residents sharing good times and having a boogie. So to keep the fun going between sessions we like to welcome visiting entertainers Gary, Gina and Pete to our home for live performances! Of course, our spritely residents are also partial to a bit of a party - so that's exactly what we did to celebrate the Queen's birthday! There was bunting, Pimms and a Union Jack cake. And visiting families were particularly delighted to enjoy our recent socially distanced garden concert of classic British songs by local performer Carly.



Celebrating our nurses



Our wonderful residents joined us in saying a special thank you to our nursing team on National Nurses Day. Our passionate bakers gathered together armed with icing and sprinkles, then let their creativity run wild as they decorated cupcakes with messages of thanks. We were so touched as residents artfully crafted miniature angels, red crosses, pills and even drew heartbeats into the blue frosting! Of course, then came the best bit, as we shared the sweet treats over a cup of tea and a natter. This is always our favourite part of living and working with our lovely residents; getting to share the connections we have made!



With love,
Nikki Leaney
Home Manager

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Let's bowl



We love how game for a laugh our residents are and so we knew the perfect place to take them this summer - our local Tenpin Bowling Alley! Age definitely didn't slow anyone down in the race to top the leader board! Our residents had a fantastic time as they competed against each other, we even had a few strikes! And our skills weren't just reserved for bowling, as we explored the games arcade where we played American Pool and Air Hockey. Our residents certainly put our team members through their paces and it's now our new favourite place to visit!



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

"Wonderful! So lovely to see our Mum enjoying the first-class care provided by Alderwood". Steve

"Thank you for looking after my Grandma so well for us, we are so grateful. X" Emma

"So nice to see you can all get out and about again. Xx" Jackie



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