



News from

# ALDERWOOD

CARE HOME



Dear Friends

Well, autumn is firmly here! We have been reflecting on all of the lovely things we've been up to in recent weeks and thought you'd like to see some of our photographs too.



## Party season

Autumn means only one thing at Alderwood; our annual barn dance! There was so much laughter as we put on our cowboy hats and neckerchiefs and posed with themed props for some fun photos! Then, as the country music played, our team members lead residents in a line-dancing routine on the grass! Once we'd worked up an appetite we enjoyed a cosy dinner of chilli dogs and baked potatoes. A week later, and we gathered in the garden again for our elegant Team Spectacular party. A chance for everyone to raise a glass and thank our team for their incredible efforts once again this year!

## Out and about

Summer may be well and truly over but the mild autumn weather means day trips to our favourite seaside destinations can continue for a while! So we headed out to Brightlingsea where we enjoyed a walk along the beach, sat and had an ice cream by the beach huts, and even had a cheeky paddle in the sea! The weather was glorious and our hearts nearly burst when a resident told us "now this is what you call living, best afternoon I've had in years!" Of course, we don't need the sunshine to have a good time, as we proved at one of our weekly tea room visits, when two of our residents burst into an impromptu rendition of Sinatra's 'My Way!' Everyone was so impressed with the performance that they got a big round of applause from all the customers!



# Celebrating friendships

Without a doubt, one of the best things about living at Alderwood is the close-knit friendships that form amongst our residents. It's a delight to see the laughter and meaningful moments shared. Like coming together to play with our new gadget, the Rainbow Interactive digital tablet! This huge touchscreen device is packed with fun brain training from crossword puzzles to jigsaws. In fact, the beautiful connections that we see every day at Alderwood inspired a professional photo shoot for World Photography Day! Our photographer perfectly captured the bonds of love and friendship within our home!



## Active Alderwood



Our wonderful residents are an active bunch and we frequently come together for group exercises. So we jumped at the chance to don our headbands and pom-poms for a special seated cheerleading session with 90's icon Mr Motivator! When it comes to our sporting competitions, our whole home gets involved! We like to get a little creative using balloons and swatters for indoor tennis, then as soon as the net is up, suddenly everyone is channeling their inner Emma Raducanu! It gets very competitive but is the perfect way for us to keep fit whilst having fun!



With love,  
**Nikki Leaney**  
Home Manager

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

"As always Alderwood doing what it does best. Happy residents, happy staff, happy families!" Carol

"How lovely to see all those smiling faces. Much love to the wonderful Alderwood team. You spread so much happiness, it makes me smile too!" Alison

"How wonderful it is to see my grandad out and about and living his best life. Thank you for making it possible, we are so thankful. It's brought tears to my eyes." Cara



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