

News from  
**ALDERWOOD**  
CARE HOME

Dear friends

We hope, like us, you have been enjoying the winter festivities, cherishing the gifts of love and friendship as we look to the year ahead. Here is a little round up of what we got up to before we welcomed in 2022!



## A cosy autumn

The end of the year brought lots of fun to Alderwood. It's been a cosy few months of lunches in tea rooms and trips to the local pub for hot chocolate by the fire and fun times with friends. We decided to bring the vibrancy of autumn inside our home by creating some beautiful flower arrangements. We are firm believers in the impact of colour therapy, so as the nights got darker these vibrant shades of orange, red and yellow brightened everyone's days! Then for Bonfire Night we shared a lively celebration by wrapping up snug and warm to watch the fireworks outside, while the team decorated our garden with sparklers!

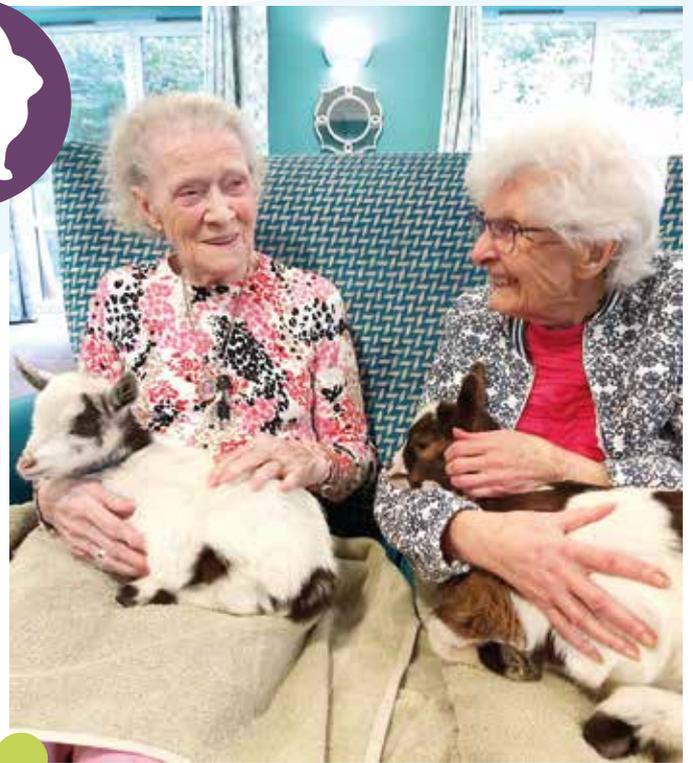
## Remembrance Day

In November our thoughtful residents marked Remembrance Day by creating some poppy artwork, wreaths and flower arrangements to display within our home. As we gathered together to craft the poignant display paying tribute to the fallen heroes, our residents took great comfort in sharing personal memories and having a sing-a-long of wartime songs. It meant a lot to our residents to be able to pay their respects in this meaningful way. Then when Armistice Day arrived we came together once more to watch the ceremony live from The Cenotaph. It was a moving day that made us all very grateful to be surrounded by wonderful friends and our loving family at Alderwood.



## Our wild life

Our residents love nothing more than spending time with affectionate animals, so we've been delighted to welcome some recent pet therapy sessions at our home! We were lucky to have a lovely visit from the most adorable baby goats, who were happy to cuddle up in blankets on our residents laps. It was an absolute joy to witness the happiness these gentle animals brought to our cherished residents, so we later surprised them with a visit from the local owl sanctuary! The looks of awe on our resident's faces as they admired the majestic birds of prey were priceless. For us, it means the world to be able to create these incredible new memories for them.



## Winter wonderland

As soon as December arrived our home was filled with festive cheer. Each room was decorated with sparkling trees, winter murals and cosy festive scenes. But we didn't just leave the decor to the professionals, and had a great time crafting all manner of festive artwork in the run up to the big day! Throughout the month it was a fabulous stream of parties, festive movies and Yuletide carols with mulled wine! Then on Christmas Day we all gathered round to enjoy a wonderful meal rounded off with a Christmas cake made by our very own residents! We pulled crackers, told jokes and shared our favourite memories of festive seasons gone by. It's always such a merry time of year.



We wish you a Happy New Year from our home to yours.

**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:

"You are an amazing home. Always keeping your residents happy and fulfilled. Love looking at all the activities you do. Keep up the good work!" Annette

"Thank you all for working so hard to make Christmas special for Mum and everyone at Alderwood!" Jackie

"Amazing home. We're so happy with the care that dad receives. The staff are fantastic. Keep it going Alderwood" Jane

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