



News from  
**ALDERWOOD**  
CARE HOME

Dear friends

As a cosy new season approaches and our favourite autumnal activities begin once more, we have been reflecting on a glorious joy-filled summer at Alderwood.



## Sunshine and good times

Our residents made the most of every sunny day - of which there were plenty this year! We got the paddling pool out to enjoy a Hawaiian themed barbecue, we hosted a summer party with our residents' friends and family, where acrobats and stilt-walkers provided us with incredible entertainment! Our choir have been enjoying their weekly singalongs, as well as our own unique way of keeping fit with rounds of seated boxercise! We also made new friends when we welcomed visitors from North Primary School who performed for us, along with youth volunteers working on their Duke of Edinburgh's award! Then as autumn came along we have had fun picking home grown radishes and lettuce from our garden allotment!

## Day trips



Over the last few months our residents and team members have set out on many lively minibus adventures. There have been day trips to Paradise Wildlife Park meeting the camels, meerkats, zebras and tigers! We painted scenes by the lake at Highwoods Country Park, and spent a day down at Felixstowe Pier eating fish and chips in the fresh sea air! We have enjoyed cocktails at country pubs, ice creams at Dedham Boat House, we even indulged in a fabulous pamper day at the local spa, where we swam and relaxed in the hot tub! We are so lucky there is all manner of nature right on our doorstep and, with our own minibus on hand, we are only a short ride away!



# Celebrating our superheroes

Our residents together with their loved ones recently celebrated our team who together make such a difference to their lives every single day! We are always looking for fun and heartfelt ways to recognise and reward those who make our home joyous and our residents' days purposeful. So, we hosted a wonderful event that brought everyone together for a day of music, dancing, and even a fairground obstacle course! Each team member was also presented with a personalised water bottle, a pin badge and thank you card with meaningful messages from residents and their families as to why they make life at Alderwood extra special for us all!



## Animal friends



Some of our residents' most touching moments are spent in the company of our affectionate animal friends! We are blessed to work with several wonderful pet therapy charities who like to visit regularly. In recent months we have welcomed visits from Bailey our pet therapy dog, who has been visiting us since she was a little puppy and could climb into our laps for a cuddle! Safe to say, she is a little too big for that now but is just as loving. We also took a boat out to the coast to spot the seals in their natural habitat and made a special trip to Jimmy's farm to visit the rams, lambs and armadillos! Such a joy!



With love,  
**Nikki Leaney**  
Home Manager

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

"What a wonderful treat - Mum looks like she had a great time. Thank you so much for all that you do to make her happy!" Alison

"Brilliant afternoon! Thank you Alderwood for everything you do. Your care is second to none." Vicki

"What a wonderful day - Mum looks so happy. Thank you so much for everything you do!" Fiona



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