

News from



# ALDERWOOD CARE HOME



Dear friends,

With a fresh new season upon us, our home is bursting with brightness and vibrancy! Take a glimpse into our delightful spring escapades in our latest newsletter.



## A score for football fan

In April, our lifestyle team arranged for resident Mike Short to attend his first match following a life-altering stroke 35 years ago. Football fan Mike thought he would never experience the thrill of watching his beloved Colchester Football Club at the Community Stadium again, but his wish to soak up the atmosphere of a game has been made a reality. Mike actually screamed and punched the air with excitement when his team scored. We were also able to make one of Mike's other wishes come true, to have a pint after he watched the football!

## Understanding dementia



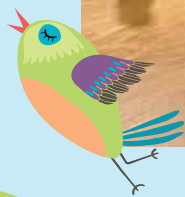
Have you heard of the Archie project? Now in its second year at Alderwood, it involves our residents helping a group of Year 3 children from North Primary School to better understand dementia. By spending time together, reading stories or crafting, it promotes dementia awareness and helps to build friendships between the two generations. Our aim is to educate the children about how memory, thinking and social abilities can be affected for those people living with dementia. The children are usually quite shy at first, as are some of our residents, but they both soon open up as friendships are built.



# Hop hop hooray!



What a lovely time we had at Easter! Some of our residents got creative and made fabulous Easter crowns. There was an egg hunt in the garden, luckily the sun was shining, and treats from the Easter Bunny who hopped around the home delivering chocolate eggs to our residents. Our chef Sam baked and decorated two wonderful Easter cakes, one for us all to eat and enjoy and one for the raffle, which raised almost £100 and will be donated to the St Helena Hospice. We also had an Easter party with lovely food, games, and music. Good times!



## Dancing on ice

Earlier this year, one of our residents wished to go ice skating, and since then more and more residents have jumped at the chance to go – some of them trying it for the very first time! Activities like this have such a positive impact on our residents and their wellbeing. The joy of being able to revisit a hobby or interest that they loved in their youth, but equally the excitement of trying something different and making new magical memories.



With love,  
**Nikki Leaney**  
Home Manager

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

“Wow, what a lovely Easter they have all had, well done to all the staff there.” Carol

“It’s great to see Mum enjoying herself. Thank you so much.” Nicola

“Thanks again for giving my mum such a lovely last few years and we will always be grateful for everything that you and your team did for her.” Phil



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