

Winter Newsletter

As we welcome 2026 with open arms, our hearts are full of gratitude for the beautiful memories we've shared over the past few months, filled with so much love, laughter, and celebration. I hope you enjoy looking back on these moments that have made the end of 2025 truly special.

A Christmas cracker!

We began the festive season with the switching on of our amazing Christmas lights, a wonderful afternoon filled with lots of festive cheer. The home became a winter wonderland, complete with snow and even a few penguins!

Everyone enjoyed spending time with our feathered friends, holding them on their knee or stroking them. We had a magical time singing carols and Christmas songs with entertainer Jo and pianist Robert.



Pumpkin spice and everything nice!

Autumn is a wonderful time of year, and our residents really embrace the season. We have some talented knitters, painters, and flower arrangers in our home and our lifestyle team support them to rediscover their skills. Many enjoyed taking part in our autumn wreath-making session, which resulted in some beautiful wreaths, including this one by resident Patricia. These activities provide an opportunity for our residents to express their creative side and can also help to improve fine motor skills and boost wellbeing.

Lest We Forget

On Remembrance Sunday, we came together to honour the courage of all those who fought for our freedom, and those who continue to serve today. A few of our residents were proud to attend the memorial service in the city centre, including Mary who celebrated her 103rd birthday on Armistice Day. Mary served in the Auxiliary Territorial Service during the Second World War, enlisting at the age of 17. For those who couldn't attend, we gathered to lay our own wreath outside in quiet reflection.



That went swimmingly!

We have started taking some of our residents swimming at our local pool and the responses have been wonderful! For one of our younger residents Mike, it was the first time he had been in a pool since his brain injury 36 years ago. He absolutely loves being in the pool and smiles and laughs as he floats and splashes in the water. The exercise is helping Mike to improve his mobility and strength, and he gets so much joy from the sessions.



Read our reviews

"The care my mother receives at Alderwood is exceptional. It is an outstanding care home led by an outstanding manager."

Frances

"Everything about Alderwood is fantastic. The level of care Mum receives is exceptional, all the staff are so caring and professional."

Ann

"I did not expect my sister to live such a long and healthy life once she was diagnosed, but the team have extended her life and the quality of it."

Linda



With love
Nikki Leaney | Home Manager

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