



News from

CHERRY WOOD GRANGE 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.

Work, rest and play



Our residents have been loving their regular Yoga sessions with Paul and Bex which they find both relaxing and invigorating. Even those with physical limitations have found that the stretches and breathing techniques help ease away some of their aches and pains. To stay limber and agile, we've also been using resistance bands as a gentle substitute for weights, and team member Amy has been leading our lively residents in Seated Dance Classes. When it comes to fun in the fresh air, we have recently built our very own outdoor Crazy Golf course, which has been a firm favourite ever since!



Taking time to indulge

Our Bistro has been a hub of entertainment for us this year as it opens straight out onto our stunning patio where we've played host to a number of socially distanced performances from visiting local talent. We had Alex on the accordion, we went back to the swinging 60's with Tim Arthur and had a trip to the musicals with our lovely Joanne - all from the comfort of Cherry Wood Grange! And to get into the party spirit, we made sure everyone had a glass of their favourite tipples as they were being serenaded, Baileys and sherry being the top choice!



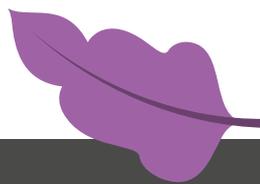
Making connections and reminiscing

It's important to us that we make daily connections with our cherished residents, and one of our favourite ways to do this is through sharing and re-living treasured memories. Our recent Seaside Reminiscence Day was a perfect example of this. We found old promenade photos, dug out our buckets and spades and blew up some beachballs, which suddenly brought so many joyous memories flooding back - particularly when we added the sensory element of everyone's childhood favourite; a cornetto ice cream topped with a chocolate flake! And because music is such a great memory aid, we couldn't end the day without a rousing rendition of "I Do Love To Be Beside The Seaside".



Encouraging creativity

We have seen first-hand how engaging in artistic activities within our home empowers our residents and enriches their lives, and so our art teacher, Jenny, had the wonderful idea to curate a Cherry Wood Art Gallery right here at our home. In addition to resident's individual art work, Jenny decided to bring everyone together to create some canvases on which all residents could contribute to. We have been absolutely amazed at the outcome and so touched by our residents pride in their achievement! So, to encourage this artistic flair, our Lifestyle Team have been leading some creative craft sessions where our talented residents made their own personalised range of greeting cards - a wonderful idea!



With love,
Kerriane Colling,
Home Manager

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

"I've never visited a nicer care home in my five years of working in the ambulance service. Well done for all you do and keep up the good work!" Paramedic, Sam

"The residents and team are like a second family. Also thank you for all looking after my Nan. She is so lucky to have such dedicated and caring people looking after her. She really is in the best place!" Kate

"Thank you to every one of you for taking such good care of my mum and everyone else in the home." Norina



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