

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.



## Out and about

We have been exploring the great outdoors with some fun day trips recently, like our stroll around picturesque Mersea Island. Our residents watched the boats in the dock and stopped for some delicious fish and chips by the beach. The next week we visited everyone's favourite Meadow Croft Garden Centre! Aside from having the most relaxing cafe in which to enjoy tea and cake, we couldn't resist having a sneaky peek at the centre's Christmas display, even though we are still a whole season away! The following week our gentlemen went on a boy's trip to the Chelmsford City Museum where they discovered objects from thousands of years of Chelmsford's history.

## A seasonal garden

As the season changes, our garden has already started morphing from bright summer blooms to the golden and russet leaves of autumn. Our green fingered residents were happy to come together and help us pot some new planters to give our outdoor space a splash of colour! It was great to see them create some stunning hanging baskets filled with autumnal flowers bursting with vibrant purples, oranges and yellows. Our residents got very creative by planting shrubs in the most unusual shaped containers; we put pink heather in a pair of ceramic green wellington boots, and falling ivy in a wicker rabbit ornament! Our garden is certainly ready for autumn now!



## Moving and grooving

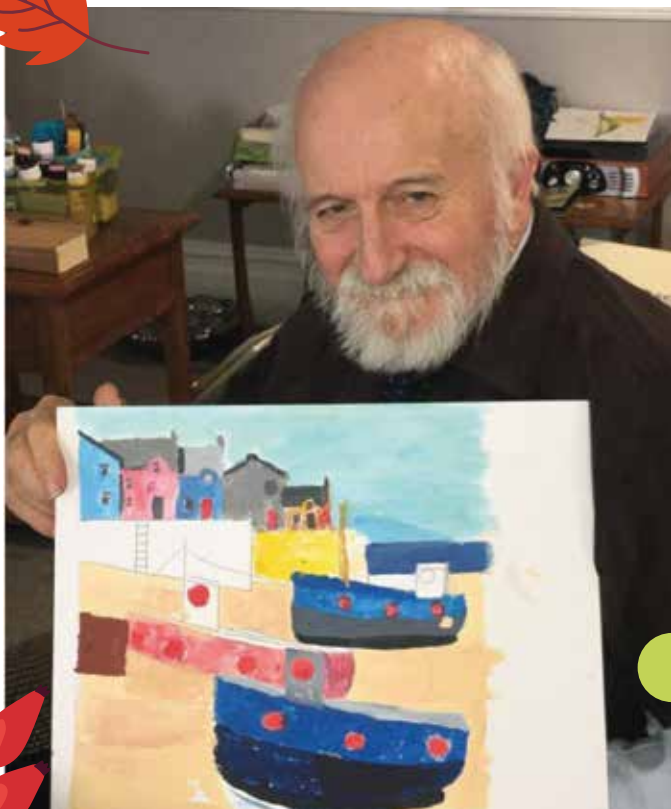
Our residents love their seated exercise sessions with the lovely Emily. She gets everyone moving with a great selection of uplifting music. These sessions are an instant mood-booster and it's wonderful to watch everyone getting involved and sharing fun times! And when we're not singing and dancing ourselves we have been welcoming some of our favourite entertainers into our home for a variety of lively performances. Wendy in the Mood brought her singing puppets, Lillian Lace treated us to some old Music Hall classics, while The Two J's belted out everyone's favourite hits! These visits always put a spring in our step and set us all up for the day and week ahead.



## Expressing our creativity



We are always looking for activities that stimulate and engage our residents, and our weekly art workshops do just that! Everyone loves their lessons with our art teacher Jenny. Her sessions not only encourage creative thinking but foster a real sense of accomplishment whilst boosting self-esteem. And so it should, as the artwork residents have been creating these past few weeks have been stunning. It is always a delight to see each person's personality and interests come to life on the canvas, from landscapes to flowers and even farmyard animals. The artistry and skills our residents have been developing are truly remarkable!



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

“Thank you for making my Mum smile ... it's relief beyond words to see her happy.” Kim

“Lovely to see my Mum joining in the fun...she's a new resident since mid-August, thank you for making her feel welcome!” Caroline

“Mum looks like she's had a lovely day. Thank you xx” Alice



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