

News from
CHERRY WOOD GRANGE
CARE HOME

Dear friends,

We enjoyed the Christmas festivities and have been reflecting on the love, laughter and memories made over the past year. We hope you enjoy our round up of the past few months.



Jingle all the way!

We kicked off the festive season in grand style with a fabulous Christmas lights switch on event, which saw our residents welcome a special guest – one of Father Christmas' reindeer! Residents, their families, and guests loved meeting the reindeer. The party continued with plenty of mince pies, mulled wine, and hot chocolate. Each year, our residents enjoy a host of Christmas activities during the countdown to the big day. We have welcomed local schools, performers, and a pantomime to help us all get into the festive spirit and spread joy across Cherry Wood Grange.

Art appreciation



Our talented residents had their artistic skills celebrated in a recent exhibition, which saw our special guest, the Mayor of Chelmsford Councillor Linda Mascot, praise the collection of paintings, collages, and crafts. The exhibition resulted from our residents exploring their artistic talents in their weekly art class with teacher Jenny. Artwork included far-off landscapes in calming colours and the residents' take on modern classics, such as Picasso's 'Le Chien'. Art has been a source of immense joy and self-discovery for our residents. It has allowed them to express themselves in ways that words sometimes cannot.



Lest we forget

On Remembrance Day our residents took time to honour the memory of those who gave their lives in service to our country. Every poppy worn or displayed throughout the home paid tribute to their courage and bravery. Leading up to this important day, we decided to incorporate remembrance into our weekly art class. Our very talented residents spent time painting their own version of poppies to mark the occasion, with the finished artwork displayed for everyone to see.



Namaste! Weekly yoga sessions a big hit

Each week, our residents are encouraged to participate in a therapeutic yoga session with our lovely therapist Bryanna. For those not able to stand, there are chair exercises, which still get our residents moving in their seats! Yoga has a wealth of health and wellbeing benefits for older people, it provides a time for calm and tranquillity, and can also improve their strength, balance, and flexibility.



With love,
Sue Smith

Home Manager

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

“Thank you for all your care looking after my mum.” Judy

“We had a wonderful time, and feel super lucky to be able to have lunch with Grandad in his home. Thank you very much.” Kaylee

“Very many thanks to all the wonderful staff.
We all had a lovely afternoon.” Joanne

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