

News from 
CHERRY WOOD GRANGE
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.



Thank you for the music!

Did you spot us in the local media during March and April? Some of our team and residents appeared on BBC Look East and BBC Radio Essex (to name just a few!) showcasing our weekly music sessions. We have seen a remarkable improvement in the health and wellbeing of our residents, especially those living with dementia, thanks to the Ace Music Therapy sessions. The musical group regularly has around 20 members, many of which live on daffodil floor, our specialist dementia suite. Daffodil resident Terry Loveday has rediscovered his love of music since taking part and now plays an active role each week.

An eggs-tra special Easter



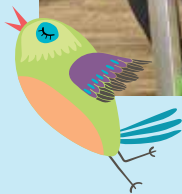
We had a wonderful time over the Easter weekend and loved spoiling our residents with treats from our Easter trolley. We celebrated Good Friday with our Easter Art Exhibition and competition, which was lots of fun, and our residents painted some beautiful creations! On Easter Sunday we were entertained by the Writtle Bell Ringers and finished of the festivities with a lovely roast dinner. Yum!



Healthy options for the win!



In March we took part in Nutrition and Hydration Week. We promoted healthy eating and the importance of nutritional meals, snacks and treats, explaining the benefits of a balanced diet. Residents were encouraged to drink more water by offering them fruity water jugs, with a choice of orange, lemon or cucumber and mint. Our chef Tom and kitchen assistant Jane made the most delicious and nutritious banana milkshake, which went down a treat! It is all about choice and having healthy options available. We provide a healthy choice at lunchtime and dinner and a selection of sugar free cakes. The week finished with us all sharing our favourite recipes and what we like to eat.



Mum's the word

In March, we marked Mother's Day with a delicious morning Cream Tea, which went down a treat with everyone. We held a Mothering Sunday prize draw where all of our ladies' names were put into a basket. The lucky winner was our lovely Ann who was delighted with her mini hamper. We topped off the afternoon with a homemade lunch of roast turkey and all the trimmings.



With love,
Sue Smith
Home Manager

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

"You and all the team are fabulous getting everyone up dancing." Karen

"Thank you for being so kind and supportive to all of the residents." Beverly

"Thank you so much for keeping Mum looking her best, and the love you show her & every single resident." Kim



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