

News from 
CHERRY WOOD GRANGE
CARE HOME

Dear friends,

With the arrival of a crisp new season and the return of our beloved autumn traditions, we've been reminiscing about the delightful and joy-filled summer we have had here at our home.



Back to (beach) school

Over the summer we brought the beach to our residents with our monthly Beach School. We have seen the joy that simple pleasures such as building sandcastles and looking at seaside memorabilia have brought our residents living with dementia.

We have witnessed first-hand the comfort and relaxation it offers our residents. You can see the joy on their faces, it brings back fond memories of their own childhood, and they share wonderful stories of seaside holidays with their children.

Our Beach School was even featured on BBC Online and on the BBC One Show in September!

Day at the races



Royal Ascot came to Cherry Wood Grange in June as we had our very own 'day at the races' dressing in our finest and enjoying the sunshine in our garden.

Our ladies and gents looked stunning in their beautiful hats and fascinators.

Everyone enjoyed a cream tea of delicious scones with clotted cream and strawberry jam, and of course a glass or two of Prosecco, or a pint of shandy. Cheers!



Father's Day celebrations



Father's Day is always a busy day with lots of families visiting their loved ones.

This year we made the day extra special with a sweet treat and shandy trolley – which went down very well with our gents! The team also got the fathers posing with our Father's Day selfie board, which caused lots of fun and laughter.

We followed this with a Father's Day lunch for our dads and their families in the private dining area.



A treat for the senses

Our newly introduced Namaste Care sessions have been well-received and have been especially impactful on our residents living with dementia.

The regular care sessions focus on stimulating the senses and are designed to support the sensory, physical, and emotional needs of our residents through massage and holistic therapies.

Held in a soothing environment with calming images and lights, aromatherapy, and music, our residents can take part in small groups or one-to-one sessions in their rooms. The benefits have been remarkable, bringing peace, comfort, and a deeper sense of togetherness.



With love,
Sue Smith
Home Manager

Cherry Wood Grange Care Home, Writtle Road, Chelmsford, Essex, CM2 0FZ Tel: 01245 209 620

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

“Fab home with excellent activities/care staff!” Alex

”This is so lovely, wonderful photos x” Hayley

“Thank you to ALL the Dementia team! You light up our loved ones' lives, and deal professionally and with love and care with everyone.” Magda



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