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# THE HEATHERS

NURSING HOME NEWSLETTER

Welcome to The Heathers Nursing home newsletter.  
The aim of the newsletter is providing an informed and sometimes light hearted look at what is a very important job in looking after our residents.

Autumn begins! One of the most stunning signs of autumn is the turning of the leaves. The shorter days are a sign to trees to begin to prepare for winter.

PLEASE NOTE THAT NEWSLETTERS ARE SENT EACH MONTH VIA EMAIL .PLEASE CHECK YOUR INBOX/JUNK FOLDER. CONTACT THE OFFICE IF YOU HAVE ANY QUERIES

Please follow us on social media  
Facebook: The heathers nursing home  
Instagram: the\_heathers\_home



# VISITING ARRANGEMENTS

Visits continue to be on an appointment basis only, to monitor how many people are at the front door and in the building at once - this is for everyone's safety.

Lateral Flow Tests are still recommended to enter the home - if you need any kits, please ask a member of staff.

The use of face covering (medical mask) is still required to be worn and will be supplied at the door.

Reminder visiting times is 10.30 am - 8.00 pm, every day.

If ringing in to see how your loved one is, please ring after 11.00 am and speak to the nurse in charge on option 3.



# *What's been happening*

October has been fun , celebrating Diwali, some of our residents went to a Tea dance party in Chipping Sodbury, they sang and danced. We had Alex from G-Fitness keeping us fit by doing exercises. We had Halloween party with plenty of sweets, chocolate, special Halloween drink, cake and tea & coffee. Karaoke by singing queen *Lorraine* (staff) and got everyone up dancing and singing some lovely songs .The residents fully enjoyed it and had fun.

**UPCOMING ACTIVITIES IN NOVEMBER:** Bonfire night, Remembrance Day, World Fifa Cup 2022 starts on the 14th we'll be cheering England and waving the flag, Our favourite Ranger Anna is back with amazing little creatures from Zoo Lab. November will be filled with loads of fun activities so don't miss out.



# ACTIVITIES



ARTS & CRAFTS



Pets Therapy



Tea Dance at Chipping Sodbury



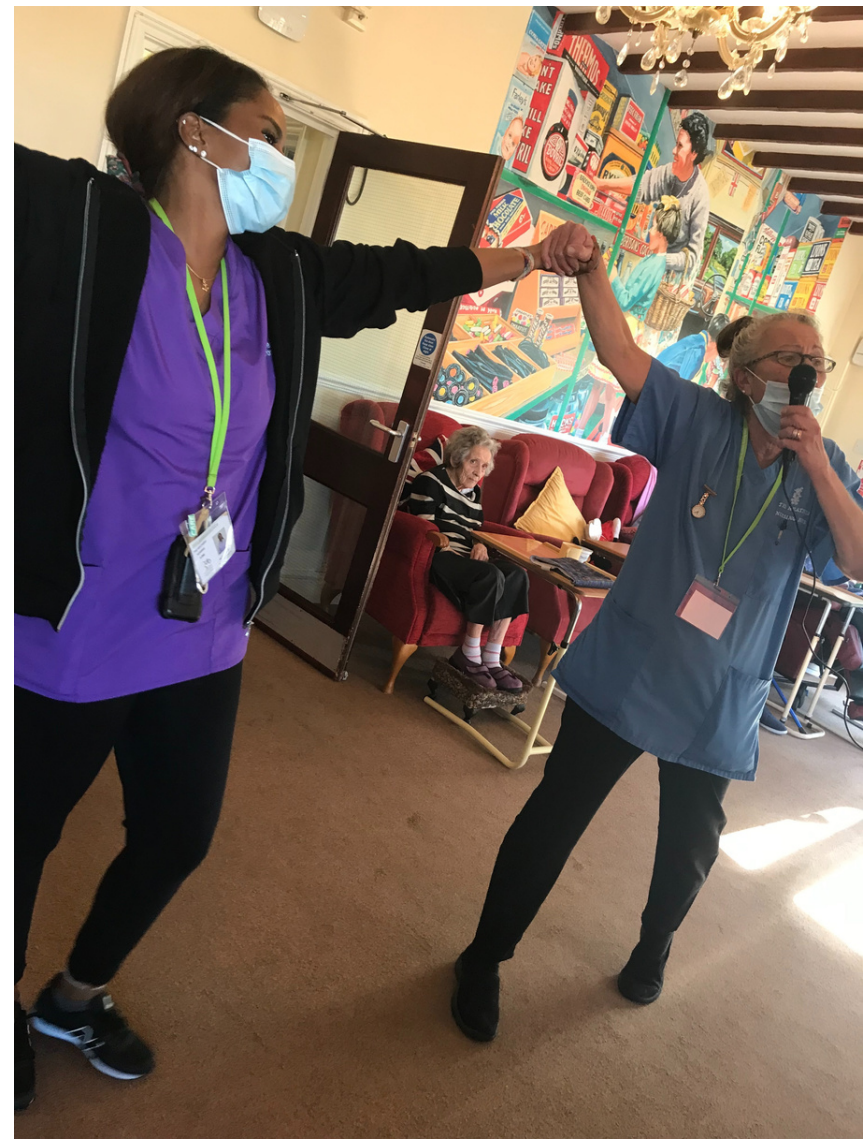
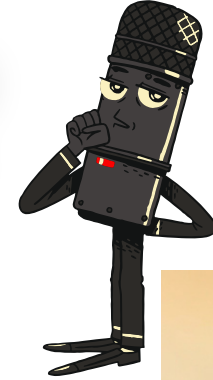
# HAPPY HALLOWEEN







# KARAOKE





# HAPPY BIRTHDAY





# OCTOBER ACTIVITIES

SATURDAY 1ST - MUSIC  
SUNDAY 2ND - SENSORY



MONDAY 3RD - ARTS AND CRAFTS  
TUESDAY 4TH - GAMES  
WEDNESDAY 5TH - ALEX G FITNESS  
THURSDAY 6TH - SINGER FRANK  
FRIDAY 7TH - CHURCH  
SATURDAY 8TH - MOVIE DAY  
SUNDAY 9TH - SENSORY

MONDAY 10TH - PAMPER DAY  
TUESDAY 11TH - ARTS AND  
CRAFTS  
WEDNESDAY 12TH - ALIVE  
ACTIVITIES  
THURSDAY 13TH - GAMES  
FRIDAY 14TH - BINGO  
SATURDAY 15TH - RESIDENTS  
CHOICE  
SUNDAY 16TH - MOVIE DAY

MONDAY 17TH - ARTS AND CRAFTS  
TUESDAY 18TH - GAMES  
WEDNESDAY 19TH - SENSORY  
THURSDAY 20TH - MOVIE DAY  
FRIDAY 21ST - QUIZ  
SATURDAY 22ND - MUSICAL DAY  
SUNDAY 23RD - CHURCH (YOUTUBE)

MONDAY 24TH - PUMPKIN  
CARVING  
TUESDAY 25TH - BAKING  
WEDNESDAY 26TH - HALLOWEEN  
GAMES  
THURSDAY 27TH -  
FRIDAY 28TH - BINGO  
SATURDAY 29TH - GAMES  
SUNDAY 30TH - SENSORY



MONDAY 31ST - HALLOWEEN PARTY



FAMILY & FRIENDS ARE WELCOME TO JOIN IN ANY ACTIVITIES  
THE SCHEDULE MAY CHANGE DEPENDING ON UNFORESEEN CIRCUMSTANCE





# NOVEMBER ACTIVITIES



TUE 1ST GAMES  
WED 2ND ALEX G-FITNESS  
THURS 3RD PAMPER DAY  
FRI 4TH CHURCH  
SERVICE/BONFIRE NIGHT  
SAT 5TH HAPPY HOUR!  
SUN 6TH BINGO



MON 14TH GAMES  
TUE 15TH QUIZ  
WED 16TH ZOO LAB  
THURS 17TH ARTS & CRAFTS  
FRI 18TH CHILDREN IN  
NEED/ BINGO  
SAT 19TH KAROAKE  
SUN 20TH CHURCH SERVICE  
(YOUTUBE)

MON 21ST FIFA WORLD CUP 2022  
TUES 22ND ARTS & CRAFTS  
WED 23RD SINGER CHRIS AUBURN  
THURS 24TH HAPPY THANKSGIVING  
FRI 25TH BINGO  
SAT 26TH BAKING  
SUN 27TH QUIZ

MON 7TH GAMES  
TUE 8TH GARDENING  
WED 9TH AFTERNOON TEA PARTY  
THURS 10TH BINGO  
FRI 11TH REMEMBRANCE DAY  
SAT 12TH SENSORY  
SUN 13TH REMINISCING



MON 28TH GAMES  
TUE 29TH ARTS & CRAFTS  
WED 30TH ST ANDREW'S DAY



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THE SCHEDULE MAY CHANGE DEPENDING ON UNFORESEEN CIRCUMSTANCE