



THE HEATHERS NURSING
HOME
**MONTHLY
NEWSLETTER**
FEBRUARY 2026





HERITAGE CENTRE

On Tuesday 11th of February, we visited the heritage centre which is a fully accredited museum which, as part of Yate Town Council, serves all the local communities. The residents enjoyed exploring and engaging socially with each other. Afterward, they headed to the Lawns to savor some warm beverages.



VALENTINE'S DAY

On Saturday 14th of February, we had the pleasure of hosting the lovely singer D'Artagnan in the morning. Each resident received a fresh single rose to commemorate Valentine's Day. We arranged a delightful couple's lunch in the dining room, which everyone thoroughly enjoyed. Residents also had a great time taking photos at the Valentine photo booth that they worked hard to create.





FRANK - SINGER

On Tuesday 17th of February, we had the pleasure of having the wonderful Frank Chlebko perform for us. The residents not only enjoyed his singing but also appreciated his guitar playing.



AMBOURNE NURSERY

On Wednesday, February 18th, the Amborune nursery with Jo Jingles visited our residents. They performed songs and played various instruments, bringing joyful smiles to everyone. The interaction with the residents was especially heartwarming.





JOE LLOYD

On Tuesday, February 24th, we welcomed Joe, a talented musician who sings and plays the drums. The residents thoroughly enjoyed his singing, humor, and, most importantly, the engaging interaction he provided.





KEEPING BUSY

Here are some glimpses into our daily activities! We ensure that everyone remains engaged, even during the simplest tasks. Whether it's sharing memories, staying active, or belting out our favorite songs, there's always something enjoyable taking place! We're regularly busy keeping fit with Alex from G-fitness, holy communion, pet therapy, and singing along with Mindsong. We even made pizza on national pizza day!





BIRTHDAY CELEBRATION

We threw not one, but two birthday bashes this month!





STAFF

Here are the latest news about staff.

STAFF SPOTLIGHT



Blessen Mathew

BLESSEN IS ONE OF OUR COOKS, WHO BRINGS A GREAT DEAL OF EXPERIENCE AND VARIETY TO OUR MEALS. OUR REISDENSTS LOVES THE CURRIES HE MAKES.

HAPPY

BIRTHDAY

We celebrated two birthdays in February, and we want to extend our warmest wishes to Justin and Kay for a very happy birthday! Thank you all for your ongoing dedication and hard work.





UPCOMING EVENTS

- **2nd March** - 'Move and smile' at 14:30. A gentle and engaging exercise program designed for older adults. The session focuses on keeping residents active, improving mobility, and encouraging social interaction in a fun and supportive environment.
- **9th March** - Scales and Tails at 14:15.
- **11th March** - resident and relative meeting: such meetings are crucial in care settings, providing a platform for open communication, feedback, and ensuring that the needs and concerns of both residents and their families are addressed.
- **13th March** - St Johns church singing hymns at 11:00.
- **16th March** - Holy communion at 11:00 in the dining room.
- **17th March** - Frank Chlebko (singer) at 11:00.
- **24th March** - Shannon (singer) at 11:00.
- **27th March** - Mindsong at 11:30.

Regular Visits from the following. Please note that the schedule may change due to circumstances:

Hairdresser every Thursday: hairdresser appointments can be a vital part of personal grooming, offering not only a chance to maintain hairstyles but also an opportunity for relaxation and self-care. **G-Fitness with Alex every Thursday:** focusing on health and wellness, offering fitness classes, personal training, or wellness advice aimed at promoting a healthy lifestyle. **Pet therapy every Wednesday:** This initiative aims to provide residents with companionship and social interaction.



VISITING ARRANGEMENT

Please note the visiting times are between 10:00 and 20:00 every day.

We have protected meal times, please make sure you avoid meal times when visiting, unless you are supporting with meals.

09:00-10:00 breakfast
12:30-13:30 lunch
17:00-18:00 dinner

Visiting during meal times causes distraction and inconvenience for some residents in the lounge, having adequate nutrition is very vital for your loved ones. Please be mindful about this. If you feel unwell, please refrain from visiting.

If contacting the home to see how your loved one is, please ring after 11.00 and avoid medication round time (13:00-13:30 and 17:00-18:00.) Press option 3 to speak to the nurse in charge 01454 312726.



SIGNING IN AND OUT

Can we request all the visitors to sign in each time you enter the building and sign out when you leave the building please. This is to comply with fire safety regulations.

Please see the nurse in charge to collect any post for you loved ones.

Residents and relatives meeting
We hold residents and relatives meeting every month. The time is 12:00 please ask the nurse or management for dates for each month. Relatives are welcome to join.



Referral Programme

Do you know someone seeking a nursing home for a loved one ?

Refer a resident and if they come to live in our home you will receive a reward!

You get a £250 voucher if the resident you refer comes to our home for respite (minimum 2 weeks)

You get a £750 voucher if the resident you refer comes to our home permanently

Contact Us
Heathers Nursing Home
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Inspected and rated

Outstanding 



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