



THE HEATHERS NURSING  
HOME

# MONTHLY NEWSLETTER

JANUARY 2026





# SHANNON

On Thursday, the 8th, Shannon visited the home, bringing joy to the residents with her delightful singing of various songs. Everyone thoroughly enjoyed the performance and eagerly participated. Furthermore, she motivated the residents to stay active by organizing ball games with them. Her vibrant energy and engaging interactions were truly appreciated by all.





# TINA BLACKWILL

On Monday, January 12th, we had the pleasure of hosting Tina Blackwill, who showcased her seated and standing pom-pom dance. She brought along dazzling disco lights, vibrant pom-poms, and her unforgettable high heels! We enjoyed learning a variety of dance moves using our pom-poms.





# KEMPS GARDEN CENTRE

On Wednesday, January 14th, we had a delightful visit to Kemps Garden Centre in Westerleigh. The residents were thrilled to see the colorful array of flowers, fresh decorations, and various gardening supplies. They also savored hot drinks and cake afterward. A highlight of the trip was meeting Max the parrot, who quickly became a favorite, as all the residents made wonderful friends with him.





# HOLY COMMUNION

On January 19th, we held our monthly holy communion with St. John's Church. Residents who wish to participate receive an enriching time of prayers, readings, and blessings. For those who are unable to attend the communion, there is always the choice offered for one-on-one blessings afterwards.





# PET THERAPY

Welcoming a vital addition to our home. We are thrilled to announce the arrival of an important member to our community. Bridget and Shaka, the dog, will be visiting weekly as part of our pet therapy program. To kick things off, we introduced Bridget and Shaka to our residents and their families, and the response was positive. We look forward to their weekly visits.





# 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!





# ‘ANNTEEK’ DUO

On Wednesday, the 28th, we welcomed AnnTeek, a talented duo, who performed music from the '50s and '60s. Residents had a wonderful time singing along, tapping their feet, and even dancing to some lively jive tunes. One resident even praised the guitar performance.





# WISH TREE

Our wish tree invites every resident to share their wishes, no matter how big or small, and we are committed to helping them achieve these dreams! Watch as it becomes filled with hopes and aspirations!





# STAFF

Here are the latest news about staff.

## STAFF SPOTLIGHT NEW MEMBER OF STAFF



***Johnson Joseph***

DOMESTIC STAFF

Johnson has been a dedicated member of our domestic team, handling laundry and cleaning tasks for the past three years. He is known for being friendly and always willing to assist both staff and residents.

## HAPPY BIRTHDAY

We celebrated several birthdays in January, and we want to extend our warmest wishes to Samna, Aysha, Gizzy, Blessen, and Beverley for a very happy birthday! Thank you all for your ongoing dedication and hard work.



***Dinithi***

***Amarakoon***

DOMESTIC STAFF



***Sajimol James***

HEALTH CARE ASSISTANT



# UPCOMING EVENTS

- **Pet therapy** – every Wednesday unless changed/cancelled due to unforeseen circumstances.
- **Weekly Hairdressing** – regular hairdressing on Thursday. A vital part of personal grooming, offering not only a chance to maintain hairstyles but also an opportunity for relaxation and self-care.
- **Every Thursday** unless stated otherwise, Alex from 'G-Fitness': focusing on health and wellness, offering fitness classes, personal training, or wellness advice aimed at promoting a healthy lifestyle.
- **7<sup>th</sup> February** – Louise, our chiropodist will be in at 10am.
- **12<sup>th</sup> February** – 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.
- **13<sup>th</sup> and 27<sup>th</sup> February** – Mindsong at 11:30.
- **14<sup>th</sup> February** (Valentine's day) – D'Artagnan (singer) at 14 :30.
- **16<sup>th</sup> February** – Holy communion at 11:00 and Pet therapy – 14:30.
- **17<sup>th</sup> February** – Frank Chlebko (singer) at 14:30.
- **18<sup>th</sup> February** – Amborune nursery visiting at 14:30.
- **24<sup>th</sup> February** – Joe Lloyd; who is a musician that sings and plays the drum. Joe will be performing at 11:00–12:00.
- **24<sup>th</sup> February** – Paul the barber will be in at 10:00.



# 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 supper**

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**  
**01454 312726**

**[heathersmanager@3abcare.co.uk](mailto:heathersmanager@3abcare.co.uk)**

