



Exceptional  
Excellence



★ HIGHLY COMMENDED ★  
2024

the gold standards  
framework

ACCREDITED 2025-2028



# *Brook House Newsletter*



March brings brighter mornings, blooming friendships, and the gentle reminder that every season is best enjoyed together. Filled with fresh beginnings, shared laughter, and the comfort of knowing we are one big family. And as spring begins to unfold, Brook House blossoms too — with kindness, companionship, and moments that make every day meaningful.

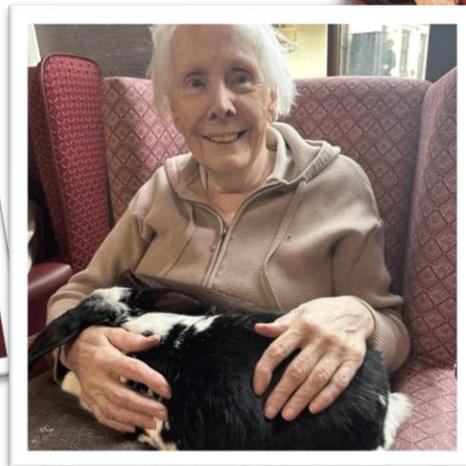
# MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 
2	3	4	5	6	7	8
9	10	11	12	13	14	15 
16	17 	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

*Please tear off and keep this page for your monthly calendar!*

# Reflections

February was a month full of music, laughter and love, from wonderful live singers and a talented trombonist to a heartwarming Valentine's celebration, cuddles with Daisy – our resident bunny - and even a lively game of giant Snakes and Ladders. There was truly something for everyone to enjoy!





# Staff Spotlight



## Tina Senior Carer

*Tina joined Brook House in February 2018, and although she hates talking about herself, let's share a little bit about her...*

I came to work in care for a complete change of direction and I certainly found it! I love that every day is different and one of my favourite things about our residents is hearing some of the hilarious things they come out with! Helping to make their time at Brook House as good as it can be is really important to me.

Before I worked at Brook House, my mum was a resident here and I couldn't have wished for a nicer place for her to be.

At home I enjoy the simple pleasures in life. I like to read, go walking and getting away for holidays - my feel-good film is "Shirley Valentine"! But my absolute favourite is the original version of "The Day of the Jackal"

We asked some of Tina's colleagues to describe her and they had many lovely things to say... she is "always dependable" "a fantastic trainer" "sense of humour" and a "great team player"

# From the kitchen...

Who says you can't master chopsticks at any age?  
Celebrating culture, friendship, and joyful moments together for Chinese New Year. There was lots of laughter, lucky fortune cookies, and noodles shared with steady hands and big smiles!



# Minibus trips

Our residents absolutely love our little trips out, and February was no exception. We enjoyed visits to some new places, including The Barn at Cotesbach, The World Peace Café at Thornby Hall Buddhist Centre and back to an old favourite Mini Meadows Farm at Welford. Exploring new places reminds us that life's pleasures don't grow old — they just taste sweeter when shared!



Our dedicated minibus allows residents to enjoy regular trips out and about, keeping spirits high, smiles growing, and independence supported.



# Menu Highlights

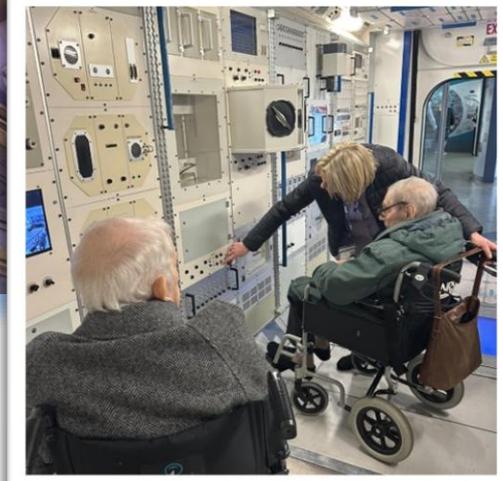
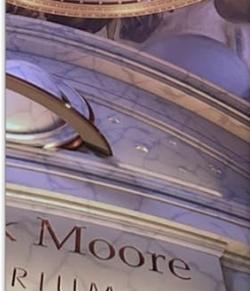
Here are just a few of the comforting dishes our residents have enjoyed...



A choice of hearty, homemade meals and treats, such as... Chilli Con Carne, chef's amazing Full English Breakfast, traditional Pancakes, and Valentine's inspired Caramel Cheesecake. Delicious!

# Over The Moon...

From Brook House to outer space — a day filled with wonder, memories, and the joy of exploring something extraordinary together. Exploring the universe reminded us that curiosity doesn't fade with age — it only grows brighter and you're never too old to reach for the stars — today our residents proved that adventure has no age limit



# Family & Engagement

We would like to take a moment to thank all Family, Friends and others for visiting their loves ones, and supporting Brook House as a whole.

We are so grateful to share a place where we can all come together and enjoy the special moments in life. Here are a few events we would love you to pop along to at your convenience!

***Please ensure you call us on 01858 880247 and let us know if you're coming, as we have limited spaces for certain events!***

Minibus Trip – Thursday 5<sup>th</sup> March 10:30am

Minibus Trip – Thursday 12<sup>th</sup> March 10:30am

Mother's Day Lunch – Sunday 15<sup>th</sup> March 12pm

Minibus Trip – Thursday 19<sup>th</sup> March 10:30am

Minibus Trip – Thursday 26<sup>th</sup> March 10:30am

# Coming up this month...

These are just a handful of the wonderful activities our team has planned, so there's plenty to look forward to in what promises to be a fun-filled month ahead!

**St David's Day – 1<sup>st</sup> March**

**Singer Eleanor – 2<sup>nd</sup> March**

**Boogie Beatz – Tuesday 3<sup>rd</sup> March**

**Minibus Trip – Thursday 5<sup>th</sup> March**

**Musical Moments with Andrew – Friday 6<sup>th</sup> March**

**Minibus Trip – Thursday 12<sup>th</sup> March**

**Mother's Day Lunch – Sunday 15<sup>th</sup> March**

**School Children Visit – Friday 17<sup>th</sup> March**

**St Patrick's Day – Friday 17<sup>th</sup> March**

**Minibus Trip – Thursday 19<sup>th</sup> March**

**School Children's Egg Hunt – Wednesday 25<sup>th</sup> March**

**Minibus trip – Thursday 26<sup>th</sup> March**

**Entertainer Kyle – Monday 30<sup>th</sup> March**

**Holy Communion with Tony – Tuesday 31<sup>st</sup> March**

# Puzzle of the Month

## March Happenings

N G A S I F T U S R S G P A S M G N S A  
N N B I H M A K H S A R S A O U Y P R U  
S A D H D E S T S F A E S S G E T F T R  
E G T S E A E B F O S E R H P S T E A T  
R U C I C D Y A W O B N I A R N E E A A  
R E T R D P A K D R E I I M R E K B S T  
D M P I S C E S I G O K R R D A S D N D  
S S E N D A M H C R A M T O A T A E R O  
E A E B U N N Y E R S Y K C U L B N R A  
Y E E C A U P R A R G C C K O G R R E R  
E A A E O A R S R A S P R I N G E O S I  
L S D S T H S T N C E G G H U N T C D E  
A T I E T C O P O T O F G O L D S A S S  
A O T T E E A S P G E A R K O S A B T R  
F S Y U T R R T R E A T S G N E E E A E  
S U E O E P R E T S A E T E L R A S I W  
S Y S P P E A G G U H I T S P T T N G O  
R E N M G L R S S G E S S E W P L D L L  
E I O E H Y U Y E T B T F T A O O R O F  
S T P A T R I C K S D A Y P P F E A N E

SHAMROCK  
BUNNY  
FLOWERS  
SPRING  
PISCES

RAINBOW  
GREEN  
TREATS  
ARIES  
ST PATRICKS DAY

MARCH MADNESS  
POT OF GOLD  
EASTER BASKET  
EGG HUNT  
EASTER

LUCKY  
LEPRECHAUN  
EASTER EGG  
CORNEB BEEF  
IRISH



Hazel Peberdy – 9<sup>th</sup> March

Anna O'Carroll – 9<sup>th</sup> March

David Jones – 18<sup>th</sup> March

Mary Revell – 21<sup>st</sup> March

Trevor Simms – 23<sup>rd</sup> March

Relatives and friends are warmly invited to  
join us in celebrating these special  
birthdays.

# Seasonal Wellbeing Tips for March

## Spring into Feeling Good

March brings longer days, brighter mornings, and signs of spring. It's a lovely time to focus on feeling well, staying connected, and enjoying the little things.

## Gentle Movement

Keeping the body moving helps maintain strength and flexibility. Chair exercises, a short, supported walk, stretching arms and legs, or light dancing to favourite music. Every little bit helps!

## Enjoy the Daylight

As the days get lighter, try to spend some time near a window or outside in the garden if the weather allows. Fresh air and natural light can help improve mood, sleep, and overall wellbeing.

## Notice the Signs of Spring

Look out for flowers beginning to bloom, birds singing, and trees starting to bud. Taking a few moments to notice seasonal changes can lift spirits and spark happy memories.

## Small Joys Matter

Listening to favourite songs, looking through photographs, enjoying a favourite snack, or spending time with visiting family can all bring comfort and happiness.

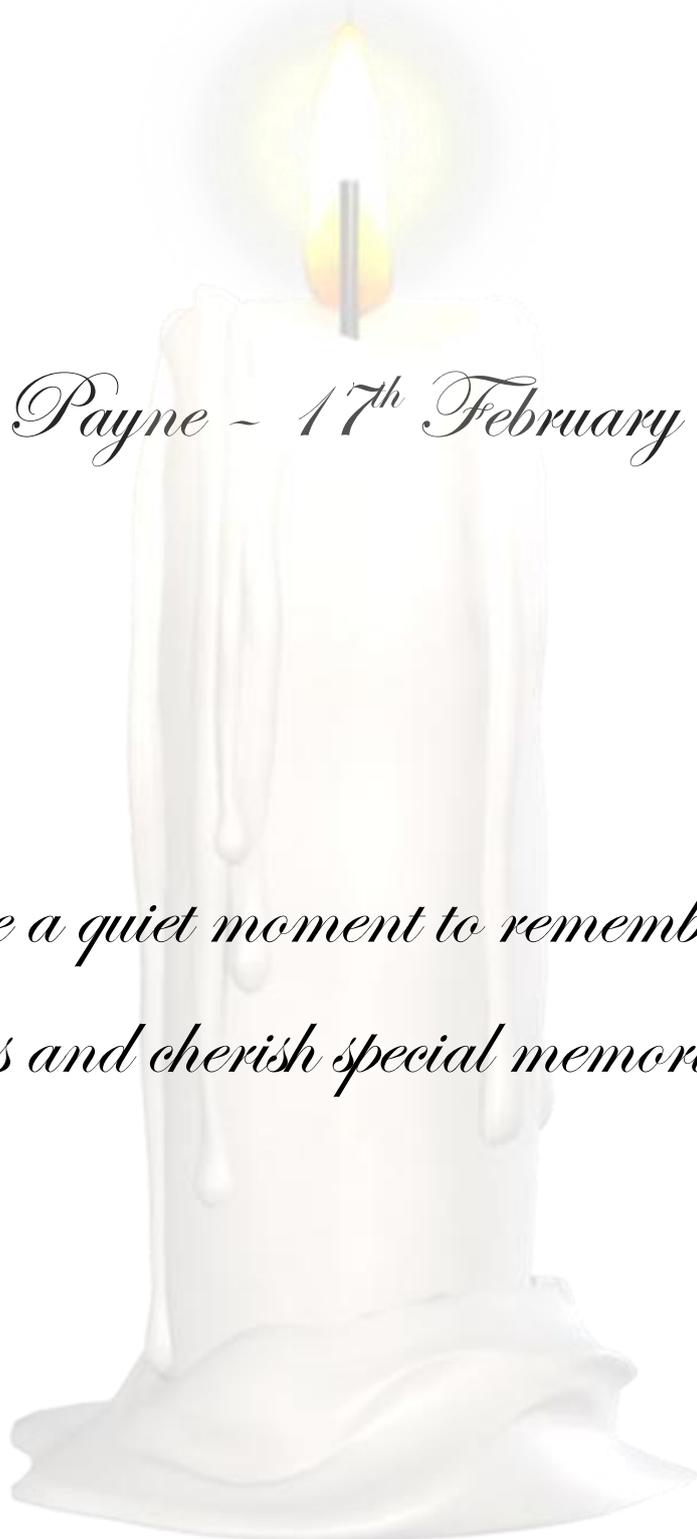
## Stay Connected

A chat with friends, family, or staff, and joining activities in the home can help everyone feel happy and supported.

# *Remembering...*

*Eileen Payne - 17<sup>th</sup> February 2026*

*We take a quiet moment to remember loved  
ones and cherish special memories.*





The 3ab Care

# REFERRAL PROGRAMME

Do you know someone seeking a Residential Home for a loved one? Refer them to Brook House, and if they come to live in our home, you will receive a reward!

**EARN £250 IF THE RESIDENT YOU REFER COMES TO OUR HOME FOR RESPITE**

**EARN £500 IF THE RESIDENT YOU REFER COMES TO OUR HOME PERMANENTLY**

Call Brook House for more information on  
01858 880 247

Respite stays minimum of 4 days, Permanent stays minimum of 4 weeks.

Made with PosterMyWall.com

15 Bell Lane, Husbands Bosworth, LE17 6LA | 01858 880 247 | Brookhouse@3abcare.co.uk