

Inspected and rated

Outstanding



# THE HEATHERS NURSING HOME

**3ab**  
Care  
Limited  
Exceptional Excellence

Newsletter

September 2025

## This month in Our home

This month has been full of exciting learning and activities. Here's a quick look at what we've been up to:

### Training

We had infection prevention control training, Virtual dementia experience, equality diversity and sexual orientation training this month.

### GSF accreditation

We received the GSF national award for getting accredited

**103<sup>rd</sup> Birthday celebration  
of Audrey**

## Staff Spotlight



Each month we celebrate some of our shining stars! This section highlights a staff who has gone above and beyond—whether through kindness, creativity, hard work, or leadership. Let's cheer them on and be inspired by their example!

**Discover  
learn  
understand**



## Announcements



referral programme is still ongoing please see the last page



Please book an appointment to discuss about Advanced care Planning



we have modified our menu

## VISITING

Please note the visiting times are between 10.30 am and 8.00 pm every day.  
We have protected meal times, please make sure you avoid meal times when visiting, unless you are supporting with meals. (0900-1000 breakfast, 1230-1330 lunch, 1700-1800 tea).  
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 am and avoid medication round time (1.00/1.30 pm & 5/6 pm).  
Press option 3 to speak to the nurse in charge 01454 312726.



## FIRE LOG

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

## MEETING

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

## POST

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

## CARE PLAN

Care planning & family / service user involvement.  
Please see the nurse in charge to see your loved ones care plan and to be involved in the planning.

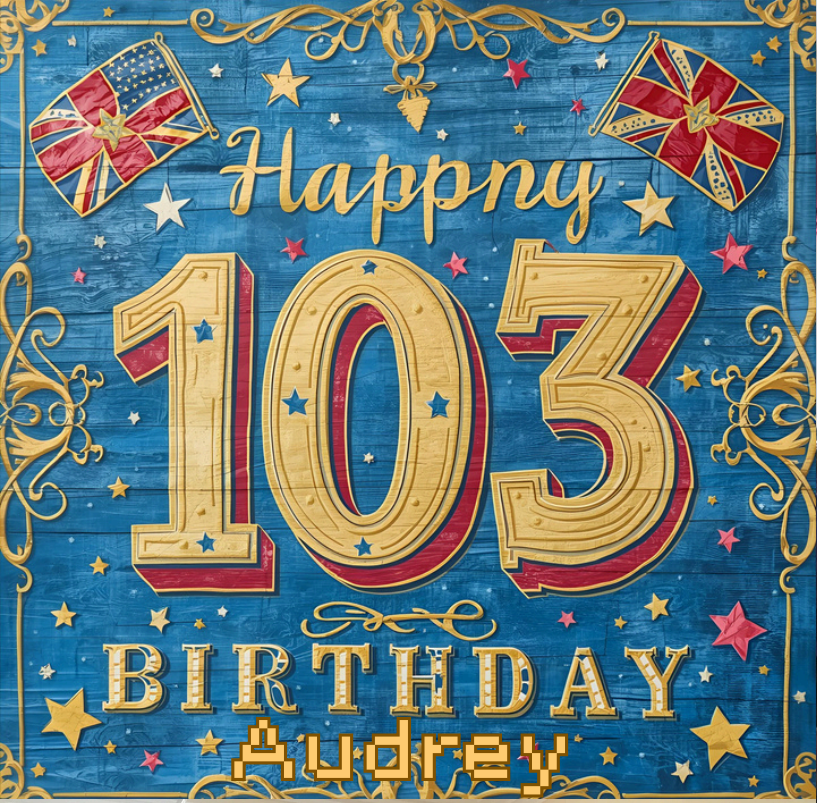




# The Knitting Club







We celebrated with great happiness ,103<sup>rd</sup> birthday of our beloved Audrey.



# the gold standards framework®

We have been awarded a national Gold Standards Framework (GSF) Quality Hallmark Award in recognition of the excellent end of life care we provide. We received the award at the GSF annual conference and awards ceremony on Friday 26th September at East Side Rooms in Birmingham - a celebration of the UK's exceptional health and social care providers for care in the final year of life. We were one of 172 organisations from across the country receiving the award in Birmingham (139 care homes, 1 primary care team, 10 domiciliary care agencies, 3 retirement villages, 1 prison healthcare team, 1 hospice team and 17 hospital





# STAFF SPOTLIGHT



***Bobby Guberov***

MAINTENANCE OPERATIVE

Borislav (Bobby) Guberov has been with us for over an year now. He is very friendly and helpful to both the staff and residents. No job is too big or small for him.

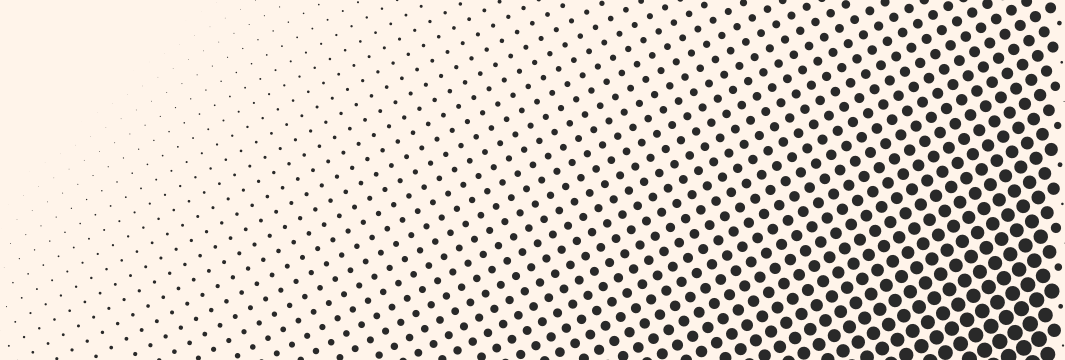


# G-FITNESS KEEPING FIT WITH ALEX





# ACTIVITIES AND FUN





# ACTIVITIES AND FUN







## THE HEATHERS CINEMA







**We have bid farewell to Janvi, we wish all the very best**





# UPCOMING EVENTS IN OCTOBER

## 1. **DIWALI:**

- **"ILLUMINATING TRADITIONS: CELEBRATE THE FESTIVAL OF LIGHTS"**
- 

## 2. **HALLOWEEN:**

- **"SPOOKY SPECTACLES: EMBRACE THE HALLOWEEN HAUNT"**
- **"TRICKS, TREATS, AND TERRIFYING TALES"**

## 3. **G-FITNESS:**

- **"GET MOVING WITH G-FITNESS: YOUR PATH TO WELLNESS"**

## 4. **HAIR DRESSING:**

- **"TRANSFORM YOUR TRESSES: THE ART OF HAIR DRESSING"**

## 5. **CHIROPODIST:**

- **"HAPPY FEET: THE ESSENTIAL ROLE OF A CHIROPODIST"**

## 6. **MINDSONG:**

- **"TUNE IN TO WELL-BEING: THE MINDSONG APPROACH"**

## 7. **HOLY COMMUNION:**

- **"SACRED MOMENTS: UNDERSTANDING HOLY COMMUNION"**

## 8. **SING ALONG WITH JAYS:**

- **"JOIN THE CHORUS: SING ALONG WITH JAYS"**
- "MELODIES IN HARMONY: EXPERIENCE SING ALONG WITH JAYS"**





# 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**

