



THE HEATHERS NURSING  
HOME

# MONTHLY NEWSLETTER

NOVEMBER 2025







# ZOOLAB

As always, the resident thoroughly enjoyed Zoolab's visit to the home. The session featured a variety of insects of all shapes and sizes, which everyone found fascinating.



Who are Zoolab?  
Zoolab is a family-run business  
which aims to educate  
audiences about animals and  
the natural world. 1.



The chilly weather won't deter us from exploring various outdoor locations. With the autumn leaves cascading down and the invigorating, crisp air, there's so much to enjoy.

# AUTUMNAL *outdoor*





# BONFIRE NIGHT

## REMEMBER, REMEMBER

### THE 5TH OF NOVEMBER.



What an incredible evening it was! A heartfelt thank you to all the families and friends who joined us for Bonfire Night. We also extend our gratitude to our wonderful chef for preparing delicious snacks.



# KEEPING BUSY!

Here are a few glimpses of the activities we engage in daily! We keep everyone occupied, even with the simplest of things.





# LEST WE FORGET

## remembrance day

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



This day carries profound significance for many of us. In the morning, we had the chance to witness the Royal British Legion Festival of Remembrance on the TV, followed by attending the memorial in town. It was genuinely heartwarming to observe so many individuals paying their respects, and seeing the soldiers and bands marching was truly remarkable.





# BIRTHDAY CELEBRATIONS









# VISITING ARRANGEMENTS

Please note the visiting times are between 10:30  
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.





# STAFF

## STAFF SPOTLIGHT



**Nicole Ayres**

HOUSEKEEPING

Nicole has been with us for over 6 years, She has been working in various departments within the home. She is bubbly, professional, friendly and helpful to both the staff and residents. Nicole has always got a big smile on her face everyday, which the residents and staff love about her!

## REFERAL SPOTLIGHT



We are happy to inform you that we will be giving £750 voucher to Kay Stevens towards the referral scheme . Thank you Kay for your referral.



The home thrives on the dedication of its staff. Each Christmas, management hosts a festive party for everyone to unwind and dance the night away. To all our staff, thank you for your hard work, and enjoy this year's Christmas celebration at Kendleshire golf club.

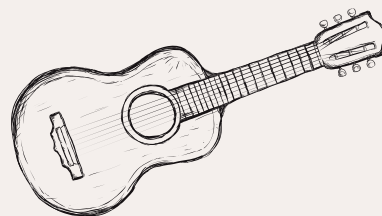




# UPCOMING EVENTS



- Monday 1<sup>st</sup> December - Holy communion | St Mary's school choir - singing Christmas carols
- Weekly Hairdressing Regular hairdressing 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.
- Tuesday 9<sup>th</sup> December, 10:30 - D'Artagnan the Singer and guitarist - a modern musician
- Wednesday 10<sup>th</sup> at 11:00 - Sing-a-long with the Jays
- 4<sup>th</sup> and 11<sup>th</sup> December - G-Fitness: focusing on health and wellness, offering fitness classes, personal training, or wellness advice aimed at promoting a healthy lifestyle.
- Thursday 4<sup>th</sup> December - Chiropodist
- Mindsong volunteer - 5<sup>th</sup> and 19<sup>th</sup> December at 11:30
- Thursday 11<sup>th</sup> - Christmas jumper day
- Friday 12<sup>th</sup> at 10:30 - St Johns Church - Christmas carols
- Residents and Relatives 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. Our next meeting is in Wednesday 17<sup>th</sup> December at 12:00.
- Saturday 20<sup>th</sup> December at 10:30 - 11:30 - Christmas party | Xmas fete | Chris the singer
- Sunday 21<sup>st</sup> December - Wizard of Oz pantomime
- Wednesday 24<sup>th</sup> December - Weekly haircut / blow dry
- Wednesday 31<sup>st</sup> December at 11:00 - Samantha the singer







# 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**

