

Brook House Newsletter



Here at Brook House, October is all about embracing the cosy autumn season and continuing to make every day meaningful. Whether residents are enjoying seasonal crafts, taking part in activities and outings, spending time with loved ones, or simply relaxing with friends over a warm cup of tea, our home continues to be filled with laughter, friendship, kindness, and plenty of special moments as we make the most of everything October has to offer. 🍂 🍵 🍁

WE ARE THRILLED TO ANNOUNCE THAT

Brook House

HAS BEEN RATED

OUTSTANDING

by CQC!

*A huge thank you to our amazing team,
residents, families and everyone who makes
Brook House such a special place.*



♥ Gold Standards Framework ♥

We are proud to work to the
Gold Standards Framework
for End of Life Care.

We are delighted to have achieved

100%

in our Gold Standards Framework accreditation.



If families need any support, please ask management
for advice and support. We are here for you.

*“A care home is not where life ends—it is
where life continues to be lived. We cherish every
smile, every story and every moment, ensuring that
when the final chapter comes, it is written with
kindness, dignity and peace.”*

Compassion ♥ Dignity ♥ Respect ♥ Comfort

October 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

September was a month full of music, laughter and love, from day trips out to singers. There was truly something for everyone to enjoy!





Staff Spotlight



Sophie joined Brook House in July 2024

Since joining Brook House Sophie has grown into her role. People would describe Sophie as 'kind, caring, friendly, good team worker and always happy to help others.

Sophie's favourite thing to watch is true crime.

Her favourite singer is Olivia Dean.

Her favourite place to go is somewhere hot/abroad and her favourite colour is purple.

Spa Day...

Our relaxing spa day is the perfect opportunity for residents to enjoy a little pampering, unwind, and feel truly special with some well-deserved self-care.



Minibus Trip...



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...



Residents enjoyed a delicious twice cooked collar of pork with mashed potatoes and veg. Also, a delicious teriyaki salmon dish and then some white chocolate and raspberry crumble bars.

Coffee Morning...



Our weekly Coffee Morning continues to be a much-loved event at Brook House, bringing residents, families, friends, and members of the local community together. It's a wonderful opportunity to enjoy a hot drink, homemade treats, friendly conversation, and plenty of laughter in a warm and welcoming atmosphere.

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 1st October 10:30am

Minibus Trip – Thursday 8th October 10:30am

Minibus Trip – Thursday 15th October 10:30am

Minibus Trip – Thursday 22nd October 10:30am



Name: _____

Halloween Word Search



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

Word list:

COSTUME

GHOST

GRAVE

HALLOWEEN

HAUNTED

MASK

PUMPKINS

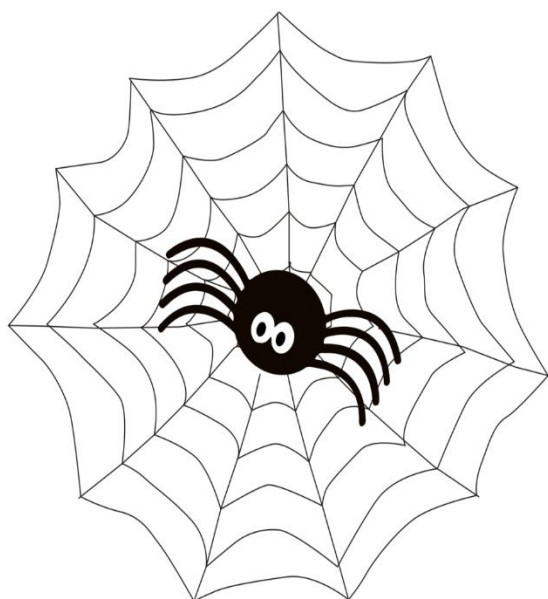
TRICK

SCARE

SKELETON

SPIDER

WITCH



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!

Minibus Trip – Thursday 1st October

Singer – Friday 2nd October

Pilates – Monday 5th October

Singer – Tuesday 6th October

Minibus Trip – Thursday 8th October

Trombonist – Friday 11th September

Musical Moments – Monday 12th October

Boogie beats – Tuesday 13th October

Minibus Trip – Thursday 15th October

Singer – Friday 16th October

Minibus Trip – Thursday 22nd October

Singer – Friday 23rd October

Minibus Trip – Thursday 29th October

Murder Mystery – Friday 30th October

Residents meeting – Wednesday 7th October

Subject to change

Jokes for October ...

🎃 Why was the pumpkin afraid to cross the road?

It had no guts!

👻 What's a ghost's favourite dessert?

I-scream!

🧙 What do witches put on their hair?

Scare-spray!

💀 Why don't skeletons fight each other?

They don't have the guts!

👻 Where do ghosts go on holiday?

The Boo-hamas!

🧛 What's a vampire's favourite fruit?

A neck-tarine!

🎃 What do you call a pumpkin that works at the beach?

A life-gourd!

🧙 Why did the witch give up fortune-telling?

She couldn't see any future in it!

💀 What instrument does a skeleton play?

The trom-bone!

👻 Why are ghosts terrible at lying?

You can see right through them

HAPPY
Birthday

Yvonne Haynes - 24th October

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

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

Seasonal Wellbeing Tips for October

Make the most of daylight – As the days become shorter, spending some time outdoors or near natural daylight can help support mood and wellbeing.

Keep warm and cosy – Cooler weather is arriving, so layer up and enjoy warm drinks, blankets and comfortable clothing.

Stay active – Gentle movement, indoor activities or a short autumn walk can help maintain mobility and lift your mood.

Enjoy seasonal foods – Warming soups, stews and seasonal fruit and vegetables are perfect as the temperature drops.

Remember to keep drinking – We may feel less thirsty in cooler weather, but staying hydrated is just as important.

Stay connected – A chat over a cup of tea, joining an activity or spending time with loved ones can make a big difference to wellbeing.

Look after yourself as the clocks change – Keeping a regular bedtime and morning routine can help your body adjust to the darker evenings.

Embrace autumn! – Enjoy the colours, seasonal crafts, cosy evenings and all the little things that make October special. 🍁 🍵

Remembering...



*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.

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