

Brook House Newsletter



Here at Brook House, September is all about embracing the changing season and continuing to make every day meaningful. Whether residents are enjoying autumnal 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.

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

September 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				

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

Reflections

August was a month full of music, laughter and love, from the summer fete to singers. There was truly something for everyone to enjoy!





Staff Spotlight



Georgina joined Brook House in July 2024

Since joining Brook House Georgina has grown into her role. People would describe Georgina as 'kind, caring, positive attitude, helpful. Georginas favourite film is Stanley Kubrick clock work orange.

Her favourite song is this and that by Stray kids. Her favourite place to go is Bradgate park and her favourite colour is blue.

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 lovely chickpea squash and cauliflower curry and lamb and rosemary casserole followed by a delicious trifle.

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 3rd September 10:30am

Minibus Trip – Thursday 10th September 10:30am

Minibus Trip – Thursday 17th September 10:30am

Minibus Trip – Thursday 24th September 10:30am

Word Search

Name: _____

AUTUMN IS HERE



Word list:

ACORN
AUTUMN
CRISP
FALL
HARVEST
JACKET
LEAVES
NUT
RAKE
SWEATER



SunCatcherStudio.com

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!

Holy Communion – Tuesday 1st September

Minibus Trip – Thursday 3rd September

Singer – Monday 7th September

Singer – Tuesday 8th September

Minibus Trip – Thursday 10th September

Trombonist – Friday 11th September

Boogie Beats – Tuesday 15th September

Minibus Trip – Thursday 17th September

Singer – Friday 18th September

Singer – Monday 21st September

Minibus Trip – Thursday 24th September

**McMillian coffee morning – Friday 25th
September**

Jokes for September...

Why did the tree worry about September? Because it knew it was about to leaf summer behind! 🍃

What's the best thing to put in an autumn pie? Your teeth! 😁

Why are trees so forgiving in autumn? Because they always let things go! 🍃

What did one autumn leaf say to the other? "I'm falling for you!" ❤️

Why did the scarecrow win an award? Because he was outstanding in his field! 🌾

What do you call a very large pile of leaves? The Great Barrier Leaf! 🍁

Why did the leaf go to the doctor? It was feeling a little green! 😊

What did September say to August? "It's time to turn over a new leaf!" 🍃

Why do birds fly south in autumn? Because it's too far to walk! 🐦



David Johnson – 4th September

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 September



- **Enjoy the fresh air** – Make the most of the milder September days with sometime in the garden or a gentle stroll outdoors.
- **Embrace the changing season** – Take time to notice the changing colours, falling leaves and signs of autumn arriving.
- **Keep cosy** – As temperatures begin to drop, have an extra layer or cardigan nearby, particularly in the mornings and evenings.
- **Stay hydrated** – Cooler weather can make us feel less thirsty, but drinking regularly is still important.
- **Keep moving** – Gentle movement, chair exercises or a little dancing can help keep the body active and lift your mood.
- **Enjoy seasonal foods** – September brings plenty of delicious seasonal produce, including apples, pears and blackberries.
- **Stay connected** – A chat over a cup of tea, joining an activity or spending time with family and friends can make a big difference to our wellbeing.
- **Make time to relax** – Whether it's listening to music, reading, enjoying a favourite programme or simply having a quiet cuppa, remember that rest is important too. 

Remembering...

*Remembering all residents that we have lost
this year. ❤️*

*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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