



THE HEATHERS NURSING  
HOME

# MONTHLY NEWSLETTER

APRIL 2026

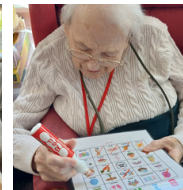




# APRIL

## Easter

Easter was a delightful celebration! It featured a variety of activities such as Easter bingo, holy communions (which took place on the 6<sup>th</sup> and the 20<sup>th</sup> of April) quizzes, and arts and crafts. To add to the excitement, we had a special surprise — our charming chicken visited the residents to distribute Easter chocolates!



## Chick Hatchlings

On Monday, the 13th, we welcomed the arrival of the chicks, which began hatching on the 15th. The chicks departed on April 23rd. Our residents have truly enjoyed holding them, feeding them, and simply having the chicks around the home. We look forward to next year!





# APRIL



## 'Move & Smile'

On Monday 13th, we welcomed the delightful Alice back to our home for her inaugural visit. She engaged with the residents through music, movement, and exercise. The residents faced exciting challenges and had an absolute blast!

## Ambourne Nursery

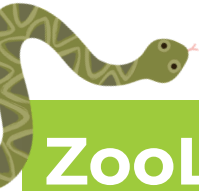
On Tuesday, April 14th, we had the delightful opportunity to welcome the Ambourne nursery for an enjoyable musical and singing interaction between our residents and the children.



## Stacey Warring

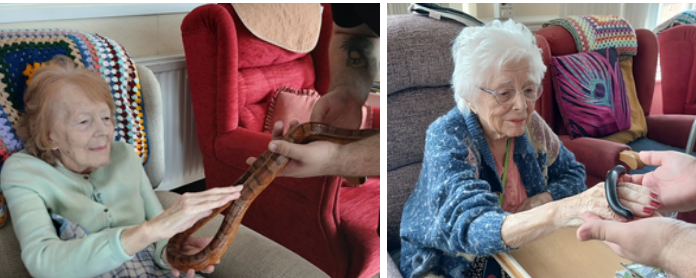
On Tuesday 28<sup>th</sup> of April, we had Stacey Warring, a professional female vocalist with over 22 years' experience. The residents enjoyed listening to her sing mixture of The Carpenters, ABBA, Nat King Cole and Tina Turner.





## ZooLab

On Wednesday, April 22nd, we welcomed ZooLab for another engaging visit in the afternoon. Attendees enjoyed a fascinating array of creatures, including snakes, centipedes, tarantulas, giant African snails, and cockroaches.



## Celebrating Heather's birthday



## Sunflower competition

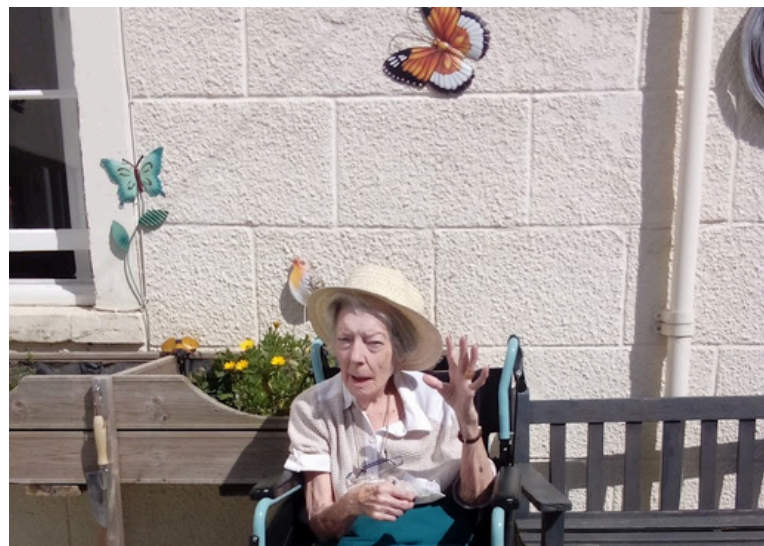
Fun competition between the staff and the residents. On Monday, March 6th, we planted sunflower seeds hoping they would take root. To our surprise, on the fourth day, we witnessed the growth of two seeds! Then, on Friday, April 10th, we planted additional seeds, which our resident thoroughly enjoyed. Once they were ready for potting, we transferred them to a larger pot on the patio, setting up a trellis, and continued to care for them by watering as and when needed. We are excited to witness the growth journey of the sunflowers. Be sure to keep an eye out for them on our patio.





## Keeping Busy

Here are some glimpses into our daily activities! We ensure that everyone remains engaged, even during the simplest tasks. Whether it's sharing memories, staying active, or belting out our favorite songs, there's always something enjoyable taking place! We're regularly busy keeping fit with Alex from G-fitness, holy communion, pet therapy, and singing along with Mindsong.





Here are the latest news .

## Staff Spotlight



### ***JIBY PAUL***

**HEALTH CARE ASSISTANT**

Jiby is hardworking and he is well liked by resident's and staff. He is the man behind our professional photographs.

## Training

Well done to all staff members who successfully completed the mandatory First Aid and Challenging Behavior refresher training. We are committed to continuous learning and enhancing our knowledge.



We sadly bid farewell to one of our dedicated healthcare assistants, Angelica. The residents will undoubtedly miss her talent for nail pampering, her delightful sense of humor, and her unique ability to brew the perfect cup of tea for our particular resident. Thank you for your hard work and commitment! We wish you all the best as you embark on this new chapter in Northern Ireland.



We celebrated three birthdays in April, and we want to extend our warmest wishes to Neethu, Lisa and Kerry for a very happy birthday! Thank you for your ongoing dedication and hard work.



## Upcoming Events

- **4<sup>th</sup> May** - 'Dance with Disney' pantomime by The Glitter Girls at 11:00.
- **8<sup>th</sup> and 22<sup>nd</sup>** - Mindsong at 11:30. Mindsong are a community singing groups and volunteer-led singers, creating and provides services tailored for people living with dementia and their family and friends, helping to support wellbeing, decrease isolation, develop new relationships, and bring joy through music.
- **12<sup>th</sup> May** Shannon Kitchen (Singer) at 11:00. Shannon does live singing with different monthly themes, as well as gentle armchair movement and reminiscence questions.
- **13<sup>th</sup> May** - Resident and relative 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.
- **14<sup>th</sup> May** wear green to show support in aid of mental health.
- **18<sup>th</sup> May** - Holy Communion (CS Baptist church) at 11:00 in the dining room.
- **27<sup>th</sup> May** - Sing-along- with the Jays at 11:00. The Jays are husband and wife performers, Tony and Hilary Jay, and each with nearly 50 years' experience as semi-professional entertainers. Hilary is a vocalist and leads engaging singalong sessions featuring much-loved songs from the 1940s through to the 1970s. Accompanying her, husband Tony, adds a special touch with live music on the guitar and concertina featuring an authentic musical experience.

## Regular visits

Regular Visits from the following. Please note that the schedule may change due to circumstances:

- **Hairdresser** every Thursday: hairdresser 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.
- **G-Fitness** with Alex every Thursday: focusing on health and wellness, offering fitness classes, personal training, or wellness advice aimed at promoting a healthy lifestyle.
- **Pet therapy** every Wednesday: This initiative aims to provide residents with companionship and social interaction.





## Visiting Arrangement

Please note the visiting times are between 10:00 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.



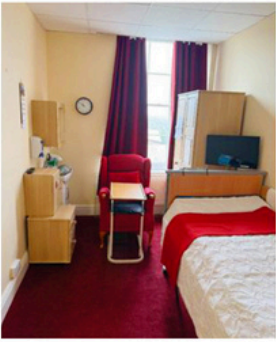
### SIGNING IN AND OUT

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.



# 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](mailto:heathersmanager@3abcare.co.uk)

Inspected and rated

Outstanding ★



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