



THE HEATHERS NURSING
HOME

MONTHLY NEWSLETTER

DECEMBER 2025





ST MARY'S SCHOOL



A large group of children from St. Mary's School visited the home in the afternoon. They performed popular Christmas songs, much to the delight of the residents, who cherished the opportunity to see the children and listen to their singing. It brought many smiles to their faces. One resident remarked, "It reminds me as a child; lovely!"





CHRISTMAS DECORATION

In case you missed it, here are some snapshots of our Christmas decorations throughout the home. Behind the scenes, a few of our residents assisted in adorning the Christmas tree. A big thank you to all the staff who pitched in to make the home festive – it truly was a team effort!





CHRISTMAS JUMPER DAY

We celebrated Christmas Jumper Day on Thursday, December 11th, by wearing our festive sweaters to embrace the holiday spirit. This joyful display lifted everyone's mood and brought smiles to numerous residents.





CHRISTMAS JUMPER DAY





SING-A-LONG WITH THE JAYS

Residents had a wonderful time singing along with Hilary and Tony, affectionately known as 'The Jays.' They delivered a charming blend of popular Christmas songs, accompanied by a variety of instruments, along with some good old-fashioned stories.





ST JOHN'S CHURCH

John's Baptist Church paid a visit to our home and performed a beloved Christmas carol. We all joined in singing and enjoyed a few nostalgic conversations together.





KEEPING BUSY

Here are some snapshots of our daily activities! We make sure everyone stays engaged, even with the simplest of tasks. Whether it's sharing memories, staying active, or singing our favorite tunes, there's always something fun happening!





CHRISTMAS PARTY

On Saturday, December 20th, we celebrated our Christmas party! It was a day brimming with singing, mince pies, cakes, drinks, and raffles! A HUGE THANK YOU to everyone who purchased raffle tickets, which will go towards the residents, whether it's for trips out or activities,





WIZARD OF OZ PANTOMIME

On Sunday, December 21st, we had the pantomime of
The Wizard of Oz.







SAMANTHA THE SINGER

Before the year concluded, we had the delightful Samantha perform a variety of music spanning from the 1950s to the present. All the residents praised her beautiful voice, and many admired her stunning dress.





BIRTHDAY CELEBRATION





STAFF

EMPLOYEE OF THE YEAR

From all the staff from The Heathers, we wish you a Merry Christmas and a Happy New Year!



HAPPY BIRTHDAY JULIE!



Salma Sadasivan

REGISTERED NURSE

Salma has been with us for over 4 years. Salma is very pro active when it comes to resident care. No job is too big. Salma was instrumental in implementing and achieving gold standard framework of end-of-life care in the home. Salma has a calm demeanour and is very supportive to her colleagues. Salma is Committed to bringing exceptional excellence at every scale.



CHRISTMAS PARTY

The team had a wonderful evening filled with relaxation and festivities at their Christmas party.





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.

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.





UPCOMING EVENTS

- 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. Hairdresser all day on the 8th January.
- January 8th - Shannon the singer 11:00
- 12th January - Tina Blackwill - pom pom dance at 11:00-12:00.
- 13th January - barber 10:00
- 14th January - 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.
- Every Thursday unless stated otherwise, Alex from 'G-Fitness': focusing on health and wellness, offering fitness classes, personal training, or wellness advice aimed at promoting a healthy lifestyle.
- 16th and 30th Mindsong volunteer at 11:30.
- 28th January - AnnTeek - Duo singer at 11:00.
- 29th and 30th - Chiropodist





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

