



THE HEATHERS NURSING
HOME

MONTHLY NEWSLETTER

JULY 2026



JULY

D'Artagnan

On Monday, July 6th, we had the delightful experience of welcoming D'Artagnan, who entertained us with a variety of musical genres. He played his guitar and interacted warmly with the residents, encouraging everyone to dance along.



Bristol Zoo Project

On Tuesday 7th of July, as part of our Wish Tree initiative, two of our amazing residents shared their wish to visit a wildlife zoo. With the sun shining brightly, they not only delighted in observing the animals but were also fortunate with the lovely weather and enjoyed ice cream.



Sing-along with The Jays

On Wednesday, July 15th, we enjoyed a delightful sing-along with The Jays. They entertained us with a variety of music while dressed as pirates, sharing stories and joining in the Morris dancing.



Trips & Spontaneous Strolls





JULY

Birthday celebration



Food Fiesta

On Wednesday 15th of July, staff shared a meal, a smile, and a story with each other! They cooked and bought their favorite national dish big or small — savory or sweet. Variety of dishes from Thailand, Sri Lanka, Nigeria, India, and Bulgaria.



Here are the latest news about staff.

Staff Spotlight



Richard Howell
HEALTH CARE
ASSISITANT

Richard has been working as a healthcare assistant in our home for more than 2 years. Richard is very enthusiastic and hard working.

Our team enjoyed a wonderful meal together, with great food and drinks in a relaxed and friendly atmosphere. It was a fantastic opportunity to unwind, chat, and strengthen our team connections outside of work.



We celebrated three birthdays in July, and we want to extend our warmest wishes to Mobin, Salma and Dinithi for a very happy birthday! Thank you all for your ongoing dedication and hard work.

Upcoming Events

- **3rd August** - Frank Chlebko at 11:00. Frank has been a professional musician since the late 1960s or early 1970s. For him, a blend of musical styles is essential, as it adds diversity and, most importantly, encourages people to sing along.
- **8th August** - Summer Fete at 10:30-12:30. Please join us for our annual summer fete. There will be cupcake sale, raffles, live music, fun games such as sponge throwing and hook a duck.
- **11th August** - ZooLab at 14:00.
- **13th August** - Resident and relative meeting 12:00: 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.
- **14th August** - South Asian Heritage Month - join us in the afternoon in the lounge as our team presents their traditional attire and shares the vibrant history of their culture.
- **17th August** - Holy Communion (CS Baptist church) at 11:00 in the dining room.
- **18th August** - Move & Smile at 11:00. Alice will be bringing gentle and engaging exercise program designed for older adults. The session focuses on keeping residents active, improving mobility, and encouraging social interaction in a fun and supportive environment.
- **25th August** - Chris Auburn at 11:00-12:00.
- **25th August** - Car wash fundraising £7.00 per car wash: to help support our resident(s) trips out. 10:30 - 17:00. Visitors parking will be limited on that day due to the car wash event. Teas/coffee available.

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. **Chiropodist** every 8 weeks.





FAMILEO

Connecting our residents, their families and our team.

We are excited to inform you that we will be trying a new application which will allow us and families to share photos .



Effective family communication, made simple

The Famileo platform ensures residents and their families stay connected, both ways, with no extra work for your team.

For residents and their families

Families securely upload photos and messages via the platform and every fortnight, these are automatically formatted into personalised family gazettes, unique to each resident. These regular, printed updates are a joy for residents to read and share with your team.

For you and your team

With one simple action, staff can update the newsletter, share daily life with families and display it on screens across the home.

Increase positive feelings

Families will be grateful for this convenient and adapted tool that serves to remind their loved one that they're thinking of them.

Residents feel more connected, loved, and recognised.

Care home staff will form deeper, more meaningful connections with residents and families through the sharing of special moments and daily life events.

Family and friends are able to post a message and/or a photo in just a few clicks, and include their loved one in their lives no matter where they are in the world! The resident receives news and photos in a format that is adapted to them: a personalised newspaper that they can hold and look at daily to remind them that they are loved and cherished.

Share news, photos, videos more directly (and privately) with residents' families via the care home feed. Families receive updates on their account. You can share news with one, several or every families.



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

