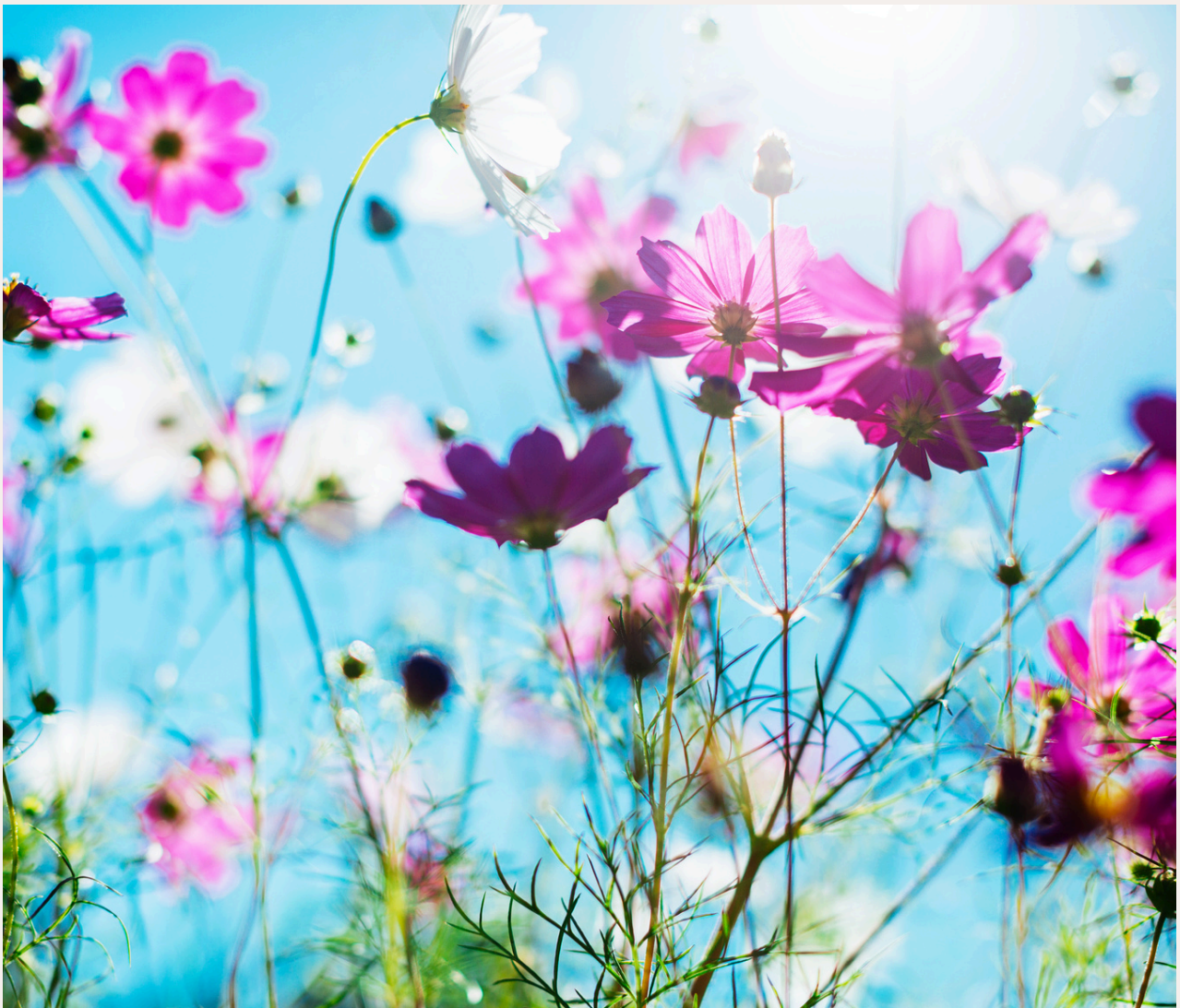




THE HEATHERS NURSING
HOME

MONTHLY NEWSLETTER

JUNE 2026





Sian and Rob

On Tuesday 2nd of June, we had the pleasure of welcoming Sian and Rob, who are talented professional musicians with an extensive repertoire encompassing songs from the blues, jazz and folk traditions. The residents enjoyed singing along to a variety of musical genres, enhanced by some fun summer shades!



D'Artagnan

On Tuesday 9th of June, we were delighted to welcome back D'Artagnan, who captivated us with a variety of musical genres accompanied by his stylish guitar. The residents particularly enjoyed his engaging interactions up close.



Father's Day

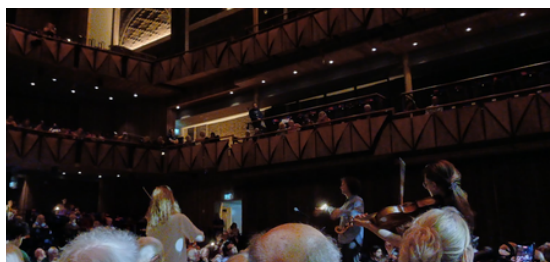
On Sunday 21st of June, we celebrated Father's Day with laughter, sharing amusing memories, engaging in quizzes, and presenting personalized poems. Followed by Sunday lunch and Guinness.





Orchestra date day

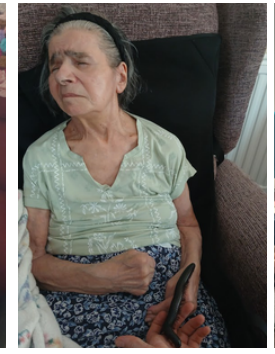
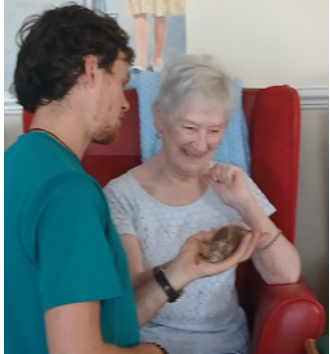
On Tuesday 16th of June, Ann and her husband George thoroughly enjoyed the Aurora Care Concert. Aurora Orchestra played Mozart's Jupiter Symphony at a special afternoon concert at The Beacon concert hall in the centre of Bristol. Aurora is a unique orchestra, playing from memory rather than from music sheets. This means that they are able to mix within the audience, creating a unique immersive concert experience which is very meaningful, especially for people with dementia. We stopped for a bit of lunch at Bristol Loaf, surprised and amused with the size of the bacon sandwich. Throughout it was full of smiles and laughter. Journey there and back, Ann and George reminisce about all the different places around Bristol, bringing back so many memories of their life together in Bristol.





ZooLab and Ambourne Nursery

On June 22nd, we were thrilled to welcome Zoolab to our venue, alongside Ambourne Nursery for a collaborative visit. Zoolab brought along an African snail, corn snake, millipede, frog, and cockroach. Both the residents and the children had a wonderful time interacting with the animals and asking questions to learn more about them.



Spontaneous Strolls and Exciting Outings

Whenever the sun is shining, a delightful walk through the park is just around the corner. We have been providing residents with the chance to enjoy simple strolls in the park! On Tuesday 9th of June, we had a wonderful outing to the Kemps Garden Centre. This trip offered each resident the opportunity to experience different excursions in turn.





Keeping Busy



Here are some glimpses into our daily activities! We ensure that everyone remains engaged, even during the simplest tasks. We're regularly busy keeping fit with Alex from G-fitness, holy communion, pet therapy, and singing along with Mindsong. This month we celebrated national day's such as World Cheese Day, D-Day, trooping colours and national fish 'n' chips day!.

Beat the Heat

During the heat wave, we kept cool by enjoying plenty of ice cream, cold drinks and engaging in water fights among the staff! The residents were entertained watching the fun unfold!

Birthday celebration





join us
**OUR
SUMMER
FETE!**



Saturday 8th August 2026

10:30 - 12:30



RAFFLES

CUPCAKE SALE

**SPONGE
THROWING
(STAFF &
MANAGEMENT)**

SUMMER THEMED

**LIVE MUSIC
BY JENILEE
ASHFORD**

HOOK A DUCK



Expert Ear Care, Clear Hearing

Professional Ear Examination Services

Dedicated to protecting
your hearing health with
comprehensive ear care



Our Services

Do you know that we have been carrying out ear examinations for all our service users monthly, if there is an accumulation of wax GP will be notified with pictures of the ear examination. We can also refer our residents to private ear syringing service who will visit our residents to do ear syringing.



Here are the latest news about staff.

Staff Spotlight

Well done to all staff for completing their mandatory health and safety training on 4th of June.



We would like to extend our heartfelt thanks to our volunteers, Sarah, Ewa, and Christina, as well as our work experience student, for their dedication and hard work. Know that the residents truly enjoy and appreciate your company and efforts.



Samna Mattil
SENIOR CARER

Samna has been working as a healthcare assistant in our home for more than 5 years. Samna has a bubbly personality and is very hardworking.



We are sad to say goodbye to Gizzy, one of our dedicated senior healthcare assistants. The residents will certainly miss her wonderful sense of humor, her collaborative spirit, and especially her talent for making everyone look polished and stylish. Thank you for your hard work and commitment! Wishing you all the best in your future endeavors.

We celebrated three birthdays in June, and we want to extend our warmest wishes to Johnson, Nicole and Ruth for a very happy birthday! Thank you all for your ongoing dedication and hard work.





RAFFLE DONATION



If you would like to donate raffle prizes for our summer fete on August, please do so by passing it to a member of an activity staff or nurse in charge.

Thank you.



Upcoming Events

- **3rd, 17th and 31st July** - 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.
- **6th July** - D'Artagnan at 11:00. D'Artagnan is Cheltenham-based solo singer/songwriter with his trusty Takamine guitar.
- **14th July** - Resident and relative meeting at 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.
- **15th July** - Sing-along- with the Jays at 11:00. The Jays are husband and wife performers. 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.
- **20th July** - Holy Communion (CS Baptist church) at 11:00 in the dining room.



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..



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.



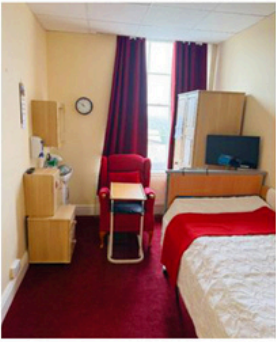
SIGNING IN AND OUT

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

