



THE HEATHERS NURSING
HOME
**MONTHLY
NEWSLETTER**
MARCH 2026



'Move & Smile'

On Monday March 2nd, we welcomed the delightful Alice 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!



Scales & Tails

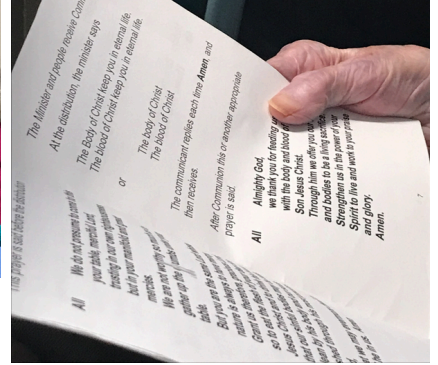
On Monday 9th of March, we had 'Scales and Tails; visit us again in the afternoon. We had snakes, tortoise, crested gecko, chameleon, chinchilla, sugar gliders, and rats.



St. Johns Church



On Friday the 13th April, we had hymns singing by St John's Baptist church. On Monday the 16th April we had the holy communion.



St. Patrick's Day

On Tuesday 17th of March, we had the pleasure of welcoming back the wonderful Frank Chlebko perform for us. St. paddy's theme. The residents not only enjoyed his singing but also appreciated his guitar playing. We had interesting quizzes about St. Patrick, followed by glass of Irish baileys and sherry. And if you noticed staff wore greens to celebrate this occasion.



Shannon Kitchen

On Tuesday 24th of March, we were thrilled to welcome back the incredible Shannon Kitchen. She delighted us with a captivating Irish set, which included an unexpected Irish dance performance, all topped off with a touch of Cliff Richard. It was great to see her not only entertain us but also actively engage with the residents through exercise, culminating in a calming yoga session. The residents were in awe by her shimmering turquoise dress.



MARCH

Mother's Day

On Sunday, March 15th, each resident was gifted a daffodil in honor of Mother's Day. This heartfelt gesture not only brought smiles but also served as a reminder of the strength and love they both give and endure.



SUN SUN SUN!

As the weather warms and the sun begins to shine more brightly, we eagerly take every opportunity to unwind on the patio and bask in the sunshine. However, our enjoyment extends beyond the patio; we have also been taking the residents for strolls around the nearby park and organizing outings to local parks.



Birthday celebration



This month, we had the pleasure of hosting not just one, but two birthday celebrations! Additionally, we celebrated a significant milestone during one of these joyous occasions!

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.



Wish Tree



As you may recall from our February newsletter, we have a 'wish tree' that captures the wishes of our residents, big or small, and we strive to fulfill them. We're thrilled to share that we recently granted one of these wishes. Larry expressed a desire to learn the rules of cricket, so we researched and found an audiobook that covers all the rules and facts about the game. Since presenting it to Larry, he has been listening to it and is thoroughly enjoying learning about the rules.

Here are the latest news about staff.



Staff Spotlight

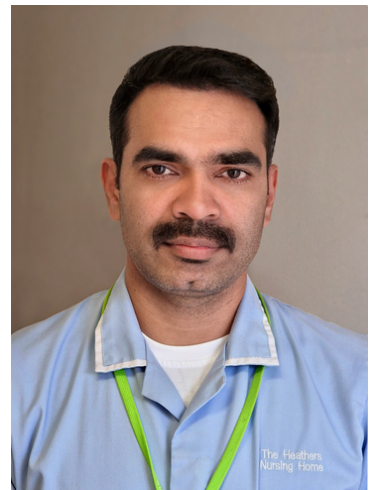
Ann Mary Kurian

REGISTERED NURSE

Ann is one of our lovely nurses. Ann is very passionate about her job role and can be always seen with her welcoming smile.

This month's birthday

In March, we celebrated four birthdays, and we would like to send our heartfelt wishes to Julie, Riya, Sylvia, and Jiby for a wonderful birthday! A special shout-out goes to Riya for reaching a significant milestone birthday. Thank you all for your continued dedication and hard work.



Upcoming Events

- **5th April - Easter surprise visit!** clue: big and fluffy with big ears!
- **6th April (Easter Monday) and 20th April** - Holy Communion at 11:00 in the dining room.
- **10th and 24th April** - Mindsong at 11:30.
- **12th April** - Paul Franklin (barber) at 11:00.
- **13th April** - 'Move and smile' at 14:30. A 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.
- **13th April** - We are going to be hatching some chicks! 'Incredible eggs' will be bringing them on the 13th of April, they will be hatching around hopefully within 48 hours. And all staff and residents will be taking turns to ensure they're watered, fed, and cuddled! Then they will be leaving us on the 23rd of April.
- **14th April** - Ambourne nursery visiting at 14:30.
- **16th April** - 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.
- **17th April** - Stacey Warring (singer) at 11:00. Stacey will be performing classical musical set.
- **22nd April** - Zoolab at 14:00
- **22nd April** - Chiropodist at 10:00
- **30th April** - Hairdresser in all day

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.



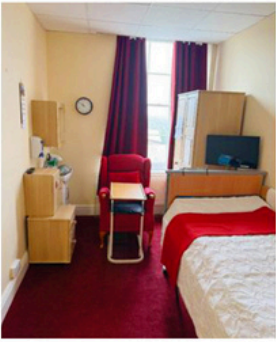
SIGNING IN AND OUT

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

