



THE HEATHERS NURSING
HOME
**MONTHLY
NEWSLETTER**

MAY 2026



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.

'Dance with Disney' pantomime

On Monday 4th of May, we had the Glitter Girls, who performed 'Dance with Disney' pantomime.



Shannon Kitchen

On Tuesday the 12th, we were delighted to welcome back Shannon Kitchen, who brought along a musical setlist. It was a joy to see her share photographs of the artists/the films that inspired her singing. She included engaging movement exercises, culminating in a relaxing yoga session.



VE Day

On Friday, the 8th, we reflected on our journey by reading a few articles celebrating our achievements! Since the residents enjoy quizzes, we had a fun quiz centered around VE Day. We also engaged in a reminiscence discussion, and it was wonderful to hear the residents recall their fond stories. On the same day as David Attenborough's 100th birthday celebration, we engaged in reading articles and participating in animal quizzes. The residents truly enjoyed the activities!



Sing-along with The Jays

On Wednesday, the 27th, we were delighted to welcome Hilary and Tony, a talented duo of performers. Hilary, a captivating vocalist, leads lively singalong sessions featuring beloved songs from the 1940s to the 1970s. Her husband, Tony, enhances the experience with live music on the guitar and concertina, providing an authentic musical atmosphere. The residents particularly enjoyed the Morris dance and the interaction with the instruments.



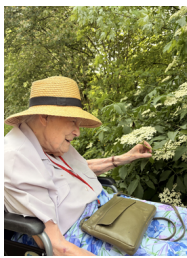
Sunflower update

Our sunflower continues to grow steadily. We keep a close eye on it each day to ensure it gets plenty of water and plant food. The residents have taken pleasure in observing the growth process when they're out on the patio on a sunny day. Additionally, the activity staff have brought the sunflower to residents in their rooms, allowing them to appreciate its beauty, even if just from indoors.



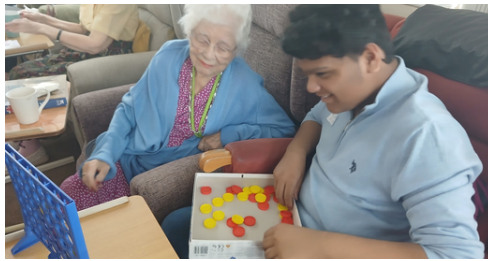
Sun sun sun!

We have been relishing the warm weather! Recently, we took a stroll around the park and paused at Waitrose for a refreshing drink. We are also lucky enough to truly appreciate the beautiful new flowers planted by Caroline, our chef, which have been thriving beautifully.



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.



Birthday celebration



Here are the latest news about staff.

Staff Spotlight



Mobin K Baby



“As my first work experience, thank you for accommodating me to learn and all your support.”

A little thank you from student at Yate Academy who spent a week with us for their work experience.

Mobin has been working as a carer in our home for more than 3 years . He is hardworking, caring and dedicated .Mobin is well liked by our residents and staff.

New Staff



Sarah Streeter
DOMESTIC



Gary Turner
ACTIVITY
COORDINATOR

We celebrated six birthdays in May, and we want to extend our warmest wishes to Olu, Sarah, Jinu, Ruby, Bobby and Shintu for a very happy birthday! Thank you all for your ongoing dedication and hard work.



Upcoming Events

- **2nd June** - Sian and Rob at 11:00. Sian and Rob are talented professional musicians with an extensive repertoire encompassing songs from the blues, jazz and folk traditions.
- **5th and 19th June** - 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.
- **9th June** D'Artagnan at 11:00. D'Artagnan is Cheltenham-based solo singer/songwriter with his trusty takamine guitar.
- **11th June** - 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.
- **11th June** - Hairdresser all day.
- **15th June** - Holy Communion (CS Baptist church) at 11:00 in the dining room.
- **22nd June**- ZooLab and Ambourne nursery at 14:00



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.



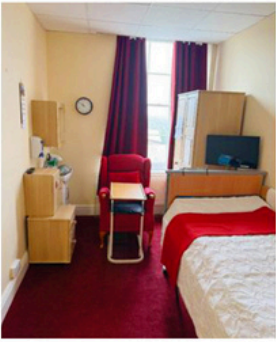
SIGNING IN AND OUT

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

