



THE HEATHERS NURSING
HOME

MONTHLY NEWSLETTER

AUGUST 2026



AUGUST

SUMMER FETE

We had our annual summer fete on Saturday 8th of August. The day was filled with laughter, fun, music from Jenilee and a wonderful sense of community. The raffle was a great success, raising an excellent amount, thank you to everyone's generosity and the amazing prizes donated. Our Hook-a-Duck stall kept the children entertained throughout the day. Our cupcake sale was also a huge hit, with the delicious treats selling quickly and helping to raise even more funds. A huge thank you to everyone who attended, volunteered, donated, and helped make the day such a memorable success. Your support made the event possible, and we look forward to seeing you all again next year!



AUGUST

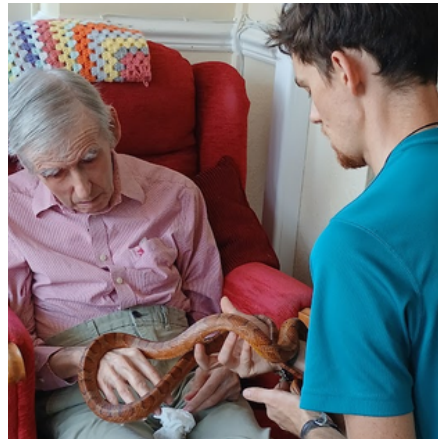
FRANK CHLEBKO

On August 3rd, we were delighted to welcome Frank back, who filled our space with a delightful mix of music and laughter! He brought a bright smile to one resident during his visit to her room. Frank sang a special song that evoked many cherished memories for her, and she thoroughly enjoyed asking him questions about his guitar.



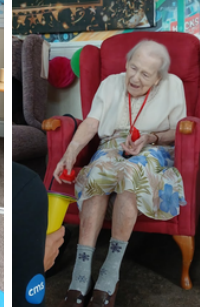
ZOOLAB

On August 11th, we had the pleasure of hosting Zoolab, who brought along an array of fascinating wild animals. They introduced us to a giant African snail, a cockroach, a tarantula, and a snake.



MOVE 'N' SMILE

On 18th of August, Alice kept us thoroughly active and engaged with different music, movement, and exercise. The residents faced exciting challenges and had an absolute blast!



AUGUST

Chris Auburn

On 25th of August, we had the pleasure of Chris Auburn visit us again, bringing a variety of music and laughter! He even had the residents as his back up singers!



Birthday celebration



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. This month we celebrated national raspberries and cream day, National coloring day, South Asian Heritage month, cupcake day and World photography day.



Here are the latest news about staff.

Staff Spotlight



Beverley David
LAUNDRY ASSISTANT

Beverley has been working in the home for over 9 years. Beverley is very friendly, hardworking and soft spoken.

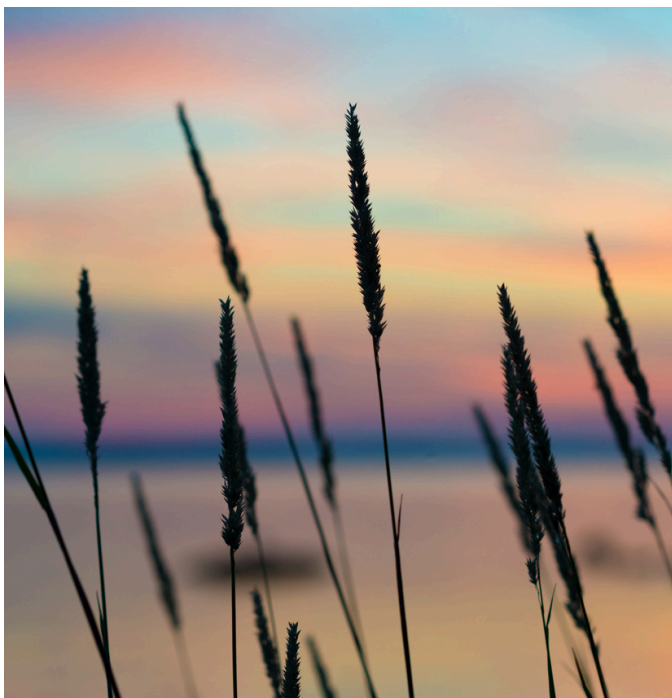
On Friday 14th of August, our staff participated in South Asian Heritage Month by wearing their traditional attire. The residents enjoyed discovering the various outfits, asking questions, and even feeling the textures of the materials.



We celebrated three birthdays in August, and we want to extend our warmest wishes to Sirima, Aneesh and Fatima for a very happy birthday! Thank you all for your ongoing dedication and hard work.

Upcoming Events

- **7th September - Hymns singalong with CS Baptist Church** at 11:00, in the lounge.
- **8th September - Shannon Kitchen** at 11:00. Shannon does live singing with different monthly themes, as well as gentle armchair movement and reminiscence questions. Also, we will be hosting the start of our coffee mornings, from 10.30am to 12.00noon.
- **11th and 21st September - 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.
- **14th September - 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.
- **21st September - CUPCAKE SALE:** there will be a cupcake sale in the afternoon at 13:00, in the dining room, to raise money for World Alzheimer's day. Please do come and join us.
- **29th September - Kiddleydivey** at 11:00. Kiddleydivey offers lively interactive and therapeutic session for the residents.
- **21st September - 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.

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

