3ab Care Limited
Exceptional Excellence

Inspected and rated Outstanding
Care Quality Commission

THE HEATHERS NURSING HOME

# MONTHLY NEWSLETTER

OCTOBER 2026

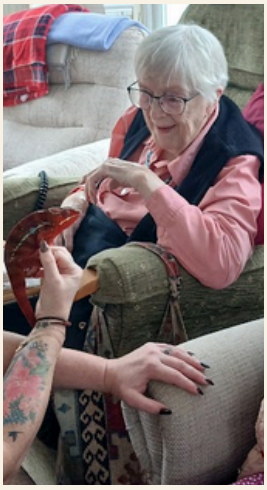


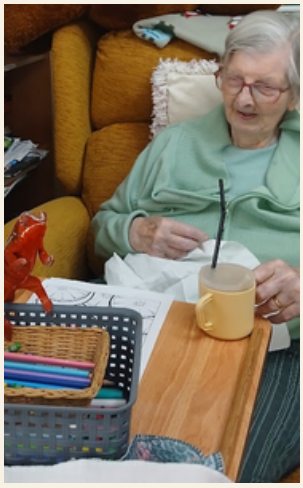
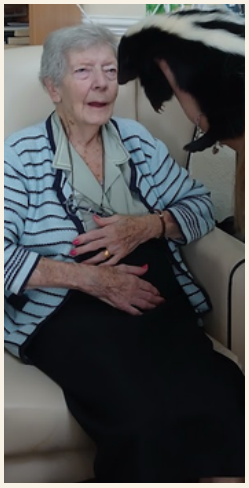
the gold standards framework
ACCREDITATION 2025-2028
PASS

# OCTOBER

## SCALES AND TAILS

On Monday 12th of October, we had an exciting revisit from Scales and Tails, showcasing their range of animals. It was a thrilling experience for everyone including the staff involved! They bought snakes, lizard, skunk, chameleons, and sugargliders.

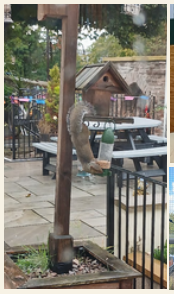
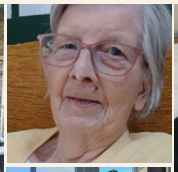
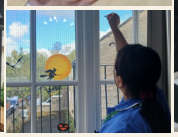


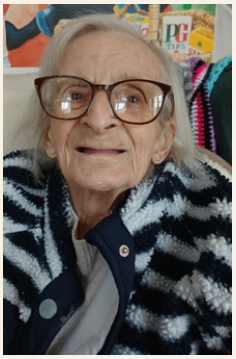



## HOLY COMMUNION

Holy Communion plays an important role in supporting residents' spiritual wellbeing and helping them stay connected to their faith. Providing opportunities for residents to receive Holy Communion allows them to continue practising their religious beliefs, offering comfort, hope, and a sense of peace. We also offer to the residents one-to-one room visits, which help residents feel included and connected to their faith, even when they cannot participate in group services.



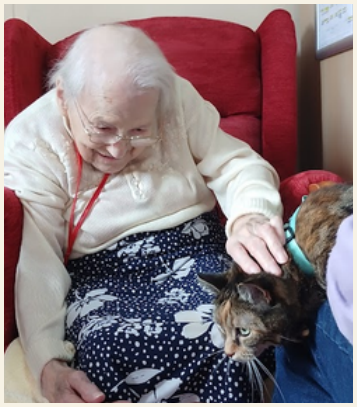





## KEEPING BUSY!

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 are regularly busy keeping fit with Alex from G-fitness, monthly Holy Communion, fortnightly of Mindsong, and weekly pet therapy. This month we celebrated Cliff Richard birth day, Winnie the Pooh 100th anniversary, National Cat day and Halloween.



## NATIONAL CAT DAY



## D'ARTAGNAN

On Tuesday 13th of October, we had the wonderful D'Artagnan who serenaded us with a delightful range of songs from rock 'n' roll to ABBA, as well as some slow romantic ballads. One aspect that brought joy to everyone was his vibrant smile and enthusiastic spirit throughout the singalong.







## SING AND MOVE WITH THE JAYS

On Tuesday 20th October, we had the delightful Sing and Move session with The Jays. They infused our home with vibrant energy on an otherwise gloomy morning. Their performance featured a country cowboy theme, complemented by their signature Morris dancing, which the residents thoroughly enjoyed!





## OUT AND ABOUT






# HALLOWEEN

## TRICK OR TREAT

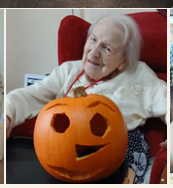
We had a spook-tacular Halloween at The Heathers! The festivities included Halloween trivia, musical quizzes, pumpkin carving, decorating, and sharing fond memories. The highlight of our celebration was the visit from The First Steps Nursery for some trick-or-treat fun, along with our staff donning costumes to give the residents a delightful scare and a laugh!











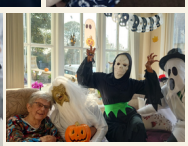













# CARE AWARD

On the 1st October 2026, we attended the C&SW awards - Finalist Categories for us, were - Nursing and Pallative Care (Salma) and Ancillary Support and Volunteering (Sarah). Sarah received a highly commended certificate and Salma won her category to go on to the GBCA to be held in Nov'26. Congratulations to both Sarah and Salma and we have high hopes for the awards night in November'26.













## Birthday Wishes

We celebrated three staff birthdays in October, and we want to extend our warmest wishes to Ann Mary, Sajimol and Caroline for a very happy birthday! Thank you for your ongoing dedication and hard work.



# STAFF SPOTLIGHT

***Shintu Joseph***

**CHAPS / SENIOR CARER**

Shintu has been working as a senior healthcare assistant in our home, since July 2022 & achieved her CHAPs qualification in April 2025. Shintu has a lovely sense of humour and a is very valuable member of the team



## Get Involved!

We are in search of a Santa Claus to assist us in delivering all the gifts on Christmas Day! If you are interested in getting involved, please reach out to the activities team.

# UPCOMING EVENTS

- **5th November - Fireworks at 17:00 out on the patio.**
- **6th and 20th November - 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.
- **8th November - Remembrance Day Parade in Rounceval street 14:45.**
- **10th November - Chris Auburn at 11:00 - 12:00.** Join us for our third coffee morning which we will be joined by a lovely singer – Chris Auburn.
- **10th November - Diwali dance performance at 14:35.** Join us in the afternoon in the lounge as our talented staff will be performing special Diwali dance to celebrate Diwali which is from 6th - 10th.
- **11th November - 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.
- **16th November - Holy Communion (CS Baptist church) at 11:00 in the dining room.**
- **20th November - Zoolab at 14:00.** Hands on animal encounters and educational visit.
- **23rd November - Keith South at 11:00.** Keith is a singer who was in a band for many years, now performing as a solo singer singing 50's and 60's rock 'n roll.
- We will begin Christmas decoration around the home week commencing 23rd.

## REGULAR VISITS

Regular Visits from the following. Please note that the schedule may change due to unforeseen circumstances.
**Hairdresser:** Our lovely hairdresser – Amanda, is in every Thursday for the weekly residents and full-day sessions every six weeks.
**G-Fitness:** Alex from G-Fitness is in every Thursday at 11:00. Focusing on health and wellness, offering fitness classes, personal training, or wellness advice aimed at promoting a healthy lifestyle.
**Pet therapy:** Bridget and her therapy dog – Shakka (who is a greyhound rescue) visits us every Wednesday at 14:30. Pet therapy provides residents with companionship and social interaction.
**Barber:** Our barber – Paul, he is in every 8 weeks for the gents.



# VISITING ARRANGEMENT

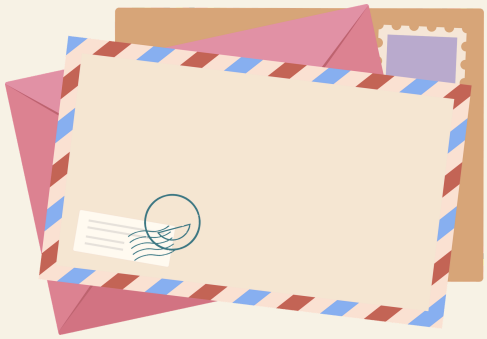
Please note the visiting times are between 10:00 and 20:00 every day.

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 on 01454 312726.



Please see the nurse in charge to collect any post for you loved ones.

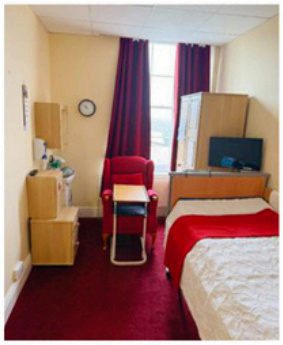
## SIGNING IN AND OUT

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.



## RESIDENTS AND RELATIVES MEETING

We hold residents and relatives meeting every month at 12:00 in the lounge. Subject to change in unforeseen circumstances. Please ask the nurse or management for dates for each month. Relatives are welcome to join.



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# 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

Inspected and rated Outstanding ☆ CareQuality Commission

## Contact Us
## Heathers Nursing Home
## 01454 312726

**heathersmanager@3abcare.co.uk**

FIND US ON FACEBOOK



