



THE HEATHERS NURSING
HOME

MONTHLY NEWSLETTER

SEPTEMBER 2026





SEPTEMBER



SHANNON KITCHEN

On Tuesday 8th of September, we were thrilled to have Shannon Kitchen join us again for our inaugural coffee morning. Shannon not only serenaded us with a rock 'n' roll theme but also shared nostalgic stories about the transformations of various cities and towns. The residents admired her stunning dress and her impressively high heels.



CELEBRATING WORLD ALZHEIMER'S DAY

On Monday 21st of September, we held a cupcake sale to raise funds in support of World Alzheimer's Day. We savored delicious treats while contributing to an important cause! We have raised £66 all together and has been donated to our chosen charity – Alzheimer's Society. You may have also spotted our staff wearing purple that day.



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, Mindsong, and pet therapy. This month we celebrated World Alzheimer's Day, our first coffee morning, and World Bollywood Day. We also took some of our residents to the Mop Fair in our town.



CELEBRATING A MILESTONE BIRTHDAY

We joyfully celebrated Audrey's remarkable 104th milestone birthday! One of her wishes was to go for a bike ride, and we were able to fulfill this wish on her special day. Thanks to Warmley Wheelers!



KIDDLEYDIVEY

On Tuesday 29th of September, we had lively interactive and therapeutic session for the residents with Kiddleydivey. The resident's thoroughly enjoyed different interaction throughout.



TRIPS OUT

WORLD BOLLYWOOD DAY

On Thursday 24th of September, we celebrated World Bollywood Day, and we were incredibly fortunate to witness a delightful Bollywood dance performance by our staff in the morning. The residents thoroughly enjoyed the vibrant attire and the energetic dance.

We would like to give a big thank you to Samna, Riya, Aysha and Jinu for dedicating their time out of work to practice and deliver a lovely dance performance.



STAFF SPOTLIGHT

Lorraine Beer

KITCHEN ASSISTANT

A big thank you to Lorraine, our Kitchen Assistant, for her continued hard work and dedication. Her reliability, helpful nature, and contribution towards creating enjoyable mealtimes for our residents are greatly appreciated.



We celebrated two birthdays in September, and we want to extend our warmest wishes to Karen and Richard for a very happy birthday! Thank you for your ongoing dedication and hard work.



WE THANK OUR VOLUNTEERS

As we bid farewell to one of our Volunteer – Ewa, we would like to express our heartfelt gratitude to Ewa, who has generously volunteered with us every Saturday for the past year. Our best wishes to Ewa.



Best wishes to Neethu for her wonderful maternity leave. May this precious time with your new arrival be filled with happiness, love, and special memories. We look forward to hearing all about your adventures when you return.

FOOD FIESTA

We held another food fiesta this month! This event gives our team a chance to share their favorite dishes from home, and it's a great way to get to know each other and our different cultures better. This month, team members whipped up traditional meals from Bangladesh, Nepal, India, and England.



UPCOMING EVENTS



- **9th and 23rd October – 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.
- **12th October – Scales and Tails at 14:15.**
- **13th October – 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.
- **13th October – D'Artagnan at 11:00.** D'Artagnan is Cheltenham-based solo singer/songwriter with his trusty Takamine guitar. He will be in for our next coffee morning.
- **19th October – Holy Communion (CS Baptist church) at 11:00** in the dining room.
- **20th October – Singalong 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.
- **30th October – Trick or Treat at 14:30.** First Steps Day Nursery is popping by for a spook-tacular trick-or-treat fest.

REGULAR VISITS

Regular Visits from the following. Please note that the schedule may change due to unforeseen circumstances.

Hairdresser: Our lovely hairdresser – Tracey, 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: Paul our barber who 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

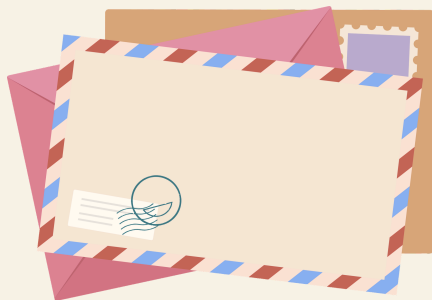
12:30–13:30 lunch

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 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. The time is 12:00 please ask the nurse or management for dates for each month. Relatives are welcome to join.



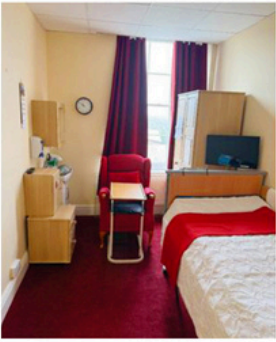
Great Western
Air Ambulance Charity



STAMP COLLECTING



One of our wonderful residents, along with a volunteer, is gathering stamps and stamp albums for the Great Western Air Ambulance. If you'd like to contribute, please see a member of the activities team.



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

