

The Willows Whisper

July

Hello 
SUMMER

Moonlight, Summer Moonlight

Poem by Emily Jane Brontë

'This moonlight, summer moonlight,
All soft and still and fair; The solemn
hour of midnight Breathes sweet
thoughts everywhere,

But most where trees are sending
Their breezy boughs on high, Or
stooping low are lending A shelter
from the sky.

And there in those wild bowers A
lovely form is laid; Green grass and
dew-steeped flowers Wave gently
round her head.

CONTACT US



Priya Patel
(Managing Director)



Yvonne Manton
(Registered Manager)



Irene Chand
(Deputy Manager)



Cleo Gono
(Deputy Manager)

14 – 16, The Lant Shepshed, Leicestershire LE12 9PD
[The Willows Website](#) | 01509 650559

REFERRAL PROGRAM

Do you know someone seeking a Care Home for a loved one? If you refer to resident, who comes to live at The Willows, you can receive a reward!

We are offering:

£250 vouchers if the resident comes to stay with us on a respite stay or £500 vouchers if the resident you refer comes to our Home permanently.

If you would like more information, please speak to Priya Patel or Yvonne Manton.

Contact us on 01509 650 55

For more updates follow us on social media!

Superfood for Seniors

Summertime brings a fantastic variety of freshly grown produce from our fields and vegetable patches. In this article you'll find about all the benefits and goodness that comes from having our five a day!

Some like bananas on toast, others like them in banoffee pie.

Almost everyone loves strawberries and cream! Fruit and vegetables; we love them or hate them!

At the Willows we encourage our residents to eat well. Fresh fruit is always available in our kitchen.

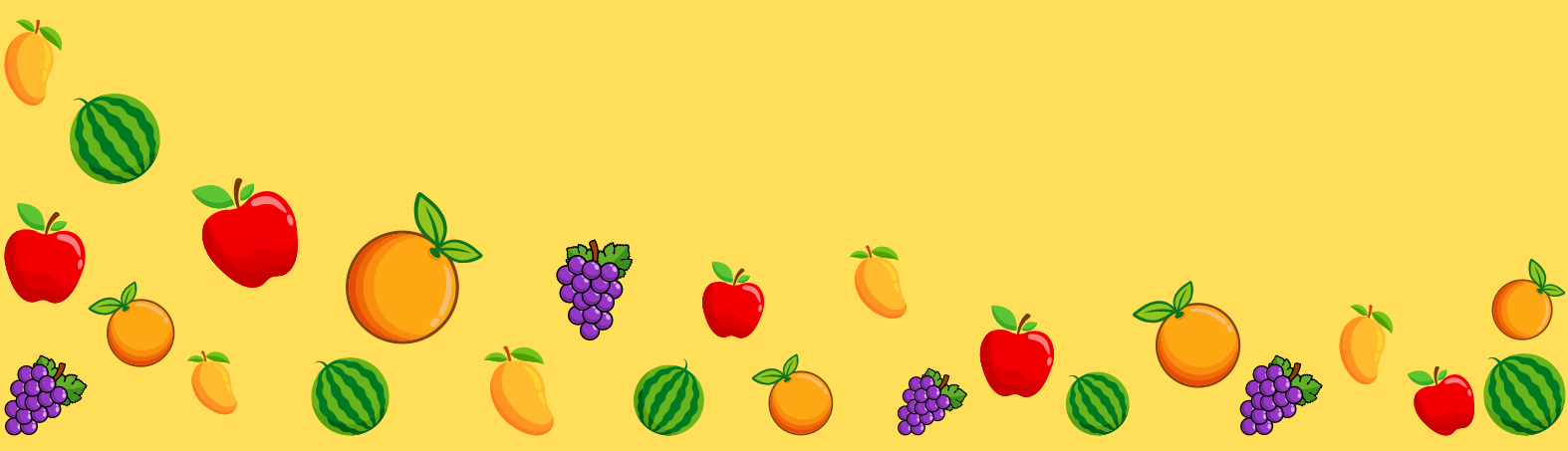
Our chefs are happy to prepare lovely fruit or vegetable salads for everyone. We also have a juicer and fresh fruit drinks or smoothies will be available for anyone, or we can make them together as a healthy activity. In the article below there are a few interesting facts regarding benefits from eating some of our everyday fruit and veggies.

- Blueberries: Packed with vitamins C and K. Regular consumption has been linked to maintenance of brain functionality. Its manganese levels help regulate metabolism, while the fibre lowers cholesterol and, in turn, maintains blood sugar.
- Apples: Are a significant source of soluble fibre (daily consumption is said to reduce "bad" cholesterol by 40%), but they're also rich in potassium and vitamin C, both of which benefit blood pressure.
- Cherries: Did you know that cherries get their red colour from an antioxidant known as anthocyanin? Not only does it provide the small fruit with a vibrant colour, it gives it some significant inflammation-reducing power. Cherries can also help regulate sleep cycles because of their melatonin richness.



Superfood for Seniors

- **Grapes:** In addition to their abundance of resveratrol, a powerful antioxidant that helps promote heart health, studies have shown that the seed extract in grapes can potentially slow the development of Alzheimer's disease.
- **Asparagus:** High in lycopene, which reduces the risk of prostate cancer, asparagus also helps the immune system with its plentiful supply of vitamin A. Additionally, its fibre contains prebiotics that promote healthy gut bacteria.
- **Broccoli:** It's almost become a cliché, but broccoli could very well be considered a miracle food. With plentiful fibre, vitamins A, C, B9, and K, just about every aspect of your body is directly benefited. New research suggests that broccoli may also help aid in reducing the risk of certain cancers. What's more, many of its nutrients (zeaxanthin, beta-carotene, and phosphorus) protect the eyes from macular degeneration and cataracts.
- **Kale:** Often considered a close relative of broccoli, kale does just about everything, from protecting arteries to reducing cholesterol. And whether it's prepared raw or cooked, these leafy greens are an excellent source of iron and fibre. Kale also contains powerful antioxidants that can help protect the body from chronic diseases.
- **Butternut Squash:** Loaded with beta-carotene (essential for eye health) and vitamin C, this vegetable is a vital asset, especially when it comes to controlling blood pressure. And because of its high fibre, butternut squash is great for maintaining blood sugar and lowering cholesterol.



Lost and found poem...

Cleo joined our Willows family in 2025, taking a role of deputy manager. We would like to re-introduce her via this beautiful poem that she wrote while on placement as a nursing student at De Montfort University in 2000.

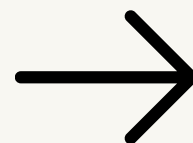
During a placement on Wakerley ward at the Evington Centre, she watched the old people being served and cared for. Their blank stares said a thousand words, the helpless submissions, silent whispers, and surrendering gestures, really touched her heart. She watched a little old lady that was very well kempt with matching clothes and a tiny dash of make-up and wondered what she was thinking as she sat there waiting to be served.

“Is this how I will end up one day, will I still remember the old me as I pondered... so I pulled out my notebook and began to write!”
A long-forgotten poem was found by chance in the attic during moving house.

It was hidden away in a box of old university notes, amongst the books that would end up in a little bonfire outside.



Read on here!



Through My Withered Eyes

By Cleopatra Gono

29/11/ 2000

When I gaze into the mirror
Tis not ME I see
An old withered, disfigured woman resembling Me.
That's what I see!

Had a dream, was young and in love
Yes, indeed, t'was ME!
Once young a child my eyes clear as crystal
The reflections of an active beautiful woman, to bestow
Twice a woman, with energy, wisdom and zeal, everlasting.
Through my eyes, my reflection was me, now just a dream,
neverlasting.

Through staggering here and there
Don't doubt these limbs of mine and stare
Once I danced with the wind, ran for miles
Walked in the sand and wore radiant smiles.
Sometimes I wonder, when you see ME,
A crooked old lady in my corner,
If you knew ME in my days,
Would you want to meet me, and learn my ways?
Would you think I was the child, you've turned me into?
Would you think, I wouldn't remember you?
Would you take my plate away, whilst I'm still feeding?
Would you give me bread when I want cake?
Would you laugh in my face and Lie?
Sometimes I just wonder and I just sigh

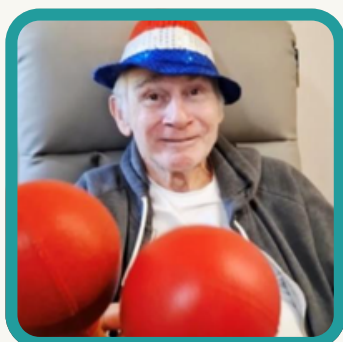
If you knew Me, When I was I!
Cos when I gaze into the mirror
Tis Me I see
An old withered, disfigured woman
That's sad old ME!

Activities

Trevor Santini Show

The Willows turned into a dance floor!

Trevor Santini had everyone singing, dancing, and shaking their maracas like there was no tomorrow. Our residents rocked colorful hats, fancy glasses, full-on party mode. Residents and staff brought the energy. Trevor brought the tunes. What a show!



The Willows Lunch Club

Lunch club doubled as the World Fixing Committee! Our residents tucked into a gorgeous sausage casserole with dumplings - and yes, the dumplings were "out of this world", official resident verdict. Treacle sponge + custard followed, and our ladies were happily solving world problems between mouthfuls. Friendly chatter, lovely music, and a serious planning about how many naps we can squeeze in before tea time.

Priorities, sorted!



Activities

Rhythm, movement, and joy!

Our residents and staff are active and engaged through drumming exercises that boost coordination, fitness, and fun.

Every beat counts! We used Youtube video and residents were very happy to follow the instructions. All had good fun.



Afternoon tea for Willows Dads

Father's Day celebrated with a lovely afternoon tea, bringing our wonderful residents together. It was a special time to honour all the fathers, grandfathers, and father figures who have shared so much love, wisdom, and kindness throughout the years.



Activities

Cooling down the best team around!

We wanted to show our incredible team at The Willows just how much we appreciate them. We surprised everyone with a visit from the ice cream van! Our staff have been working so hard to keep our residents comfortable and happy in the heat, so an ice cream was the perfect way to say a massive thank you. You deserve it, team!



Freshly baked biscuits were on the menu!

Our residents enjoyed getting involved in measuring, mixing, and baking biscuits from scratch before sitting down to enjoy them with a well-earned cup of tea. It was a fun afternoon filled with conversation, teamwork, and some delicious homemade treats.



Activities

Bring me sunshine...

What a show! Colorful performer Lucy brought so much fun and energy to the afternoon.

From the first note to the final bow, she took us on a musical journey around the world, bringing different costumes, rhythms, and stories to life through music. A truly captivating and unforgettable experience thoroughly enjoyed by all!

Residents loved her singing, and everyone was amazed by how many times she changed her costumes throughout the gig. With tambourines, singing, dancing, and the happiest of vibes, it was a fantastic performance all round.



Meet the Manager!

**Yvonne is available for a chat in July.
The times are between 7:30am and
8:30am.**

**If you would like to book a day
and a time slot, call our Home
on 01509 650559.**



Feedback comments this month include:

My mum was admitted to the Willows in Jan 2020 from hospital after being seriously ill. It was only going to be temporary whilst she gained her strength back. After 6 months she decided she would stay . Which she did till see sadly died 6 weeks before here 102 birthday. I lived 80 miles away , but I had absolutely no worry about her as the care she received always went above and beyond. Everyone I was in contact with either in person or on the phone (it was in covid) were so kind, caring, compassionate to her, she was treated with dignity, she was listened to, I could not have wished for better staff to look after her. She was very happy there, she kept the staff amused by her tales of her years in the army during the war, and on their toes when she wanted her mid morning coffee and newspaper, Everyone loved her to bits. She was a one off. Thank you from the bottom of my heart, keep up the wonderful care you give.

This month we say 'Happy Birthday' to:



Margaret - 14th



John K - 27th



Nigel - 15th



Lynda - 30th



Christopher - 16th



John B - 31st



Shirley - 22nd

JULY EVENTS TO LOOK FORWARD TO

Wednesday, 1st July
Boogie Beatz Chair Exercises
with Hannah

Monday, 6th July
Rock'n'Rollers are back!

Tuesday, 7th July
Trombone Tunes by Marc
Live Entertainment

Thursday, 16th July
Summer Sing Along with Kerry
Live Entertainment

Wednesday, 22nd July
Singing from the Heart,
Harmonium and African Drums

Sunday, 26th July
Church Service with Simon Clarke
and his congregation

Friday, 31st July
Dementia Café/coffee morning
reminiscing and socialising

There's always something to do...

Our much-loved regular schedule continues:

✨ Pamper & Spa Days  **Hairdressing**  **Arts & Crafts**
 **Social Lounge Activities**

SUMMER

holidays

Match the words to the correct pictures and complete the Crossword. Then find a secret message.

- 11 ball
- beach bag
- bucket
- Camping
- Crab
- deckchair
- flippers
- inFlatable ring
- kite
- lifeguard
- sandCastle
- shells
- snorkelling
- starfish
- sunbathing
- sun Cream
- sunglasses
- sunshade
- swimming
- surfing
- towel

The secret message is _____



SUMMER

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | E | U | I | C | E | C | R | E | A | M | E | M | S |
| H | N | G | I | S | G | N | I | V | I | D | W | B | S |
| E | K | R | A | P | R | E | T | A | W | V | C | L | A |
| C | L | E | B | T | C | M | R | E | R | E | M | E | N |
| E | V | M | E | I | G | I | C | E | E | I | T | M | D |
| M | A | S | A | S | R | F | M | L | G | P | O | D | C |
| C | C | R | C | S | L | M | L | N | R | C | A | U | A |
| W | A | M | H | B | U | W | I | O | I | E | A | L | S |
| E | T | E | R | S | O | T | I | C | W | E | S | O | T |
| T | I | V | S | I | A | E | S | R | C | E | U | D | L |
| T | O | C | W | O | G | C | U | S | M | F | R | I | E |
| T | N | I | B | C | E | N | S | W | I | M | T | S | A |
| G | G | N | I | R | E | T | L | E | W | S | O | A | S |
| H | A | P | I | C | N | I | C | I | S | I | L | P | S |

SANDCASTLE
SUMMER
BOATING
PICNIC
SWELTERING
FLOWERS
VACATION
BEACH
SWIM
DIVING
ICE CREAM
WATERPARK