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The Willows Whisper

November

They answered the call
With mighty hearts, they took a stand
In the pursuit of liberty
They died on foreign land.
Those that made it home
Carry a burden within their soul
More years behind them now
Yet stories remain untold.
We may never understand it
Few hearts can comprehend
The courage one must possess
To rise and take a stand.
So, I ask of you this
Dear friends and family
How will you remember
This most earnest legacy?
Will you bow your head in silence?
Offer a silent prayer?
Let's honour all they've sacrificed
For the freedoms we hold dear.

By Natalie Ducey



CONTACT US



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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!

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Enjoy That Extra Hour!

On Sunday 26th October at 2am, the clocks went back one hour - which means we all gained an extra hour in bed! It marked the end of British Summer Time and the beginning of those cosier autumn evenings.

While we might still need a few days to adjust, that bonus hour is a lovely reminder of just how important good sleep is, especially as we get older.

It recharges the body. During deep sleep our body gets to work repairing muscles, settling inflammation and keeping our hearts healthy.

Sleep boosts our mood and memory. A long, restful sleep helps us wake feeling brighter, calmer and more ready to chat, laugh and remember lovely moments.

It helps us stay steady and safe. Being well-rested helps with balance, concentration and energy for the day ahead — whether that's joining activities, a walk in the garden, or time with family.

Let's celebrate that extra hour. Put your feet up, enjoy a lie-in on Sundays, and give yourself permission for a truly lovely long sleep.

From all of us — sleep well and enjoy the lighter mornings to come!



Bonfire Night

On the night of 4th/5th November 1605, Guy Fawkes was caught with thirty-six barrels of gunpowder in the cellars beneath Westminster.

The plot, led by Guy Fawkes, aimed to blow up the House of Parliament in London. The motive behind the plot was to restore a Catholic monarch to the throne.
However, the plot was discovered on the night of November 4th, 1605, Guy Fawkes was arrested, and the plot was stopped.

King James decreed that November 5th should be celebrated as a day of thanksgiving and remembrance for the safety of the monarch and the failure of the Gunpowder Plot. In the 1960s school half-term once coincided with 'Guy Fawkes Night' or 'Bonfire Night' on 5th November, and children spent their holiday making an effigy of Guy Fawkes, dressed in old clothes, which were paraded round the streets, while passers-by were accosted with 'Penny for the Guy?'.
The money that was collected was spent on fireworks and the 'guy' was burned on a bonfire, accompanied by fireworks.

The tradition of lighting bonfires and setting off fireworks on this night began to mark the event and show loyalty to the crown.
Over the centuries, Bonfire Night has evolved into a festive occasion, celebrated with bonfires, fireworks, and various traditional foods and treats. While its historical and political significance may have waned, it remains a beloved cultural event.

Poppy Day

Remembrance Sunday, Nov 8th sometimes known as Poppy Day is a Memorial Day observed in Commonwealth since the end of the First World War 1918 to remember the members of their armed forces who have died in the line of duty.

Following a tradition inaugurated by King George V in 1919, the day is also marked by war remembrances in many non-Commonwealth countries.
Remembrance Day is observed on 11 November "at the 11th hour of the 11th day of the 11th month", in accordance with the armistice signed by representatives of Germany and the Entente.

The First World War officially ended with the signing of the Treaty of Versailles on 28 June 1919.
The tradition of Remembrance Day evolved out of Armistice Day. The initial Armistice Day was observed at Buckingham Palace, commencing with King George V hosting a "Banquet in Honour of the President of the French Republic" during the evening hours of 10 November.
The first official Armistice Day was subsequently held on the grounds of Buckingham Palace the following morning.



REMEMBRANCE



SUNDAY

Happy Diwali — Festival of Lights

On Monday, 9th November we are celebrating Diwali, the Festival of Lights, here in our home.
Diwali is a very special time for many of our staff and families, especially those from India. It is a time that celebrates light over darkness, good over bad, and hope for the year ahead. Families decorate their homes with lights and lamps called diyas, share sweets, and spend time together.

We are so lucky to have such a wonderful, diverse family of staff from all around the world — from India, Africa and many other places — who bring so much care, kindness and colour to our home every day.
We will celebrate with our very own Festival Fashion Show for our residents!

Our lovely carers will be dressed in their most beautiful saris in bright pinks, reds and golds, and others in their own beautiful national clothing from Africa and Asia. There will be dancing and enjoying Priya's famous samosas and lots of sweet treats together!

Happy Diwali to all who celebrate — may your year be filled with light.



Remembering Our Dear Nina — Wear Pink and Cake Sale Saturday 14th November

Two years ago we sadly lost our dear colleague and friend, Nina, after her brave battle with cancer. Many of you will remember Nina — always kind, always smiling, in her bright pink uniform.

Nina brought so much love and laughter to our home, and she is still very much in our hearts.

In loving memory of Nina, we will be holding a special Cake Sale for Cancer Research.

There will be lots of cakes, a cuppa, and time to share happy memories together.

All money raised will go to Cancer Research, to help others.

Nina's memory shining bright. She is missed and remembered with much love.



OCTOBER EVENTS














NOVEMBER EVENTS
TO LOOK FORWARD TO

Wednesday 4th November
Chair Exercises with Hannah

Thursday 5th November
Bonfire Night

Sunday 8th November
Rock'n'Rollers

Monday 9th November
Diwali Fashion Show

Thursday 12th November
Live Entertainment with Melody Flyte Rememberance Day

Saturday 14th November
'Nina's Day' Wear it Pink
Cake Sale for Breast Cancer Research

Thursday 19th November
Live Entertainment with Kerry

Wednesday 25th November
Live Entertainment with Trevor Santini

Friday 27th November
Dementia Cafe

Sunday 29th November
Church Service with Word of Life Church,
Conducted by Simon Clarke

There's always something to do...
Our much-loved regular schedule continues:
✨ Pamper & Spa Days 💇 Hairdressing 🎨 Arts & Crafts
🎲 Social Lounge Activities

This month’s testimonials!

To, all the staff at the Willows,

The family of Joyce would like to say a big thankyou for the care and support you gave our mum. We got to know alot of the carers and nurse's and we knew mum had her favourite's but that's mum.
Sending lots of thanks to all at the Willows x

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We would like to say a big "Thank-you" to everyone at the Willows Care Home for the care, kindness, support and love that was shown to Christopher during his 4 years with you. We would like to say from the bottom of our hearts there is no better care home as good as the "Willows". As Chris would say "Spot on".

Many thanks. Andy, Jeanette and the late Wooster XX