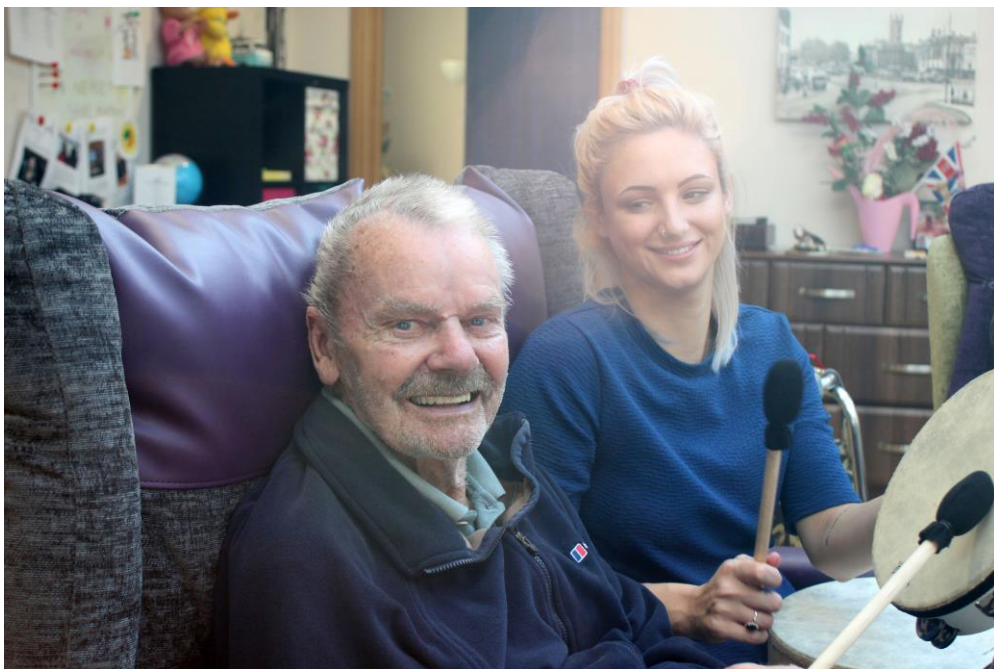




NEWSLETTER 2018 SEPTEMBER

Here we are again with some great stories from our September activities that took place. We have been a busy team with lots of interesting and social activities taking place.

We had the pleasure of having a drumming workshop take place at Griffiths House, the residents got really into this session and drummed their hearts out, this was very entertaining and very therapeutic.



Doug & Bryony enjoying the drums



Irene & Pat in action

Flower Arranging

We had a fantastic Flower Arranging session with a variety of brightly coloured fresh flowers. The residents created some beautiful bouquets, each with their own individual style. At the end of the session, the residents proudly presented their creations to the group. The bouquets were then displayed around the home, which certainly raised a few smiles!



Betty enjoying our trolley full of beautiful flowers



Nature Walking



We've been soaking up the autumn sunshine with plenty of walks around Cote House Gardens. Residents have enjoyed socialising with one another whilst appreciating the surrounding nature and countryside. We've been taking in the sights and sounds of the garden: listening to the birds, identifying plants, smelling the flowers and kicking the fallen leaves with our feet. We are very lucky to be next door to such a beautiful accessible garden for everyone to enjoy.



Our adventures outside and the changing seasons have been an inspiration for much of our artworks recently. Lots of the resident's creations will be used for decorating October's *Scarecrow Ball*, in celebration of Harvest Festival. Watch this space!

Trip to Clevedon



We had a brilliant trip to Clevedon, organised by our lovely friends from the organisation Alive. We had intended to go for a walk along the pier however due to the terrible weather, we decided to have a Fish & Chips at The Salhouse Restaurant instead! We were delighted to be joined by residents from several other care homes and our seats had a beautiful view. The residents were very pleased with the quality of the food and even happier when they were served a surprise of Chocolate Brownies and Ice Cream for pudding! We had a visit from a lady who works on Clevedon Pier who showed us photographs as she revealed the piers fascinating history. Before heading home, we had a peaceful drive

down the seafront to admire the view and tell stories of our personal experiences by the water. We had a lovely day!

Thank you for reading our newsletter and we would be very grateful if you could have any unwanted magazines that we could have such as Somerset Life/Woman's Weekly/Woman's Own/Country File and we are also wanting some realistic toy animals. For example, Lions, Tigers, Elephants, Snakes etc

We are going to be changing our name from Activities Team to Wellbeing Team, we feel this suits our role and covers everything we do in our daily role in promoting the wellbeing of the residents.

And now for a some thank you's

Thank you to Gill & Gill's Neighbour (Friend of Connie) for continuing to bring in crosswords and puzzles in lovely presentation packs. Much appreciated and always used.

A big thank you to Beryl's family for donating a sum of money which will go into our Residents Funds, this will be put to good use over the next couple of months – Thank you!!

Many Thanks
Amanda, Annie & Sabina
Wellbeing Team