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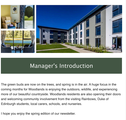
A WARM WELCOME TO OUR
SPRING 2025
Quarterly Newsletter

WOODLANDS
CARE HOME



Manager's Introduction

The green buds are now on the trees, and spring is in the air. A huge focus in the home has been on celebrating Easter, Community Involvement, His Majesty's Theatre, more of our beautiful countryside, Woodlands residents are also opening their doors and welcoming community involvement from the visiting Rainbows, Duke of Edinburgh students, local carers, schools, and nurseries.

I hope you enjoy the spring edition of our newsletter.

Also, if you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

Newsletter Sign Up

Best wishes,

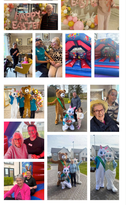
Lesley Stewart
Home Manager

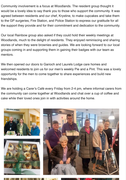
Easter Celebrations

Celebration Time

Easter holds great importance in care homes, serving as a time for celebration, reflection, and fostering community bonds. This year, we embraced the spirit of Easter in Woodlands, residents engaged in many activities throughout the day, shared experiences, and built new memories, enhancing their sense of community and well-being. The Easter Bonnet Parade was a highlight of the day, with a first-time ever, while the bouncy castle attracted not only the children but also their parents!

To spread a little community happiness, our mascot Trevor and the Easter Bunny were guided by residents to visit our neighbours nearby to gift chocolate bunnies to their loved ones. We also had a special visit from the Easter Bunny accompanied by our wonderful Pink Ladies and our team of talented chefs.





Community Involvement

Community Project

Being actively involved within the community builds and strengthens bonds, creating feelings of belonging, being cared for, and being valued. Social connections are vitally important to our mental and physical health and can protect against illness, depression, and anxiety. Residents in Woodlands have enjoyed many visitors this Feb, and we are all enjoying the diversity and the forging of new links.

Community involvement is a focus at Woodlands. We recently organised our first Community Celebration Day, which was a huge success. The day was a great opportunity for residents to meet their families, to make connections and to have a little bit of sunshine. The Station, and Police Station to express our gratitude for all the support they provide and for their commitment and dedication to the community.

Our local Rainbow group also attend if they could hold their weekly meetings at Woodlands, much to the delight of residents. They enjoyed reminiscing and sharing memories with the young girls and boys, and it was lovely to see the interest the groups coming in and supporting them in gaining their badges with our team as mentors.

We then opened our doors to Gatwick and Lucetta Lodge care homes and welcomed residents to join us for our men's weekly Pub and a Film. This was a lovely opportunity for the men to come together to share experiences and build new friendships.

We are holding a Carer's Café every Friday from 2-4 pm, where informal carers from the community can come together at Woodlands and chat over a cup of coffee and cake while their loved ones join in with activities around the home.

His Majesty's Theatre

Meaningful Activities

A series of writing and storytelling workshops are being held at Woodlands Care Home, facilitated by Creative Arts Therapist Jessica Lewis. The sessions and workshops are delivered by poet and creative practitioner Liz Gilbert, with Rhondda Dara School attending a couple of sessions to create a short film documenting the project. Residents participated in creating a "Time Capsule" to preserve and stimulate memories of His Majesty's Theatre and the Blaze Hall, encouraging residents to discuss, write, and tell their stories in English and Welsh. A display will be created using the collected memories, photographs, and artwork, which will be shared in a small exhibition of participants' stories and archive materials will be set up in the Music Hall's Big Sky Studio. Residents will be invited to visit the Music Hall to see their work and enjoy refreshments.

It is recognised that dementia can often act as a barrier to inclusion in arts participation, but this project aims to ensure that people living with dementia participate in this vital celebration. They will be encouraged to engage with the city's history in a manner relevant to them, utilising existing skills and learning new ones. We believe this project will bring positive mental health and social outcomes, increasing self-confidence and a sense of wellbeing through interaction with others in a safe social leisure.

The project provides much needed mental health and wellbeing support to those living with dementia, helping them to feel valued, reminiscence, reduce isolation, strengthen feel lonely and socially isolated, confused, and often struggle with the daily challenges of living in an unfamiliar environment. Mental and physical stimulation is vital for people living with dementia, and the project aims to provide a social environment in which residents can participate according to their own abilities. This project offers a new and innovative experience, helping to maintain mental stimulation, build confidence, and foster community engagement.

Looking at old photographs, lists of our residents recognised themselves as youngsters when they participated in a show. Amazed as pingrims!

Gordon's Specialist Training and Men's Shed

Busy Times...

Gordon, our gardener at Woodlands, recently completed a specialist training course to support residents living with dementia. Eight small, touch, and sound sets of important elements in providing a calming and peaceful environment that can help reduce anxiety and stress. Gardening with dementia is a fantastic experience of touching and smelling soil, plants, and flowers can evoke positive memories and stimulate cognitive functions.

Recently, with the help of residents and The Men's Shed, a Hedgehog and Bee Hotel was built and placed in our garden. The aim of the Hotels is to encourage a to build wheelchair accessible gardens so all residents can fully participate in developing and maintaining our garden.

Tamala Farm Visit

Cuddles & Pets

When one of our residents shared that they were brought up on a farm during a reminiscing chat and expressed their desire to see a farm again, we teamed up with Tamala Farm for a fabulous experience.

Animals can be a wonderful source of joy for those living with dementia, and they can also promote quality of life, self-esteem, and confidence. It is person-with-dementia a having trouble communicating with others is engaging in conversation, looking after an animal may help them to stay involved.

Feeding the newborn lambs and petting the goats, horses, and donkey stimulated positive emotions, releasing endorphins and promoting a sense of joy and relaxation.

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