Tunbridge Wells
CARE CENTRE

INTRODUCTION

Message From Our Team

Welcome to our Autumn newsletter. It has been a busy few months at Tunbridge Wells Care Centre, with residents enjoying everything from our summer Sports Day and annual BBQ to live entertainment, creative activities and a very special visit from George the pony.

One of the things we value most is offering residents plenty of choice and opportunities to spend their time in ways they enjoy. Whether that means joining in with an event, getting creative, listening to live music or simply enjoying time with friends and family, there is always something happening around the home.

We have also been making some improvements within the home, including our new dining table settings and plans for our sensory room. As we move further into autumn, we have another varied programme of activities and entertainment ahead.

We hope you enjoy catching up on our latest news.

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:

Sign Up Link

Best wishes,

Sam Smith
& Tunbridge Wells Care Centre Team

UPCOMING

20th October at 2pm: Fred Clark, Singer
21st October at 11am: Qigong

5th November: Guy Fawkes
5th November at 2pm: Church Service
10th November at 2pm: String Duo for Remembrance
12th November at 2pm: Amelia Museum
16th November at 2pm: Andy Mace, Singer
19th November at 2pm: Church Service

ACTIVITIES & EVENTS

Sports Day

Residents, staff and families came together for our summer Sports Day, with each floor competing to collect as many points as possible.

There was a good mix of games throughout the afternoon, including beanbag toss, rockets and beachball volleyball. Everyone was encouraged to get involved in whatever way suited them, and there was plenty of friendly competition between the floors.

After all the points had been counted, Grosvenor were crowned our Sports Day champions and proudly received the winners' cup. Congratulations to everyone who represented the floor and to all those who took part.

We also had another reason to celebrate as it was Pamela's birthday. She was presented with a lovely pink birthday cake while everyone joined together to sing Happy Birthday. It was a lovely way to round off an enjoyable afternoon.

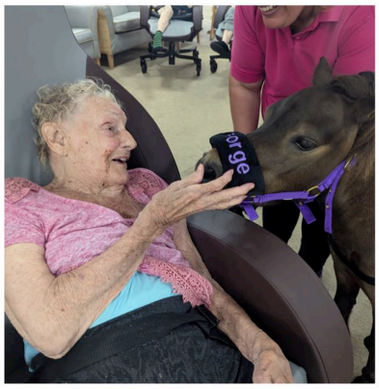
A Visit from George the Pony

We welcomed a particularly special visitor when George the pony came to spend some time with our residents.

George is a miniature horse with dwarfism and has a wonderfully gentle nature. He made his way around the home meeting residents individually, including visiting those who were unable to leave their rooms so that nobody had to miss out.

Animal visits can provide a calm and comforting experience and George certainly seemed to have that effect. Residents enjoyed being able to stroke him, spend some time with him and find out a little more about him.

George proved to be a very popular visitor and we hope to welcome him back again in the future.



Our Alice in Wonderland BBQ

Our annual Bank Holiday BBQ is always an important date in the calendar and this year we transformed the garden with an Alice in Wonderland theme.

Residents were joined by families and staff for an afternoon outdoors, with our kitchen team preparing and cooking a great selection of food for everyone to enjoy. Fred Clark provided the afternoon's live entertainment, giving everyone the chance to sit back and listen to some familiar music while enjoying the company around them.

We also held a raffle and a bake-off, with plenty of homemade treats to sample. Thanks to the support of everyone who bought raffle tickets, donated food and contributed to the day, we raised **£288 for the Care Workers' Charity**.

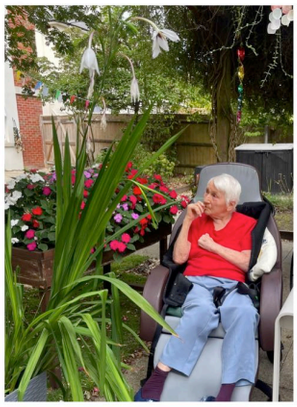
A big thank you goes to our activities team, Abby, Irina and Erin, for all the work that went into organising the event, and to our kitchen team for preparing and cooking the food. It was lovely to see residents, relatives and staff enjoying the afternoon together.

Live Music with Andy Mace

We were pleased to welcome Andy Mace back to the home for another afternoon of live entertainment.

Andy is always popular with residents, combining his singing with plenty of conversation and humour along the way. He took requests from the audience, giving residents the opportunity to choose some of their favourite songs and join in with those they knew.

Live entertainment continues to be a popular part of our activities programme and we are already looking forward to Andy's next visit in November.



Getting Creative

Our arts and crafts sessions continue to give residents plenty of opportunities to try something creative and make pieces they can be proud of.

We use a wide range of materials, including paints, stickers and tissue paper, which means there is always something different to work with. Residents have created a variety of artwork over the summer, with finished pieces displayed around the home for everyone to see.

As Christmas approaches, we will be turning our attention to making Christmas cards. We are looking forward to seeing the different designs residents come up with and adding a handmade touch to the festive season.

HOME NEWS

Resident Spotlight

We have recently been finding out more about the lives and working backgrounds of our residents, and it has been fascinating to discover the range of careers and experiences within our community.

Everyone has their own story to tell, and learning more about residents' previous occupations, interests and experiences gives us another opportunity to get to know the person behind the care we provide.

We look forward to sharing some of these stories through our Resident Spotlights and celebrating the interesting lives and achievements of the people who call Tunbridge Wells Care Centre home.

Around the Home

We have also been making some changes around the home. Our new dining table settings have given the dining areas a smart, restaurant-style feel, helping to make mealtimes an enjoyable part of the day.

Our sensory room has also recently been brought back into use for the first time in several years. We are now looking at plans to develop and upgrade the space further, with particular consideration given to how it can best support residents living with dementia.

Creating comfortable and welcoming spaces throughout the home remains important to us, and we look forward to seeing these plans develop.

COMING UP

Relatives' Meeting

- Our next Relatives' Meeting will take place on 4th December at 2pm.

These meetings are a useful opportunity for relatives to hear updates from the home, ask questions and share their thoughts with the team. We hope to see as many of you there as possible.

Looking Ahead...

As autumn continues and we begin looking towards the festive season, there is plenty to look forward to at Tunbridge Wells Care Centre. Our programme includes live singers, visiting performers, creative sessions, church services and seasonal activities, alongside the everyday opportunities residents have to socialise and enjoy their own interests.

We are also looking forward to developing our sensory room and continuing to find ways to make our surroundings comfortable, welcoming and suited to the needs of the people who live here.

Thank you, as always, to our residents, relatives, staff and volunteers for being part of life at the home. We look forward to sharing more news with you in our next newsletter.

EXTERNAL LINKS

Social Media

Make sure to check out the Tunbridge Wells Care Home Facebook Page for all our latest photos!

Don't Forget To 'Like' Us!

Leave A Review

We would be very grateful if you could spare a few minutes to write a review for us:

Carehome.co.uk & **Google Reviews**

Tunbridge Wells
CARE CENTRE

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