

News from



HEATHFIELD COURT CARE HOME

Dear Friends

Well, Autumn is firmly here! We have been reflecting on all of the lovely things we've been up to in recent weeks and thought you'd like to see some of our photographs too.

Inspired to boogie!



Music connects and inspires many of our residents, and so we make sure it is a regular part of our routine at Heathfield Court. One of our most recent music sessions was a heart-warming one, as our ever-youthful resident, John, refused to be held back by mobility challenges and insisted he stand, with the help of our care team, and have a little boogie to the music! What a wonderful, triumphant moment that was - one we were lucky to have captured on camera to share with friends and family on Facebook!



Keeping active

We have been getting creative with fun ways to stay active and nimble over the past few weeks. From target practice in the garden, which had everyone laughing and cheering, to Balloon Swatting, one of our favourite seated workouts, complete with plastic hands to hit the balloons that gets everyone's blood pumping! Always ones to embrace new technology, we've also been playing virtual bowling and golf via Wii Fit and interactive games on our Tovertafel sensory table. Of course, for those who prefer to take things at a slower pace, we have been leading Yoga sessions for our residents in the garden, which are as much mindful as they are great for stretching out any stiff joints!

Historic battles and sunflower wars



We recently marked the Battle of Britain with an entertaining themed photoshoot. We brought in vintage newspapers and fun props, from feather boas and fascinators for the ladies to caps for the gents, and had lots of giggles posing for sepia photos! Then as a fun and colourful way to get back to nature and bring all the floors together, we've been competing in our own Battle of Heathfield with a Sunflower Growing Contest to see who could grow the tallest flower the fastest! In the end, the Third Floor took the glory but everyone's efforts brought some much-needed sunshine to the garden as the Autumn weather began to set in.



Making wishes come true!



We like to keep life fun and varied for our residents at Heathfield Court, and we love the challenge of making wishes come true! One of our most recent success stories was when we surprised our lovely Dennis, who is a huge Charlton Athletic F.C. supporter. He was absolutely delighted when we managed to get his favourite football team to send a framed letter and collectors programme for him to treasure! It's the little things that also provide everyone's days with meaning and focus, and our residents have loved taking it in turns to do the rounds with our brand new sweet trolley, which we stocked with their favourite pick-n-mix treats, bringing back wonderful childhood memories!



With love,
Gina Kitchenham,
Home Manager

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We always love reading your comments on Facebook! Here are a few recent ones:

"Your dedication and love for your residents and staff is an inspiration to all. THANK YOU so much." Susan

"We are all so grateful and thank you all for all your hard work and care." Patrick

"Thank you everyone for making mum's birthday special. Mum was so happy and smiling xx" Pauline

"How lucky we are that mum is at this home? The people at Heathfield are the best." Tracey



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