

# News from HEATHFIELD COURT CARE HOME

Dear Friends

As Spring dawns and the country slowly emerges from lockdown, we wanted to share with you the good times we have enjoyed so far this year.



## Time to celebrate

The first few months of the year brought us plenty of things to celebrate here at Heathfield Court. International Women's Day was a wonderful way to honour all the brilliant, strong and smart female residents we get to live with every day! Hilarity ensued when Pancake Day rolled round and we had a whale of a time sampling all the different toppings! Valentine's Day brought bunches of chocolate bouquets, heart cupcakes and even a Valentine's themed photo shoot with fun props. The frivolity continued on St Patrick's Day where we decorated lucky four leaf clovers, played Irish music and danced to Michael Flatley! Everyone had a wonderful time.

## Peaceful playtimes

We always like to balance the fun and games with more mindful activities to keep everyone feeling calm and centred. So over the past few weeks our residents have been indulging in their most relaxing activities. There have been pamper sessions in our spa with manicures and massages, and yoga sessions in the lounge focused on gentle movement and breath work. We've been keeping active (and competitive!) playing ping-pong as well as virtual bowls on the Wii fit. And, of course, now April is here we took the opportunity to create some flower-themed artwork for our colourful 'Spring Board' filled with beautiful designs our talented residents made themselves.



# A marvellous Mother's Day

This Mother's Day we thoroughly pampered the ladies of Heathfield Court! The day began with a relaxing morning, where each resident received flowers and opened cards from loved ones. Our team members then adorned the dining room with beautiful flower arrangements that our residents had spent the week making, for that personal touch! Then everyone dressed up in their Sunday finest and there were glasses of bubbly all round as we settled down for an afternoon cream tea complete with cupcakes that our residents made and decorated themselves! We ended the day with a fun Mother's Day photo shoot so each resident had a treasured memento to keep.



## A very happy Easter for all

Our Easter celebrations lasted all week long to the delight of our residents who had the time of their lives playing themed party games, making Easter crafts and baking Birds Nest cakes. On Easter Sunday itself our residents sat down to an indulgent Alice in Wonderland themed tea party, beautifully crafted by our in-house chefs. To everyone's delight the Easter bunny popped by for some relaxing pet therapy. How we love those cuddles! Whilst our team was kept busy delivering chocolate eggs far and wide, filling our home with love and laughter, as always!



With love,  
**Gina Kitchenham**  
Home Manager

Heathfield Court Care Home, 147 Colyers Lane, Northumberland Heath,  
Kent, DA8 3PB, Tel: 01322 923383

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

"Mum is at such a super home with such professional and lovely people looking after her." Tracey

"You have been amazing!" Becky

"You are all wonderful people and your care is the best ever! You should be so proud." Nuala

If you don't wish to receive future newsletter updates from us, please email us at [marketing@carebase.org.uk](mailto:marketing@carebase.org.uk) and we'll of course, remove you from our list.

