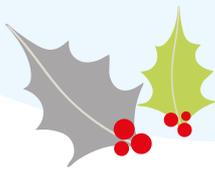


News from



# HEATHFIELD COURT CARE HOME



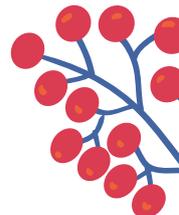
Dear friends

We hope, like us, you have been enjoying the winter festivities, cherishing the gifts of love and friendship and looking with excitement to the year ahead. Here is a little round up of what we got up to before we welcomed in 2022!



## An entertaining autumn

The end of the year brought lots of fun to Heathfield Court and our lively Halloween celebrations kicked off the party atmosphere! We began with some very creative arts and crafts sessions and potion making lessons! Our 'Trick or Treat' sweet trolley did the rounds as our residents decorated pumpkins with vampire teeth and googly eyes! In fact, earlier in the week they had picked the pumpkins themselves at our local farm's pumpkin patch! Then it was time for our fancy dress party where we had great fun in our finest witches hats and enjoyed a wonderful performance from one of Heathfield Court's favourite singers, Anna. What a Spooktacular it was!



## Days out with friends



We love our day trips in and around Kent, and as the weather got cooler it was the perfect opportunity for many a cosy outing to our favourite pubs and tea rooms! Our residents love nothing more than to come together with their friends for a natter over a delicious slice of cake and a fresh pot of tea! Of course, we are an active bunch too and so it will come as no surprise to learn that our residents are also regulars at the local bowling alley. The special ramps ensure everyone can still enjoy a game and compete to be the first to get a strike! There is always so much laughter on these days and we love it!



# Winter wonderland

As soon as December arrived our home was filled with festive cheer. We decorated each room with sparkling trees, winter murals and cosy festive scenes. Then we gathered together with friends and family to unveil our community Christmas tree complete with 400 baubles! Not to be outdone by the sparkling 12ft pine, Deputy Manager Nikki had our residents in stitches when she dressed up as a Christmas tree herself! It has been a wonderful stream of parties and games - we even had our own private panto performance and a visit from one of Santa's elves! Then on the Big Day itself, we gathered together to enjoy a wonderful meal, pulling crackers, telling jokes and sharing memories of Christmases gone by!



## Keeping happy and active

Our joyful residents are always game for a laugh, so we like to make sure there are lots of fun activities going on to suit all tastes. One of our favourite ways to keep fit is balloon tennis, which gets everyone moving whilst mastering our coordination skills! To keep our brains active we love using our interactive Rainbow table to play virtual games on its giant screen. We also have a few Star Bakers amongst us and so there have been batches of biscuits, tray bakes and cakes whipped up throughout the festive season! Of course, it's just as important we enjoy some quiet, mindful moments too, so we ensure there is also a steady schedule of yoga, board games and crafts for our residents to enjoy.



We wish you a Happy New Year from our home to yours.

**Gina Kitchenham**  
**Home Manager**

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Kent, DA8 3PB, Tel: 01322 923383

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

"You deserve every gift you've been brought! I've never seen so many happy faces and the residents have a more active lifestyle than I do!" Samantha

"Thank you for giving all your residents a wonderful day." Claire

"Gosh, all those beautiful smiles are due to such wonderful people who give relatives the best possible time when we can't be with them. Thank you to all the dedicated staff." Pauline



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