

News from HEATHFIELD COURT CARE HOME

Dear friends

As we begin a new year, we've been reflecting on all the fun we've had over the last few months with our friends and family at Heathfield Court.



Out and about

Our energetic residents have been enjoying games of bowling at Tenpin Bexleyheath in recent months. One of our lovely residents Liz used to play in a bowling league and so she has been giving us all a few tips to help us get a strike. Of course, we have been keeping up with our regular days out, such as Ruxley Manor Garden Centre. We love having a mooch around before settling down for tea and scones in their plush café! We have also been venturing further afield to fascinating places of interest such as the National Maritime Museum, which kept us entertained for hours.

Special visitors

Our 95-year-old resident Elsie was filled with Christmas cheer when Santa's reindeer visited Heathfield Court! We invited the majestic animals to kick off our Christmas celebrations and our team members were determined that Elsie wouldn't miss out on any of the fun. So, two gentle reindeer were carefully led through our home to Elsie's bedside on the first floor, where she was overjoyed to be able to stroke and pat them! Elsie's daughter, Jill, was there to share the special moment and told us: "Mum has advanced dementia, so it was wonderful to see her face light up with sheer delight when she saw the reindeer. It was definitely a 'wow' moment for her."



Keeping active

We have been keeping warm and entertained this winter with some fun-filled activities. Our residents have been enjoying yoga sessions to keep supple, ball games to keep us agile and completing challenges on the Rainbow projector to keep our minds active - the perfect combination! Our ladies have indulged in some relaxing pamper sessions of manicures and hand massages, then joined the gents for ping pong and balloon tennis! There is always something entertaining going on at Heathfield Court – just the way we like it!



A sparkling Christmas

December has been a magical month filled with a fabulous festive calendar of fun-filled parties, mince pies and mulled wine. After a glittering Christmas lights switch on we enjoyed some fantastic live performances, including The Bexleyheath Rock Choir who sang everyone's favourite songs. We've welcomed Santa to our home and he visited every resident delivering his gifts. We've also been getting creative with crafting sessions and festive baking afternoons. It's been the perfect way to spend Yuletide, surrounded by our wonderful friends.



With love,
Gina Kitchenham
Home Manager

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

“Another brilliant piece of entertainment for the residents. You guys look after them all so well.” Alan

“The look on Elsie's face melts my heart. Such a beautiful thing to do for her and the other residents.” Maria

“What a wonderful time everyone seems to be having. I can really sense the atmosphere, lovely photos.” Kay

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