

# The Southcare Supporter

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*your monthly newsletter*



## OUR COMMUNITY

### Heatherdene's in-person visits are reuniting people & reigniting memories.

**G**uiding wouldn't be able to happen without incredible volunteers. They're not paid for what they do - they give their time because they are passionate and care about enriching the lives of girls. They make a difference in their local communities so that girls can try new things, have fun and speak out on issues that matter the most to them.

Volunteers give their time in many different ways - they consult with girls to plan and run weekly meetings, arrange special trips and events, manage budgets, source equipment, carry out group administration and attend regular local meetings and training events.

They do all of this voluntarily - to give girls in guiding fantastic opportunities and experiences.

During July, there was a chance meeting at Heatherdene that brought back many memories for our resident, Sheila. She managed to meet our visitor, Sally Spray, who was visiting another resident at the time (pictured together above). The two were last together over a decade ago, at meetings of the 19th Bexhill Guides where Sheila was a volunteer and Sally was a 13-year-old guide!

We are very happy at Heatherdene Nursing Home to be able to bring people together.





## OUR OUTINGS

### Shell-ebrating Freedom Day with a lunch out!

Freedom Day this month was certainly one for books! Here at Highbury we are being safe but also enjoying being able to venture out of doors!

Our first trip out was to Ye Olde Black Horse in Rottingdean. The atmosphere was perfect and Tony (pictured) made the most of his outing with Activities Coordinator, Jonny, by ordering a favourite of his - a tasty-looking seafood platter! The presentation of the dishes was perfect and he really enjoyed it.

We were so happy to get outside after so long. The sun was even shining for us. We are doing our utmost to balance our resident's safety with their mental wellbeing. While the excitement of going out is still high, we are being cautious to ensure everyone in our home is kept safe and acts safely.







## OUR WELLBEING

### Ice to see you... to see you... Ice!

## The Cream Ice Parlour



#### National Ice Cream Day...

When is there a better time to enjoy some refreshing, delicious ice-lollies and ice cream? Actually, is there ever a bad day to eat ice cream?

Residents and staff at Lime Tree House had a lovely afternoon in July enjoying their cool cones and crunchy cornets. It also whipped up some nice memories from the past.

Residents reminisced about taking their children for Mr. Whippy, and thought back to all the flavours they had when they were young, enjoying ice creams during their favourite summer holidays!



### A 'Hole' Day Devoted to Doughnuts!

It was a doughnut overload for Grasmere during July! Residents and staff enjoyed extremely yummy donuts to celebrate National Donut Day, on Friday 4th June! We had different flavours and sizes to enjoy!

Residents tucked in to some tasty treats—hundreds and thousands, chocolate, iced and mini doughnuts were all the rage! We do love our food here at Southcare Homes. Check out our Facebook page for more details on the latest events!







# Sun's out, guns out!

Freshford Cottage residents have been keeping staff on their toes during the hot weather lately with plenty of lively activities and even some water sports!

While the sun was out, we had lots of fun in the garden - water guns firing at the ducks, and hook the duck. Our residents really enjoyed reminiscing over childhood memories and times in the sun as well as remembering fun times with their children and grandchildren.

We bought a padding pool, as requested by our residents—big enough to put their feet in!!! We can't wait until the

weather gets better again and we can enjoy some more fun in the sun!

To mark the 2020 Tokyo Olympics, Freshford have started their own tournaments. Our first round included balloon-tennis and darts. Residents certainly gave staff a run for their money! We didn't have any diving (the paddling pool was a bit too small) but the first session of our big Olympic tournament was a grand success and we can't wait til next time!

Later on in the month, Freshford residents put a fresh spin on facemask wearing! (pictured right) They had a glamorous masquerade and enjoyed a lovely pamper session. We had a fabulous afternoon with our Freshford Fashionistas!







## OUR OUTINGS

# Freshford residents seas the day!



**B**eing so close to the beach has its perks! Residents at Freshford Cottage are just a hop, skip and a jump away from the front so of course this is the first place residents ventured to during their maiden voyage outdoors, since restrictions eased.

Even our residents that are wheelchair-bound are able to enjoy the sun and fresh, sea air and hear the sound of the waves.

It's so relaxing to be by the seaside and is so important for our residents' wellbeing. We are so grateful to live a stone's throw away from the ocean.







## OUR COVID UPDATES

**95%**  
OF STAFF  
HAVE HAD THEIR  
FIRST JAB



**100%**  
OF ALL OUR  
RESIDENTS  
HAVE BOTH JABS

#KeepSouthcareSafe

#MaxTheVax

FIND OUT MORE

[www.southcarehomes.com](http://www.southcarehomes.com)

@southcare\_homes

### Group Vaccine Statistics: August 21

	Lime Tree House	Heatherdene	Freshford Cottage	Highbury House	Grasmere	Southcare Homes Group
Residents	100%	100%	100%	100%	100%	100%
Staff	100%	98%	88%	100%	88%	95%

Statistic accurate as of 13 August 2021

ROADMAP OUT OF LOCKDOWN:  
**STEP 4**  
AS OF MONDAY 19TH JULY

[CLICK HERE TO READ OUR VISITING POLICY](#)



## YOUR COMMENTS

# Please review us

## We value your comments

We would love to hear your thoughts on how we've been doing lately to care for your loved ones during lockdown or since 'Freedom Day'. Please feel free to **recommend us on Facebook or Google**, or leave us a **review on [carehome.co.uk](https://carehome.co.uk) or [TrustedCare](https://TrustedCare.com)**.

[Write a Review](#)



## Don't forget to follow us!

All of our homes have their own **Facebook page** and some have **Tik-Tok** as well so you never miss out on any activities and events going on in your local Southcare Home. We also have a **NEW Instagram** account that you can follow for more updates.



[@limetreeringmer](#)

[@FreshfordCottage](#)

[@GrasmereRH](#)

[@HighburyHouseRottingdean](#)

[@HeatherdeneNH](#)



[@southcare\\_homes](#)

**We hope it goes towards showing you that your dear ones are very dear to us as well. Don't forget you can have a video call your loved one at any time via Skype, Zoom or Facetime. Please contact your home manager to arrange this. Until next time, please stay well and keep safe.**

**Tracey Austin**

Group Manager  
Southcare Homes Group



### Contact Us

If you have any questions, comments, or would like more information:  
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