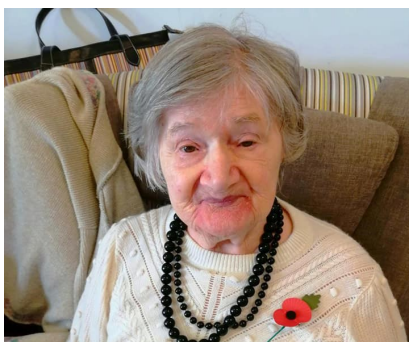


# The Southcare Supporter

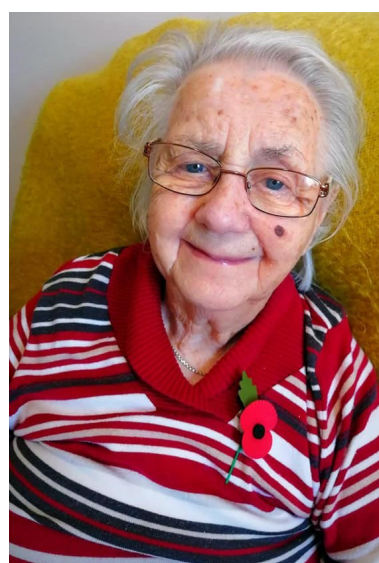
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*your monthly newsletter*



## Southcare Homes Group Remembers The Fallen

We took time with our residents to remember those heroes who sacrificed their lives in wars and conflicts as well as civilians that lost their lives too. We kept in mind the families of those who have lost their loved ones. Freshford Cottage were motivated to create a special place within their home which they dedicated to all those fallen heroes. Lime Tree House made a poppy-shaped cake and staff dressed in war-time costumes while residents donned their very own military memorabilia with great pride. All of our homes enjoyed commemorating this important day.







## USING OUR LOAF! ON NATIONAL



We celebrated National Bread Making day! Jonny, our activities coordinator, and Tony, a resident at Highbury House, both baked a currant loaf and tiger bread together! Our residents have been busy using their skills and putting in some elbow grease to make some fantastic rustic style loaves. All dough it was quite a sticky project they got to grips with the idea and, rising to the challenge, produced some really super bread!... Knead I say more?

## Flower Power!

Roses are red violets are blue.....our resident's bouquets were a joy to view! The flower-full photos on Facebook show just how much our residents at Grasmere enjoyed this activity. They not only embraced the assignment of flower arranging but their enthusiasm and artistic flare produced some spectacular bouquets. The fresh floral arrangements with sweet perfume and pretty petals were displayed throughout the home and have been a joy to behold. Thanks again to all our inhouse florists!







## OUR COMMUNITY

# Let the fun.... Be-Gin!



Lime Tree House residents were getting into the spirit of things with a visit from Harley House Distillery located in Seaford, East Sussex. Where gin is created, fermented, distilled, and bottled onsite. The residents had great fun learning about the fascinating history, recipes, and the oriGin of this fragrant, versatile, and very popular beverage. They were presented with a vast array of flavoured gins too and were Ginvited to samples as well! Everyone enjoyed the

afternoon and learnt some interesting facts about this tasty tippie! There was even an unexpected visit from our proprietor, Karim Nanji, who rocked up to the tasting table for some Ginteresting and highly spirited conversation.

Gincidentally, did you know, in the last couple of years, gin has seen a massive spike in popularity leaving behind its old-fashioned image to become one of the trendiest drinks to sip. Who's up for renewing their GIN membership?!

## Supporting Children in Need

Staff and residents at Lime Tree House also took part in raising money for Children In Need. Staff dressed up in their pj's in support of this worthy cause. One resident said "There was such a wonderful atmosphere, Children in Need brought out the silly side of people in our home" and added "what a fun thing to do". Carly made some fabulous Pudsey cup cakes which tasted as good as they looked! Everyone worked as a team in making this special day such a worthwhile event.





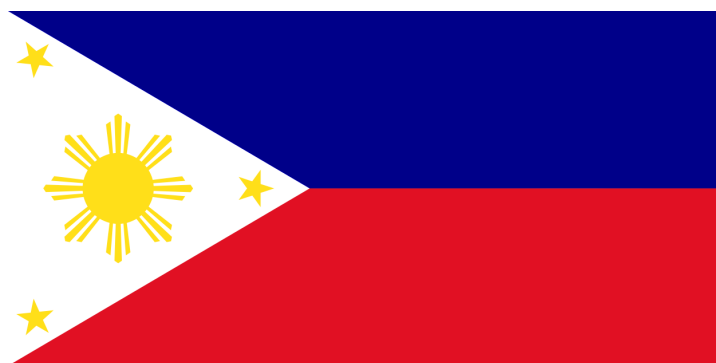


Grasmere enjoyed a lovely day out to Chessington Garden Centre. The group had a tour of the centre with its colourful plants, shrubs and an array of fancy items and fresh ideas for both home and garden. They saw all the lovely sparkling Christmas lights and decorations which certainly put them in the mood for the up-and-coming festive season! They also took a wander round the tropical and freshwater fish section and managed to get up-close and personal with a few unusual reptiles. Of course, we had to stop by the petting zoo section and spend some quality time with the adorable furry Guinea Pigs. One resident even managed to get a fluffy hug from a fellow shoppers' dog! It really was like visiting Chessington Zoo! And it wouldn't be complete without a visit to the in-house Café, offering a plethora of pastries and cakes and washing it all down with a nice hot cuppa! A great way to see fauna, flower and have fun at the same time.

## Freshford's Trip to the Philippines

Freshford residents fastened their seat belts and were ready to travel all the way to the dining area for a virtual trip to the Philippines. Our residents enjoyed learning some Filipino words and getting a taste of the cuisine, customs and traditions.

We'd like to say a big thank you to the staff who made authentic dishes, took part in traditional dances and helped residents learn a little Tagalog, the language native to The Philippines. The armchair travel is a great way to see different places from all around the world without leaving the comfort of your home. All agreed it was a fantastic place to visit and have their passports ready for the next trip!







# BANGERS & FLASH!



At Highbury House they were lighting up the night sky and cheering all the way in celebration of Bonfire night this November!

Our residents were treated to a fantastic firework display without having to go anywhere! From the warmth and safety of the 'spectators box' located behind the large patio windows of the home, they had front row seats and never missed a single sparkle.

Many thanks to Jonny who prepared, and pulled off a truly spectacular firework display. It certainly went off with a bang!



## OUR WELLBEING

### Love is in the Hair!

We all like to feel special and enjoy a bit of pampering and that exactly what residents at Lime Tree were treated to earlier this month. Nigel, (pictured below) the hairdresser for Lime Tree residents, is very much part of their team. He has been visiting the home for a long time, which means he knows our residents very well. Nigel also understands the powerful impact that personal grooming services has on our residents

Residents at Heatherdene also enjoyed a pampering session, feeling as though they were at the nail salon. Their hairdresser was also able to pay a visit to spruce up everyone's look. Thank you!







## OUR EVENTS

# Cent-sational Birthdays at Lime Tree House!

Congratulations are in order for two of our residents at Lime Tree House who are members of the prestigious centenarian club!! These ladies are both amazing. Audrey has just turned 100 and Mildred is now 101 years young. Three cheers for Audrey and Mildred! They both continue to be an inspiration to us all here at Lime Tree and teach us a lot about appreciating each day of life - no matter what your age. Happy Birthday beautiful ladies!

## OUR COVID UPDATES

# Thank you for your continued cooperation throughout the COVID-19 pandemic

All of us at Southcare Homes would like to thank all our residents' relatives and friends for their continued support of our homes and their visiting policies as we continue to do our utmost to ensure the safety and wellbeing of our residents and staff.

This is also just a reminder that all COVID-19 safety restrictions are still in effect in care homes across the country. Certain safety measures such as inside visits, are still maintained at the discretion of each home's manager, depending on the vulnerability of residents. Thank you for your efforts to support our managers and keep our loved ones safe during visits, outings, and events. We're still doing all we can to embrace technology and arrange video calls where possible as well as online events if indoor events are deemed too high a risk. Please feel free to contact your home manager if you have any questions or concerns.



## YOUR COMMENTS



LIME TREE HOUSE

**“ Now I can observe how warm and skilled the care provided is, the quality of the relationships the staff have with mum, treating her with respect and kindness despite difficulties with deafness and her confusion. Thank you.”**

S T, daughter of Resident | November 2021

Source: Carehome.co.uk

Please leave a review for your Southcare Home here:

[www.carehome.co.uk/submitreview](http://www.carehome.co.uk/submitreview)



We're now on  
Instagram!

**@southcare\_homes**



Our Facebook pages

[@limetreeringmer](#)

[@FreshfordCottage](#)

[@GrasmereRH](#)

[@HighburyHouseRottingdean](#)

[@HeatherdeneNH](#)

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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