



## OUR EVENTS

# Southcare Celebrate Halloween with some Spooktacular Soirees!

Ghoulishly great fun was had by all during Halloween at the end of this month!

Our residents spent time preparing for the celebrations with pumpkin carving and dressing up the home with devilish decorations!

One resident at Lime Tree House said "There's always something fun going on here

and by the looks of all the decorations, they're up to something good, it's always good to have a laugh". Hip, hip, horror to all our staff across the group who dressed up and made the spooky season so special. We had some petrifying parties and a frightfully fun time! We hope you were able to eat, drink and be scary too!







## OUR ACTIVITIES

# Ready, Steady... Bake!

Lime Tree House got stuck into National Chocolate Cupcake Day during the month of October! Residents helped our Lifestyle & Wellbeing Coordinator, Laura, whip up some incredible cupcakes - the best in town, if we do say so ourselves.

Laura, even made Chili Chocolate Cup Cakes! Now that's some hot chocolate! We just adore cakes at Lime Tree House and any excuse to bake some we make sure we don't miss out!



# Bread N Ginger!



Grasmere also caught the baking bug this month but showing their skills as gingerbread man making!

Our residents enjoyed making the gingerbread, cutting out and decorating their very own gingerbread men.

There were some imaginative outfits, interesting eye types, and hilarious hairstyles! They also tasted great too!







## OUR COMMUNITY



# OKTOBERFEST

Toasting with tankards at Highbury House!

Oktoberfest may not have happened this year in Munich, but it was in full swing at Highbury! We had the sights, tastes and sounds of Oktoberfest—it was almost like we were in Munich. We had the beer—kindly donated by The Berwick Inn, Polegate. We had the sights—playing old footage of Munich to give us the ambiance, the singing, the atmosphere! We even had the sounds—as our Lifestyle & Wellbeing coordinator, Jonny, learnt how to play the accordion live just for us and even donned the authentic lederhosen! Danke to all the team for making this day special.



**wear it  
pink  
DAY AT  
GRASMERE  
FOR BREAST  
CANCER NOW**

Grasmere held a 'Wear it Pink Day' event in October for the incredible charity, Breast Cancer Now. Staff and residents wore either pink pyjamas or pink clothing in honour of the charity.

We had a pink cake sale to raise money, had a pink picture competition and a pink fashion parade where residents and staff got creative! It was a fabulous day and everyone had so much fun raising money for such an important charity.



## OUR ACTIVITIES

### Burt the tortoise pays a spe-shell visit to Heatherdene.

Residents at Heatherdene entertained a rather unusual visitor earlier this month when Burt the Tortoise came by for a visit! Residents loved interacting with the riveting reptile. Burt seemed more than happy to travel around resident's rooms explore the home. We look forward to welcoming him back soon!



## Learning a lot from Black History Month



In honour of Black History Month, Grasmere Rest Home spent the day celebrating Black History.

Two of our wonderful carers, Debbie and Ann, took us on a tour around the African country, Ghana, and told us amazing facts and history of Ghana.

Debbie brought in some amazing clothes for staff to wear and they were full of colour and absolutely beautiful! Debbie and Ann even showed us a traditional dance and sang their national anthem.



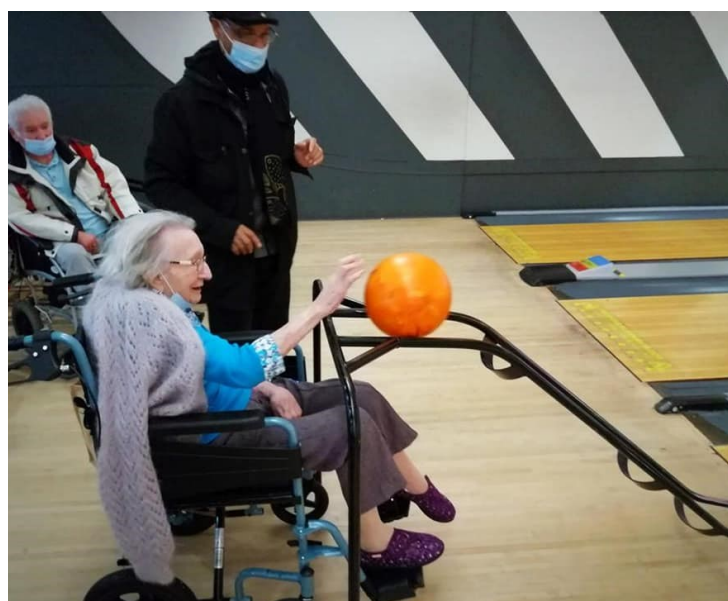




## OUR OUTINGS

# Grasmere residents strike again!

Residents and staff enjoyed another outing with Oomph this month! We all got on the trusty minibus and headed over to Tolworth Bowling Alley. It was amazing to be out and about and enjoying a bit of friendly competition with each other. The air-hockey was a favourite and the bowling of course was a great success!



We all had so much fun and even enjoyed playing some games in the arcade! Our lovely Maureen was the worthy winner at bowling! Well done Maureen! We can't wait for our next trip in November.







## OUR WELLBEING

### Love is in the Hair!

We all like to feel special and enjoy a bit of pampering, Nigel, (pictured left) the hairdresser at Lime Tree House, is very much part of their team. He has been visiting he 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, below, also enjoyed a pampering session, feeling as thought they were at the nail salon. Their hairdresser was also able to pay a visit to spruce up everyone's look. Thank you!







## 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.

During this period, we continue to monitor the pandemic locally so please be mindful in case additional measures or restrictions are in put in place.



## YOUR COMMENTS

“

She enjoyed her new bright and airy environment. The staff both day and night were always very attentive. An excellent relationship was built up between management and staff to ensure all went well.

Raymond B, cousin of Resident | October 2021

Source: Carehome.co.uk



HEATHERDENE  
NURSING HOME

Please leave a review for you Southcare Home by clicking on this link:

[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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