



Volume 1 Issue 10

# NEWSLETTER

Dear Relative,

Happy New Year and welcome to our January newsletter! As we step into 2025, we're filled with gratitude for the wonderful moments we shared last year and are excited for the opportunities and experiences this new year will bring.

In this edition, we'll be sharing highlights from our festive celebrations, updates on upcoming activities, and important announcements to keep everyone informed. We continue with our commitment to make each day a joyful experience for the people that choose to live in Regency Nursing Home.

## Entertainment and Activities

In December we enjoyed a few outings, despite the winter weather! We had the pub lunch.



Which was a great day for those attending, with many smiles and a hearty meal!



We attended the Light Up a Life celebration at Canoe Lake, with the **Lake of Lights Event**.



This is an annual celebration to remember loved ones that are no longer with us and is observed by hospices throughout the UK. Locally, the Rowans Hospice organized this event.

## Entertainment and Activities

The panto at the Kings Theatre was enjoyed! Some of our residents went to see the **Dick Whittington** show.

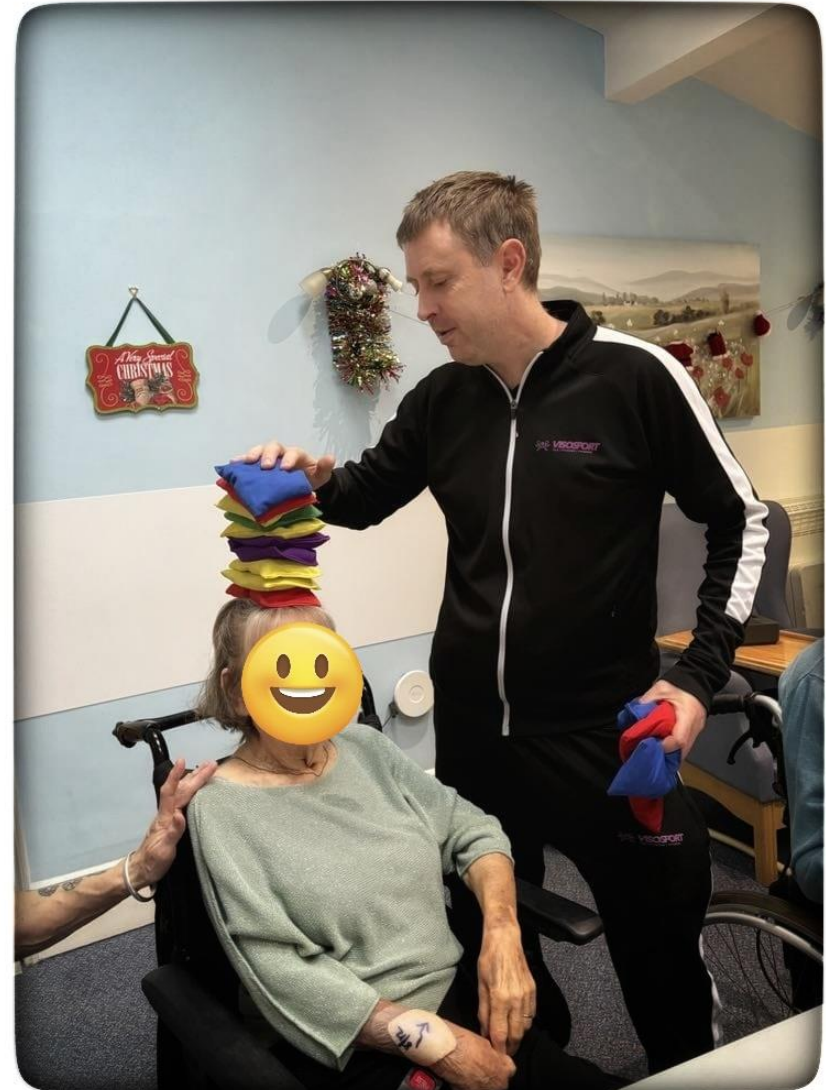


We also enjoyed some indoor events, such as the Christmas Party, we would like to thank you for attending! It was a great day!

We then had the Christmas Dinner in the Home.



This month we also had a demonstration by **Visosport**. This is an interactive new sport that combines the best parts of sports by creating a circuit of small, engaging games. These are adapted to all needs and focus on fun competition.



We are happy to announce that we will have the group attend at least once a month.



## Home and Staff News

In December we were quite busy enjoying the festive season!

January is a time of new beginnings, and on this note, we are hoping to further improve care in our Home and ask you to be a part of this continuous pursuit of the best care for your loved ones. Your feedback is essential in guiding us on the route of quality improvement.

We want to thank you for being a part of our community. Your support, involvement and dedication make our nursing home a special place to work and be a part of people's lives. We look forward to continuing our journey together and making 2025 a memorable and fulfilling year.

For team news, we would like you to join us in welcoming Sindy back to the team. Sindy will be supporting with activities and will already be a familiar face to some of our service users and families.

We have also welcomed Printo Jacob, as an experienced Registered Nurse, joining our team on a parttime basis.

## For next month

**2025** is an interesting year, with the 250<sup>th</sup> Anniversary from Jane Austen's birth, with the 60 years since Winston Churchill's passing and the 100 years since John Logie Baird transmitted the first greyscale TV pictures.

We have however chosen to focus on the 90<sup>th</sup> anniversary from Elvis Presley's birth, as he is such a favourite for one of our Service Users.

As such, we will have Elvis themed day this month and will be enjoying some great songs!

We will continue to have our regular events, with a slight change to our Activity Schedule. The change is relating to the Wednesday activity, as our regular group, T42 has had to make some changes to their schedule.

We will continue to enjoy their performances but may alternate with other groups for the weekly musical activity.

As stated before, we will be having an additional exercise-based activity, with Visosport.

This is to ensure we are supporting your loved one in all areas, to include promoting a fun and engaging experience though adapted exercise.

Please know that if you would like to see previous newsletters, we have these on our Home's website:

<https://regencynh.co.uk>

We are also eager to receive any feedback you may have.

You are welcome to do so by speaking to our staff, or alternatively you may refer to the contact option on the website.

You may also choose to provide feedback via Google review.

We are also very keen on any ideas or suggestions you may have to further enhance the quality of life for your loved one. Please use the comments/suggestion boxes placed in the Home, or alternatively, you may refer to the website contact option, as stated above.

Our surveys shall be sent out on a three-monthly basis, with the next one due in February 2025.

## Our Mission

*Our goal is to provide compassionate, person-centered care that meets the physical, emotional, and social needs of each individual in our care, by creating a supportive and nurturing environment.*

## Activity Schedule

**Monday Afternoon** Armchair exercises with Ross

**Tuesday Afternoon** Quiz led by Mandy

**Wednesday Afternoon** Musical Activity

**Thursday Afternoon** Jung Meditation

**Friday Afternoon** Canoe Lake Library

**Saturday afternoon** Bingo with our staff

**Sunday afternoon** Pampering sessions

Our Friendly Pets visits continue to occur at least once a month.

We shall have Visosport attending once monthly.

We continue with the regular visits by the hairdresser/barber and podiatrist.

Please refer to the monthly Activity Schedule we have on display at the Home, for any updates.