

Newsletter

2021 Review

WESTACRE

January 2022

Welcome!

Welcome to the January edition of the Westacre newsletter! This issue will be a special issue where we look back on some of the activities we've held over the past 12 months!

If you have any suggestions on what you would like to see or hear about in future issues, please get in touch by emailing enquiries@westacrenursinghome.co.uk

Work Around the House

Towards the end of November 2020 we introduced our visiting room to help make sure visits could continue in as comfortable and natural an environment as possible.



Our visiting room was turned back in to a bedroom in October as normal visits resumed, but we hope our visiting room offered a comfortable experience while it was around!

We also recently introduced a new lounge for our first floor residents,

bedroom refurbishments, a new clinic room and additional work to the outside of the house.

Staff Changes



2021 has been a challenging year for care, but we've been extraordinarily lucky to have such a talented team at our side through it all.

This past year saw Dean promoted to deputy manager, with Sajeya becoming Westacre's new Clinical Lead and we hired an additional receptionist.

In addition, we've been hiring additional senior carers throughout our service to maintain the best level of care.

We can't wait to introduce you to some of our newest members of staff. In next month's newsletter, including our new kitchen team.



If you'd like to keep up to date with all of our activities and holiday celebrations, consider giving our [Facebook](#) page a like and a follow.



Garden Club

Our residents had a fun time over the last year engaging with our garden club, growing all kinds of herbs such as sage, mint and a variety of vegetables.

Are you a keen gardener and have some suggestions as to what we could grow for the following spring? Send us an email and let us know!

Charity Fundraising

On March 20th, we completed our 6 hour Memory Walk to raise money for the Alzheimer's Society.



The Memory Walk helps to raise funds for dementia research and supports helplines that provide all important advice for families dealing with the condition.

We really wanted to do our best for the fundraiser and thanks to your donations and those of our staff, we raised over £480!

Following the River Itchen, we walked from Southampton to Winchester; a wetter walk than we expected(!), but with some beautiful views and wildlife along the way.

The return of animal visits!

We've been really lucky this past year to be able to reintroduce animal therapy sessions for our residents.

Wild Science

In August and October we welcomed Wild Science. Wild Science provide animal therapy for care home residents by engaging residents with a variety of animals not usually encountered in care homes, including giant snails, frogs and a bearded dragon!

Bird of Prey Trust



We also had a great talk given by Colin from the Bird of Prey Trust!

Bird of Prey Trust is an organisation that has dedicated themselves to saving and protecting sick or abandoned birds of prey.

Through their rescue work they've saved a variety of species including Barn Owls, Tawny Owls, Buzzards, Falcons and Kestrels.

Mill Cottage Farm Experience



The first of our animal visits was from the Mill Cottage Farm Experience. Having visited us many times over the years, we were delighted to welcome them back after quite a hiatus!

By bringing the farm experience to the home, Mill Cottage Farm bring care home residents in safe, close contact with cute and cuddly animals right at the doorstep!

Our garden became home to chickens, ducks, donkeys, pigs, goats and a cheeky farm dog for a lovely afternoon.

If you have any questions for us, please email us at enquiries@westacrenursinghome.co.uk. If you'd like to keep up with the daily goings on of the home give the [Facebook](#) a follow!

Photo of the Year!



Past Activities for January

- Rock n' Roll day with American lunch and live singer
- Wild Science Animal Therapy
- Workouts with Matt
- Country Music Day
- Virtual Trip to Australia for Australia Day