

Newsletter

WESTACRE

August 2021

Welcome!

Welcome to the August edition of the Westacre newsletter! These monthly newsletters are created for families, residents and staff to give updates on the activities, events and general goings on at Westacre. We hope that it is an entertaining and informative read.

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

Summer Days!

Thanks to the great weather this month we've been making the most of our large garden, including an impromptu private garden fair with our residents competing in a duck fishing competition!



Our house is situated in Sleepers Hill in Winchester giving us the perfect amount of open space and shade.

Visiting Update

With July 19th now passed, as you're likely aware, that while Covid-19 related restrictions have eased for much of the rest of the UK, they remain largely the same for care homes.



In line with [government guidance](#) :

- PPE must continue to be worn during visits.
- All visits require negative result following a 30 minute lateral flow test conducted on the day of the visit.
- Visits must be booked in advance as before.

What has changed?

- No restrictions on number of named visitors (two at a time).
- If you have your own covid testing kits (lateral flow) you can test yourself before your visit.
- Tests must be taken on the day of your visit, with proof of a negative, registered test shown.



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.



St. Swithin's Day

July the 15th was St Swithin's Day. A day unknown to some that actually began right here in Winchester!

Named after St. Swithun, the patron saint of Winchester Cathedral, legend has it that if it rains on Saint Swithin's day it will do so for the next 40 days!

Strange Science Animal Therapy

There is certainly evidence to show that interaction with animals - cuddling them, grooming them, stroking them and taking them for a walk can help reduce blood pressure and alleviate symptoms of anxiety and stress. We can see from our own experience that it also lifts depression, calms agitation and provokes much laughter and elation.



Studies have also shown that animal therapy can improve;

- Motor skills and joint movement
- Self esteem
- Verbal communication
- Social engagement



Strange Science Visit

We were lucky enough last week to have a visit from Wild Science who surprised our residents with an assortment of furry (and scaly!) friends. Who would have thought that their corn snake would have become such a favourite!

Wild science provide animal therapy for care home residents by engaging residents with a variety of animals not usually encountered in care homes. We opted out of the tarantulas and cockroaches(!), but welcomed rabbits, a bearded dragon, frog, snake, hedgehog and guinea pigs!

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 Month!



Upcoming activities for August

- Animal Therapy with Owl Visit
- Welcoming Mill Farm Cottage
- Live Music From Dale
- BBQ
- Westacre Garden Club