

INTRODUCTION

Message From Our Team

Welcome to our Autumn Newsletter.

It has been another enjoyable few months at Springvale, with residents taking part in a good mix of activities both inside and outside the home. We have been making the most of the outdoors with our walking and photography groups, while back at Springvale there has been plenty to keep everyone busy, from our Gents Club and Cardio Drumming to games, reading and time spent catching up with friends.

Residents have also been involved in some of the improvements taking place around the home, including helping us choose the colours for our newly refurbished toilets. We always appreciate their input and want residents to have a say in the surroundings they call home.

As we move into autumn, our regular activities will continue alongside plenty of opportunities to get out and about when the weather allows.

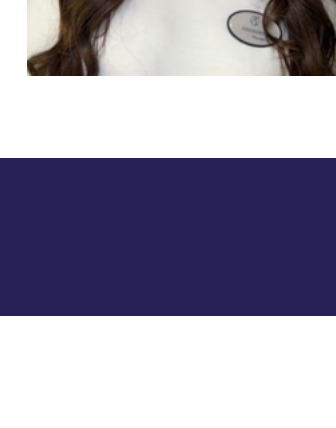
Thank you, as always, to our residents, relatives, friends and staff for your continued support. We hope you enjoy catching up on some of our recent news.

Also, if you know someone who would like to receive our email newsletters/updates, please let us know, or forward them the newsletter sign up link below:

[Newsletter Sign-Up](#)

Best wishes,

Stephanie Wylie
Interim Home Manager



EVENTS & ACTIVITIES

Keeping Our Minds Active

Our Active Minds activities continue to provide plenty of opportunities for residents to enjoy familiar games, hobbies and a little friendly competition.

Scrabble and dominoes have been among the favourites, bringing residents together around the table for an enjoyable game and a good chat at the same time.

For those who prefer something a little quieter, our library provides a comfortable space to sit with a book and enjoy some peaceful reading time. Having a variety of activities means residents can choose how they would like to spend their day, whether that is joining a group or enjoying some time to themselves.



Walking and Photography Groups

Our Walking Group has been making the most of opportunities to get outdoors and enjoy the local surroundings.

Recent walks have taken residents through some lovely natural areas, with views across the park and lakeside and plenty of ducks and birds to spot along the way. It is a nice opportunity to enjoy some fresh air, take in the scenery and have a chat while we walk.

Our Photography Group has been getting involved too, capturing photographs of the wildlife, scenery and changing landscape along the way. Combining the two groups has given residents another reason to slow down, notice what is around them and record some of their favourite views.



Cardio Drumming

Our Cardio Drumming sessions have brought plenty of energy to Springvale.

Using drumsticks and large exercise balls, residents follow different rhythms and movements, combining music with gentle exercise. The sessions can be adapted to suit different abilities, allowing residents to join in at their own pace.

There is usually plenty of noise and laughter once everyone gets going, making it a fun and different way to keep moving and active.



Gents Club

Our Gents Club has been getting practical recently, with residents putting their DIY skills to good use by assembling new bedside units.

Working together, the gentlemen followed the instructions, worked out which pieces went where and used the tools needed to put everything together.

There was plenty of concentration involved, as well as a good bit of teamwork and conversation along the way. It was particularly satisfying to see the finished units after all their hard work.



Catching Up with Friends

Sometimes a simple trip out for a cup of tea and a slice of cake is all that is needed for an enjoyable afternoon.

Residents recently headed out to a local café, where they were able to relax over a cuppa, choose a tasty treat and spend some time catching up with friends.

These smaller outings are always popular, providing a change of scenery and the chance to enjoy the everyday pleasure of visiting a café together.



HOME NEWS

Residents Have Their Say

Residents have been involved in our recent toilet refurbishment, helping us make some of the decisions about how the finished spaces should look.

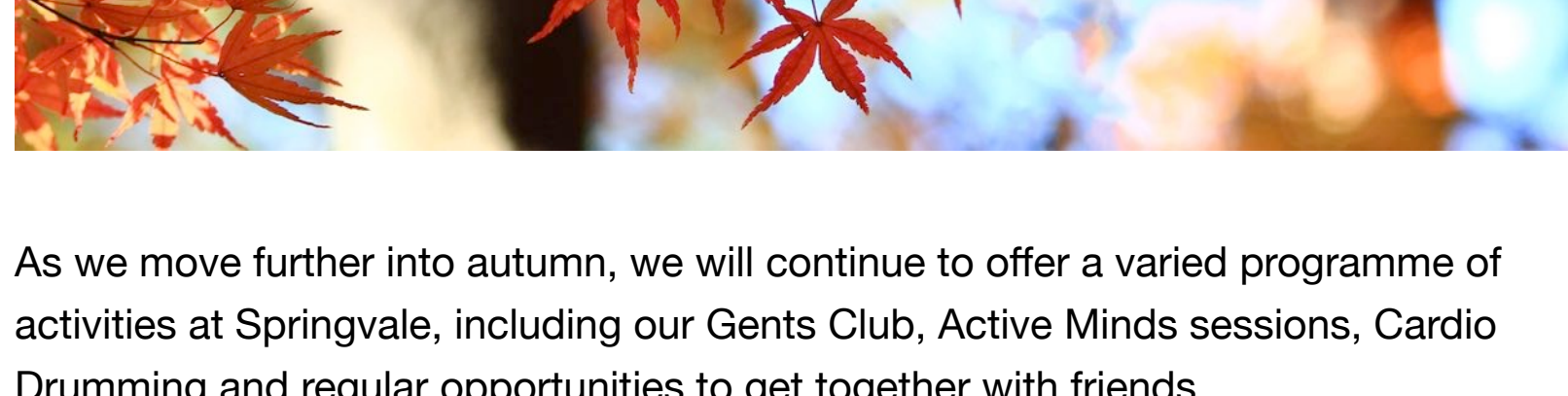
A selection of paint colours was provided for residents to consider before choosing their favourites. It was a simple but important way of involving the people who live at Springvale in the improvements taking place around their home.

We are looking forward to seeing the refurbishment completed and the residents' choices brought to life.



COMING UP

Looking Ahead



As we move further into autumn, we will continue to offer a varied programme of activities at Springvale, including our Gents Club, Active Minds sessions, Cardio Drumming and regular opportunities to get together with friends.

Our walking and photography groups will also continue whenever the weather allows, giving residents the chance to enjoy the changing autumn scenery and perhaps capture some new photographs along the way.

We will continue involving residents in decisions around the home and listening to their ideas about activities, outings and the things they would like to see happening.

Thank you once again to our residents, relatives, friends and dedicated staff team for your continued support. We look forward to another enjoyable few months together and to sharing more news in our next newsletter.

EXTERNAL LINKS

Social Media

Make sure to check out the Springvale Care Home Facebook Page for all our latest photos!

[Don't Forget To 'Like' Us!](#)

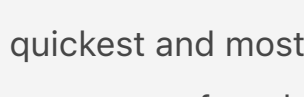
Leave A Review

We would be very grateful if you could spare a few minutes to write a review for us:

[Carehome.co.uk](#) & [Google Reviews](#)



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