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Manager's Introduction

As we welcome 2025, we are filled with optimism and excitement for the wonderful times ahead. We encourage you to dive into this edition of our newsletter, where you'll find the latest updates, heartwarming stories and highlights of recent events.

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

Newsletter Sign-Up

Best wishes,

Stacey Lewis Home Manager



National Day of Hugs



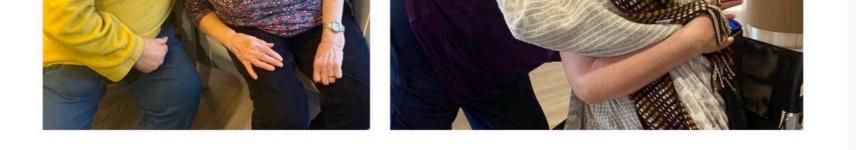
Happiness is ...

Here at Highwood, love is always in abundance. Recently, we took the opportunity to spread even more warmth and affection as we celebrated National Day of Hugs. A simple hug from a partner, close friend, or family member can carry profound significance.

Engaging in these heartfelt interactions triggers the release of a chemical known as oxytocin in our brains. Often referred to as the love or hug hormone, oxytocin is also released in response to warm touches, such as when we hug. This delightful hormone can aid in managing stress, enhancing relationships, and boosting overall wellbeing.

Who knew that something as simple as a hug could have such a positive impact on an individual's health and happiness?





Gardening Club



Green Fingers

Despite the recent chill in the air, our gardening activities have not slowed down! Our green-fingered residents joined forces with our friends from Daisy Chain to pot and plant spider plants on our lovely terrace. Our residents are diligently cultivating herbs to enrich our kitchen offerings, and we eagerly anticipate the time when we can expand our gardening efforts to include salads and vegetables.



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Festive Celebrations

Christmas Day at Highwood was truly special, with a bustling home filled with visitors and an abundance of love. We extend a huge thank you to our dedicated care team, with a particular shout-out to our Head Chef, Richard, who received a well-deserved round of applause for the exquisite feast he prepared for residents and their families. Moments such as these reaffirm the importance of our mission and the joy we bring to our residents' lives.





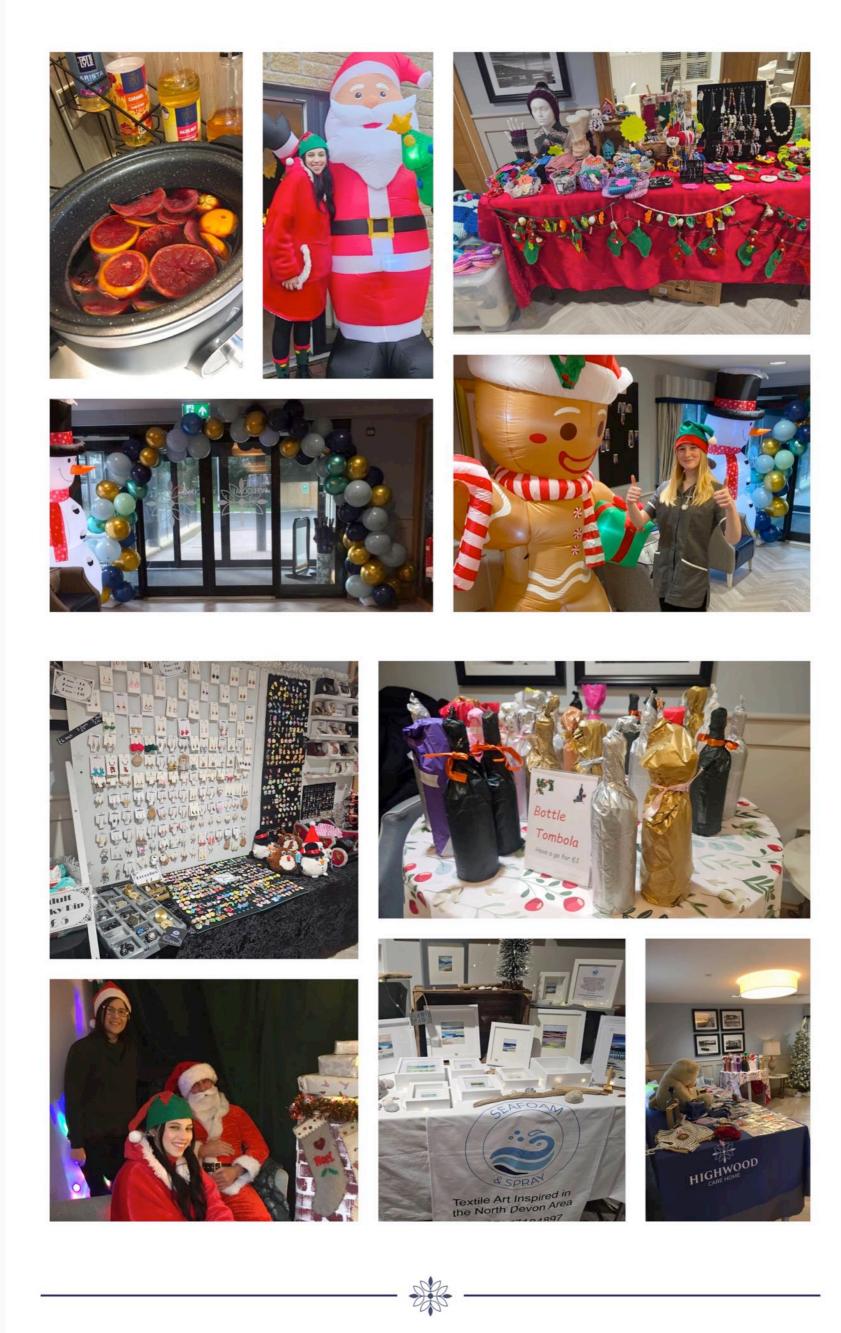
Christmas Fayre



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We recently hosted our Community Christmas Fayre, and once again, we were overwhelmed by the outcome. As a home, being an accessible part of the community, providing a safe space, and giving back is of utmost importance to us. We hope everyone who attended enjoyed a delightful, festive afternoon with us. Our residents had the chance to browse for last-minute gifts whilst relishing the aromatic scent of mulled wine.

We are incredibly grateful to Santa for squeezing us into his busy schedule! A massive thank you to all our local small business stallholders, as well as to our colleagues and residents who worked tirelessly to prepare, including creating our charming Christmas Grotto fireplace.



Grand Opening

Resounding Success!

What an unforgettable day we had celebrating the official Grand Opening of Highwood Care Home! A heartfelt thank you to everyone who attended—friends, relatives, professionals, and members of the community. It was truly wonderful to see the home filled with laughter and joy. To all our colleagues, this day was a celebration of your hard work and commitment, and we are immensely proud to have you as part of our family.



Social Media



Make sure to check out the Highwood Care Home Facebook Page.

Don't Forget To 'Like' Us!

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