



INTRODUCTION

Message From Our Team

As the autumn leaves begin to fall and the days grow cooler, life at Highwood has been as bright and busy as ever. Our residents have enjoyed a wonderful variety of activities, from music and baking to pet therapy and creative projects with our local preschool.

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:

[Sign Up Link](#)

We would like to take this opportunity to thank all our staff, volunteers, families and community partners who make these moments possible. Every visit, every shared laugh, and every new experience adds something special to life here at Highwood.

It's lovely to see our residents so engaged, relaxed and full of smiles.

ACTIVITIES & EVENTS

Finding Calm at Highwood

Our residents recently enjoyed a wonderfully peaceful Qi Gong session led by Warren from Acacia Therapies. Through a combination of gentle movement, deep breathing, and mindful focus, Warren created an atmosphere of calm and balance that left everyone feeling refreshed and centred.

Sessions like these do wonders for both body and mind, encouraging relaxation while also supporting mobility and breathing. The feedback from residents was overwhelmingly positive, and we're so grateful to Warren for sharing his time and energy with us. We're already looking forward to his next visit!



A Blooming Beautiful Team Effort!

The front flower bed at Highwood Care Home is looking absolutely stunning - all thanks to our talented gardener, Dylan, and the helping hands of our residents. Together, they've created a vibrant and welcoming display bursting with colour.

It's been wonderful to see everyone getting involved, whether it's planting, watering, or simply offering encouragement. Gardening is such a rewarding way to spend time outdoors, and the results speak for themselves.

With autumn now here, Dylan and the residents are busy planting spring bulbs. We can't wait to see the space come to life again next year with even more beautiful blooms.



Voices Raised, Spirits Lifted!

Music continues to fill the halls of Highwood as our resident choir gets back into full swing. From timeless classics to upbeat sing-alongs, the sound of laughter and song has brought warmth and joy throughout the home.

Singing together is a wonderful way to boost wellbeing - it lifts spirits, builds confidence, and strengthens our sense of community. Our residents have shown such enthusiasm and talent, and it's been heartening to see friendships grow through music.

We're so proud of our Highwood Choir and can't wait to share more of their performances soon.

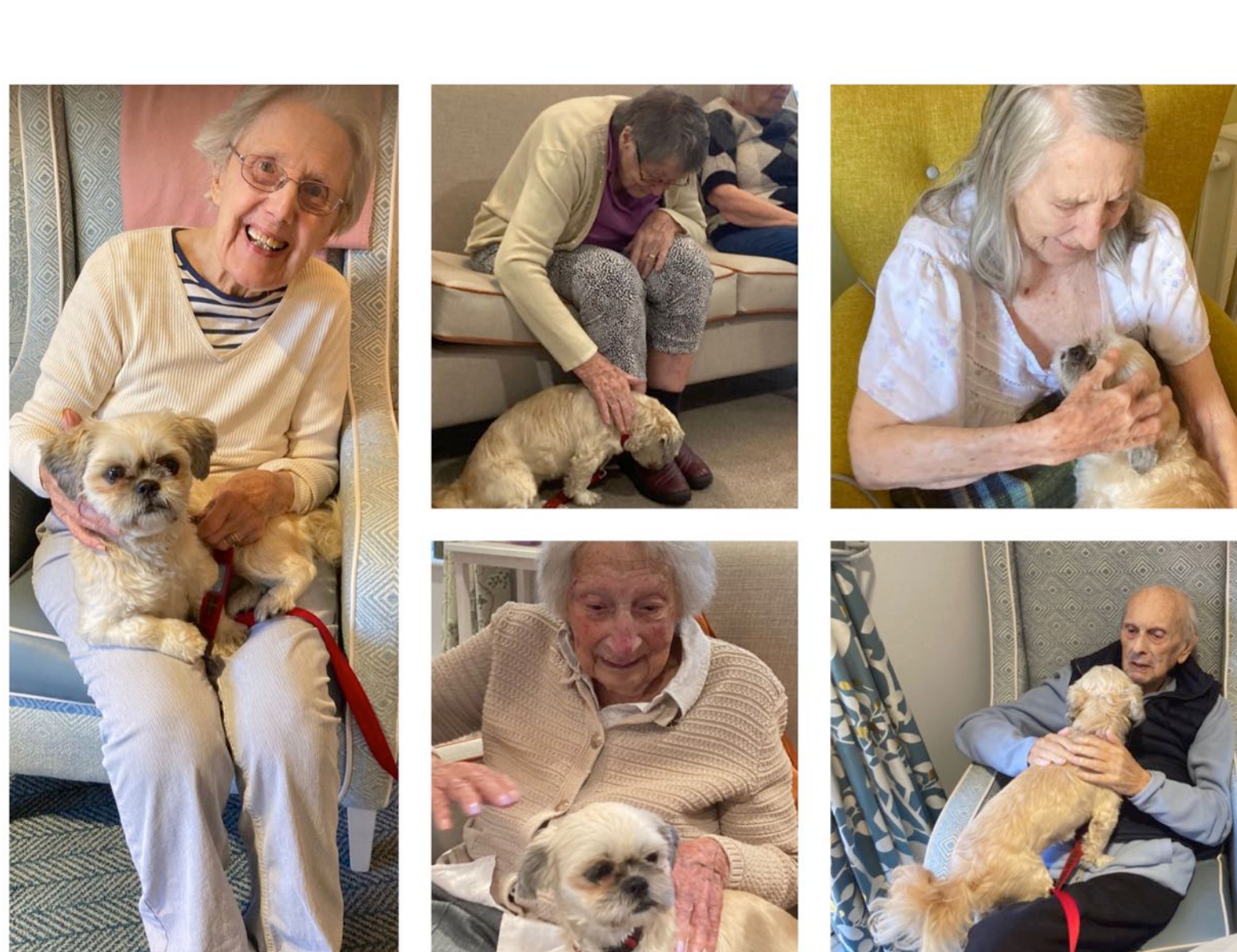


A Special Visitor: Lulu the Dog

We were thrilled to welcome Lulu, a gentle and affectionate therapy dog, to Highwood Care Home. Her visit brought smiles, comfort, and calm to everyone she met - proving once again how powerful pet therapy can be.

Lulu was a real star, offering cuddles and companionship to residents throughout the day. The positive response was overwhelming, and we're delighted to share that she'll be returning for another visit very soon.

A huge thank you to everyone involved in arranging this special experience. Lulu's visits are fast becoming one of the highlights of our calendar!

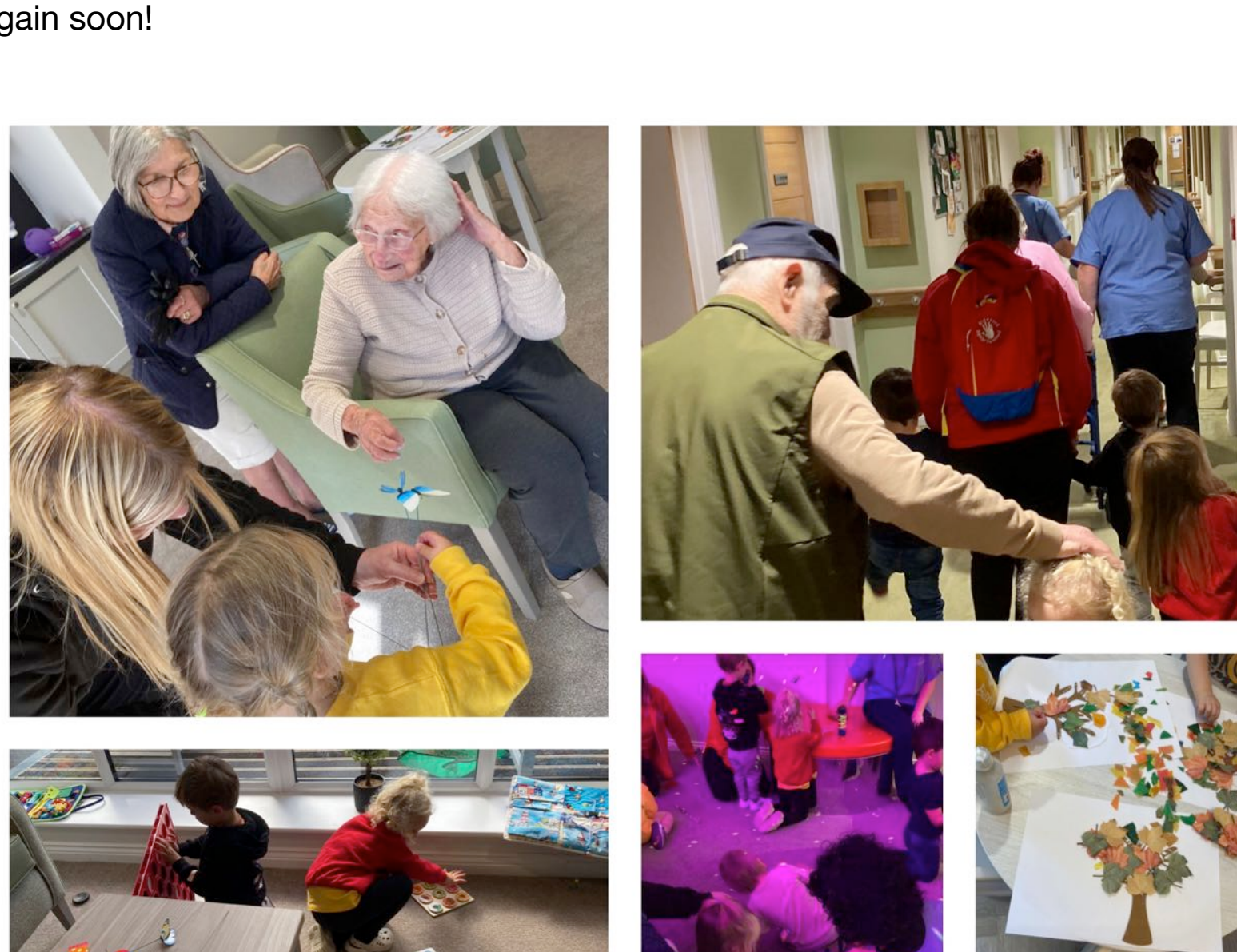


A Wonderful Visit from Baptist Preschool

We were delighted to welcome the children from Baptist Preschool for a creative and heartwarming afternoon at Highwood. Together with our residents, they made beautiful collages of autumn trees, celebrating the colours and textures of the season.

After the art session, the children explored our sensory room, enjoying the calming lights and gentle sounds that make it such a special space. The room was filled with laughter, conversation, and a sense of shared joy across generations.

It's always lovely to see the connection between our residents and the children - these visits bring so much happiness to everyone involved. A big thank you to Baptist Preschool for spending the afternoon with us. We look forward to seeing you again soon!



Baking Class

Our recent baking session was a big success as residents got hands-on in the kitchen making delicious Peanut Butter Cookies. The activity was a perfect mix of fun and focus - helping to keep minds active and hands nimble.

The smell of freshly baked biscuits filled the home, and of course, everyone enjoyed a little taste test afterwards. Baking sessions like these are always a highlight, combining creativity, teamwork, and the simple joy of sharing something homemade.



EXTERNAL LINKS

Social Media

Make sure to check out the Highwood 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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