



RESIDENTIAL | NURSING | DEMENTIA | RESPITE CARE

INTRODUCTION

### Message From Our Manager

As we move through the season, it's been great to see so many residents taking part in a wide range of activities across the home. From creative sessions to visits from the local community, there has been plenty going on to keep everyone engaged and connected.

We are always looking at ways to build on what we offer, making sure there is something for everyone to enjoy. Thank you to our staff, residents, families, and community partners who continue to support everything we do.

We hope you enjoy this update on life at Highwood.

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](#)

Best wishes

**Michelle Balsdon**  
Home Manager



ACTIVITIES & EVENTS

### Creative Mojo Visit

We recently welcomed Creative Mojo to Highwood, where residents from both the Kingsley and Grenville communities took part in a collaborative art session.



Together, they created a wall hanging that will be proudly displayed within the home. The session gave residents the chance to express themselves creatively while also working together and building connections. The afternoon was rounded off with tea and time to chat, making it an enjoyable and relaxed experience for everyone involved.



### Chair Yoga Sessions

Our regular chair yoga sessions with Nicky continue to be well attended and enjoyed by many. These sessions offer a gentle way to stay active, focusing on breathing, stretching, and movement suited to all abilities.

It has also been lovely to see relatives joining in, creating a shared experience that brings people together in a relaxed and supportive environment.



### Knit & Natter

Knit and Natter remains a firm favourite within the home. It provides a calm and social setting where residents can spend time together, share skills, and enjoy conversation while working on their knitting.

It's a simple but meaningful activity that continues to bring people together each week.



### Brightening Our Entrance

A big thank you to our gardener Dylan and his wife Donna, along with Mouse the dog, for their thoughtful contribution to the home. They kindly brought in a selection of flower pots for our front entrance, helping to create a more colourful and welcoming space.

The display has made a real difference and is something both residents and visitors can enjoy as they arrive.



### Torrige Male Voice Choir

We were pleased to welcome the Torrige Male Voice Choir, who provided an afternoon of music enjoyed by the residents across both communities.

The performance included a range of familiar songs, many of which brought back fond memories. Residents also enjoyed a special contribution from a flautist, which added something a little different to the performance.

It was a lovely opportunity for everyone to come together, sing along, and enjoy the atmosphere.



### Trying New Activities

At Highwood, we continue to introduce new activities to keep things varied and engaging. Recently, residents have been trying out word cube games, which are great for keeping the mind active.

We have also been focusing on activities that support coordination, offering opportunities for gentle physical engagement in a fun and informal way.



### Communion Service

We were grateful to welcome St Mary's Church for a recent communion service. This provided a quiet and reflective time for residents who wished to take part.

These visits continue to be valued by many, offering comfort, familiarity, and a sense of connection.



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](#)



Created by [ChitChat Marketing Limited](#)



[View email in browser](#)

You are receiving this email as it is the quickest and most efficient way we can keep you updated with our news and communications as a contact of our home. We hope you find our newsletters interesting and informative. We use ChitChat Marketing as our marketing partner (<https://www.chitchatmarketing.co.uk/chitchat-gdpr-data-processing-agreement>) and Mailchimp as our marketing platform (<https://mailchimp.com/legal/>) and as such your information is transferred to them for processing. All information is treated professionally and with respect. You can of course unsubscribe at any time by clicking the 'unsubscribe from this list' link at the bottom of each email.

[update your preferences](#) or [unsubscribe](#)

