



HIGHWOOD
CARE HOME

RESIDENTIAL | NURSING | DEMENTIA | RESPITE CARE

INTRODUCTION

Message From Our Manager

Welcome to our Summer Newsletter.

It has been another enjoyable few months here at Highwood, with residents embracing a wide range of creative activities, spending time in our beautiful gardens and welcoming visitors of all ages into the home. From baking and art projects to gentle exercise and community partnerships, there have been many opportunities to learn, reminisce and enjoy time together.

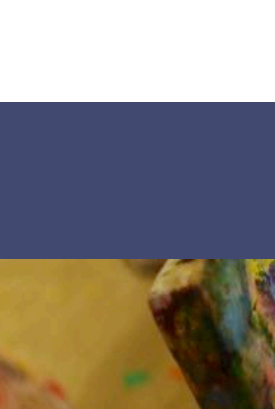
We would like to thank our residents, families, volunteers and dedicated staff for helping to make Highwood such a welcoming place to live. We hope you enjoy reading about some of our recent highlights.

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:

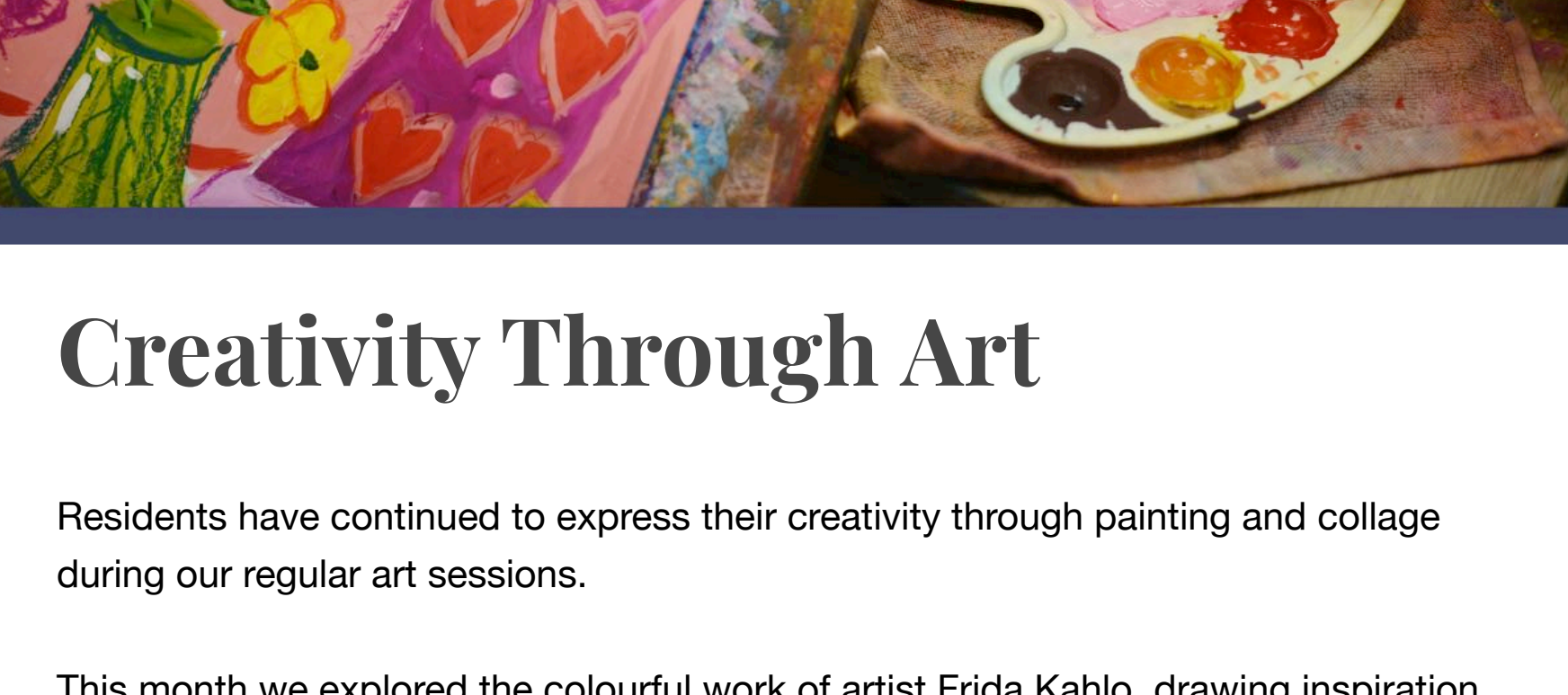
[Sign Up Link](#)

Best wishes

Michelle Balsdon
Home Manager



ACTIVITIES & EVENTS



Creativity Through Art

Residents have continued to express their creativity through painting and collage during our regular art sessions.

This month we explored the colourful work of artist Frida Kahlo, drawing inspiration from her distinctive style to create our own artwork. We also celebrated World Ocean Day by producing pieces inspired by marine life and the natural beauty of the sea.

We are delighted to have been invited to take part in the South Molton Arts Festival in partnership with Creative Mojo and look forward to showcasing the creativity and talents of our residents.



Baking for Afternoon Tea

Residents enjoyed spending time together in the kitchen making delicious strawberry and lemon cupcakes for afternoon tea.

Everyone took part in the baking process, helping with the mixing, spooning the mixture into cake cases and watching as our chef baked them to perfection. Once cooled, the cupcakes were finished with a little icing, making them the perfect treat to enjoy alongside a refreshing cup of tea.

The baking session was filled with conversation, teamwork and plenty of smiles, with everyone looking forward to sampling the finished cakes together.



Exploring The Very Hungry Caterpillar

We were delighted to welcome Amy's Tiny Humans for another wonderful intergenerational visit.

Together, residents and children explored the much-loved story The Very Hungry Caterpillar, using a variety of props and artefacts to help bring the story to life.

Residents enjoyed joining in with the storytelling and sharing the experience with our youngest visitors.

The fun continued in the garden, where everyone searched for butterflies and played a lively game of I Spy. The visit encouraged wonderful conversations, with many residents reminiscing about their own childhoods and raising their families. It was a lovely morning that brought different generations together through stories, nature and shared experiences.



Enjoying Our Beautiful Gardens

One of the many special features of Highwood is our beautiful, secure garden, which surrounds the home and provides a peaceful space for everyone to enjoy.

Residents regularly take gentle walks along the level pathways, spend time tending to our vegetable beds and help create welcoming habitats for bees, butterflies and other wildlife. The gardens have become a wonderful place to relax, socialise and appreciate the changing seasons.

Our fairy garden, lovingly created by residents, continues to be a favourite attraction for our preschool visitors, while our gardener and his friendly dog, Mouse, are always warmly welcomed whenever they visit.



Chair Yoga

Looking after both physical and mental wellbeing remains an important part of life at Highwood.

Every Monday morning, residents and visitors are invited to take part in our popular chair yoga sessions. The classes help improve flexibility, support breathing and encourage gentle movement in a safe and enjoyable environment.

Most importantly, the sessions are great fun and provide another opportunity for everyone to come together while keeping active.



Sunday Church Services

We are fortunate to welcome volunteers from Bideford Christian Fellowship, who lead regular church services within the home.

Held on the first and third Sunday of each month, the services are open to both residents and visitors and provide a welcoming opportunity for worship, reflection and friendship. The interactive approach encourages everyone to take part, and it has been lovely to see the congregation continue to grow.

During one recent service, residents also enjoyed learning a new hymn, adding another special moment to a much-valued part of life at Highwood.



COMING UP

Looking Ahead...

As we continue through the summer, we are looking forward to spending more time in our gardens, welcoming back our preschool visitors, taking part in the South Molton Arts Festival and enjoying many more creative, social and wellbeing activities together. We are grateful for the wonderful support of our families, volunteers and local community, who continue to play such an important part in life at Highwood.

Thank you for your continued support. We look forward to sharing more happy memories with you in our next newsletter.

EXTERNAL LINKS

Social Media

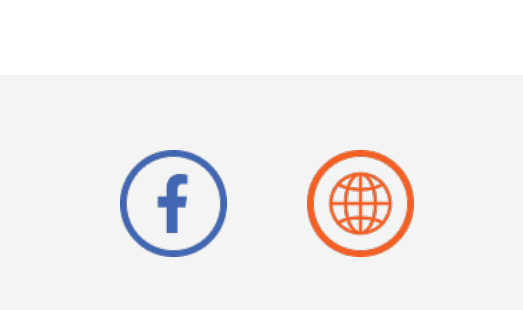
Make sure to check out the Highwood Care Home Facebook Page for all our latest photos!

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

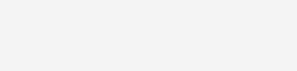
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[Carehome.co.uk](#) & [Google Reviews](#)



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