



INTRODUCTION

Message From Our Manager

Welcome to our Autumn Newsletter.

It has been a busy and enjoyable few months at Highwood, with a lovely variety of activities, entertainment and visitors. From sports coaching and dancing to visits from some very friendly donkeys, there has been plenty for residents to enjoy. We have also welcomed the Torrington Male Voice Choir and spent time getting creative with autumn crafts and cake decorating.

It has been particularly nice to see residents, staff and visitors joining in together, and we are grateful to everyone who gives their time to support our activities. We are now looking forward to our Winter Festival in December, when we hope to welcome many of our families, friends and members of the local community.

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

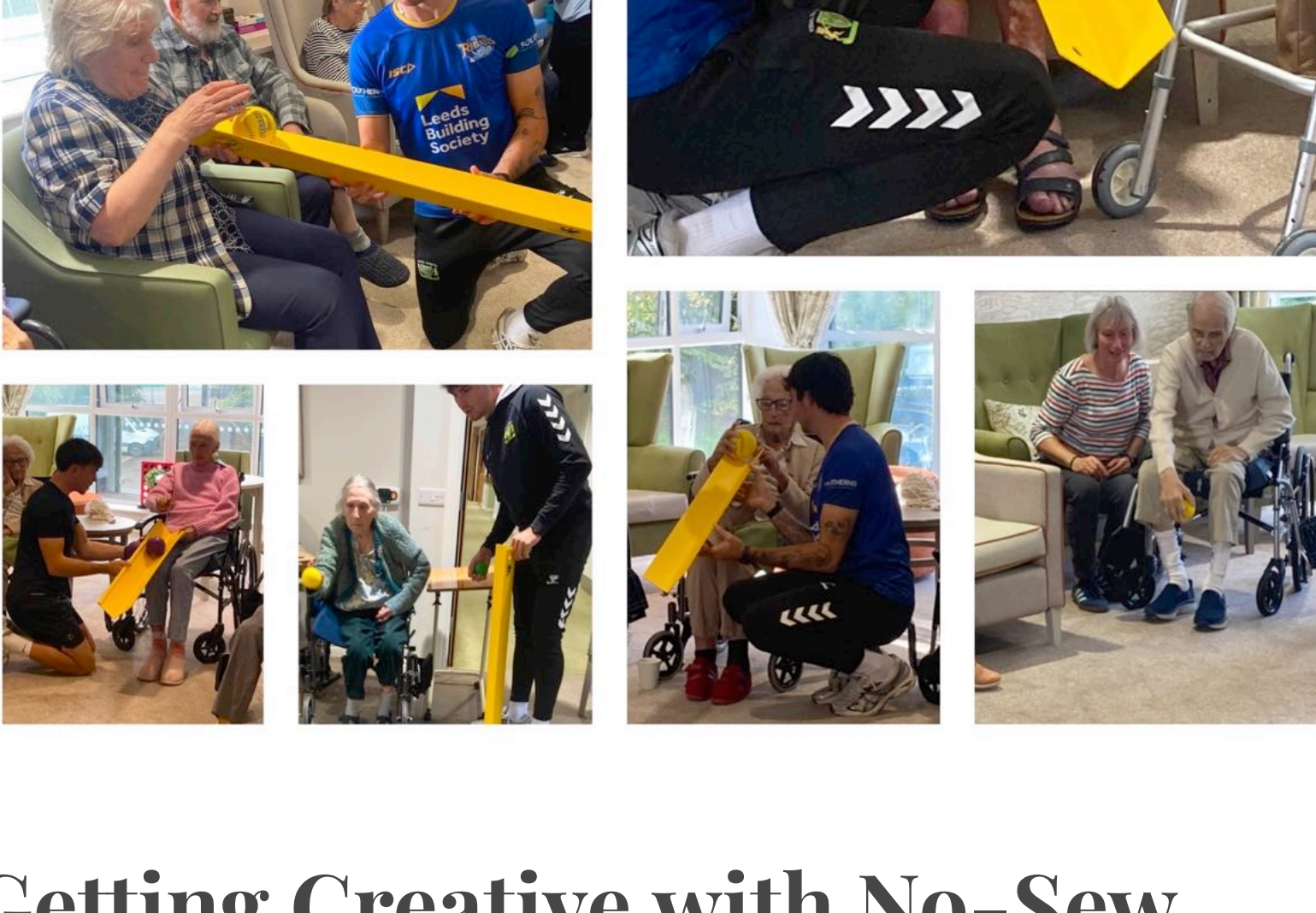


ACTIVITIES & EVENTS

Keeping Active with Fusion Sports Coaching

We were delighted to welcome Fusion Sports Coaching back to Highwood for another enjoyable session. The coaches brought along a selection of adapted sports equipment, making sure residents could take part in activities suited to their individual abilities and interests. There was plenty of encouragement throughout the session, and it was lovely to see so many residents getting involved and trying the different games.

Our oldest resident, who is 103, particularly enjoyed playing boules and showed that there is no age limit when it comes to enjoying a little friendly competition. Sessions like these are a great way to encourage movement, coordination and confidence while making exercise enjoyable. We are grateful to the Fusion Sports Coaching team for another fun visit.



Getting Creative with No-Sew Pumpkins

Our craft group has been getting into the autumn spirit by making some lovely no-sew pumpkins. Using just a piece of material, two rubber bands, some stuffing, wool and ribbon, residents were able to create their own seasonal decorations without needing a needle or thread.

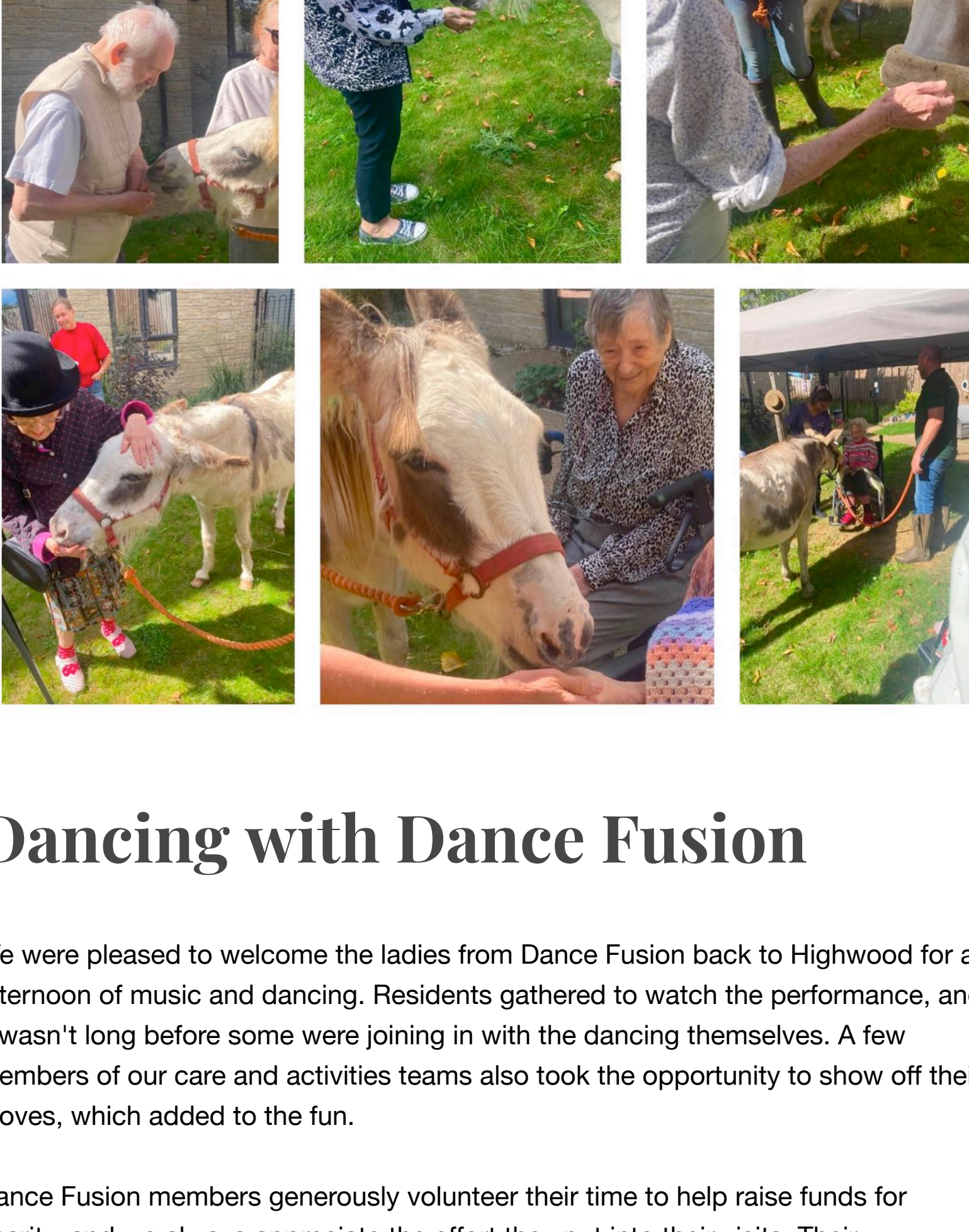
The activity involved plenty of finger movements, following instructions and a little creativity as everyone worked on their pumpkins. It was an enjoyable way to keep both hands and minds active, and we were very pleased with the finished results. Each pumpkin had its own character, and everyone did a lovely job. Once the crafting was finished, we rounded off the session with a well-earned cup of tea.



A Visit from Some Friendly Donkeys

We had some rather unusual visitors at Highwood when two lovely donkeys came along to spend time with our residents. Our four-legged guests were very gentle, and residents enjoyed getting close to them, offering them food and making the most of the opportunity to interact with the animals.

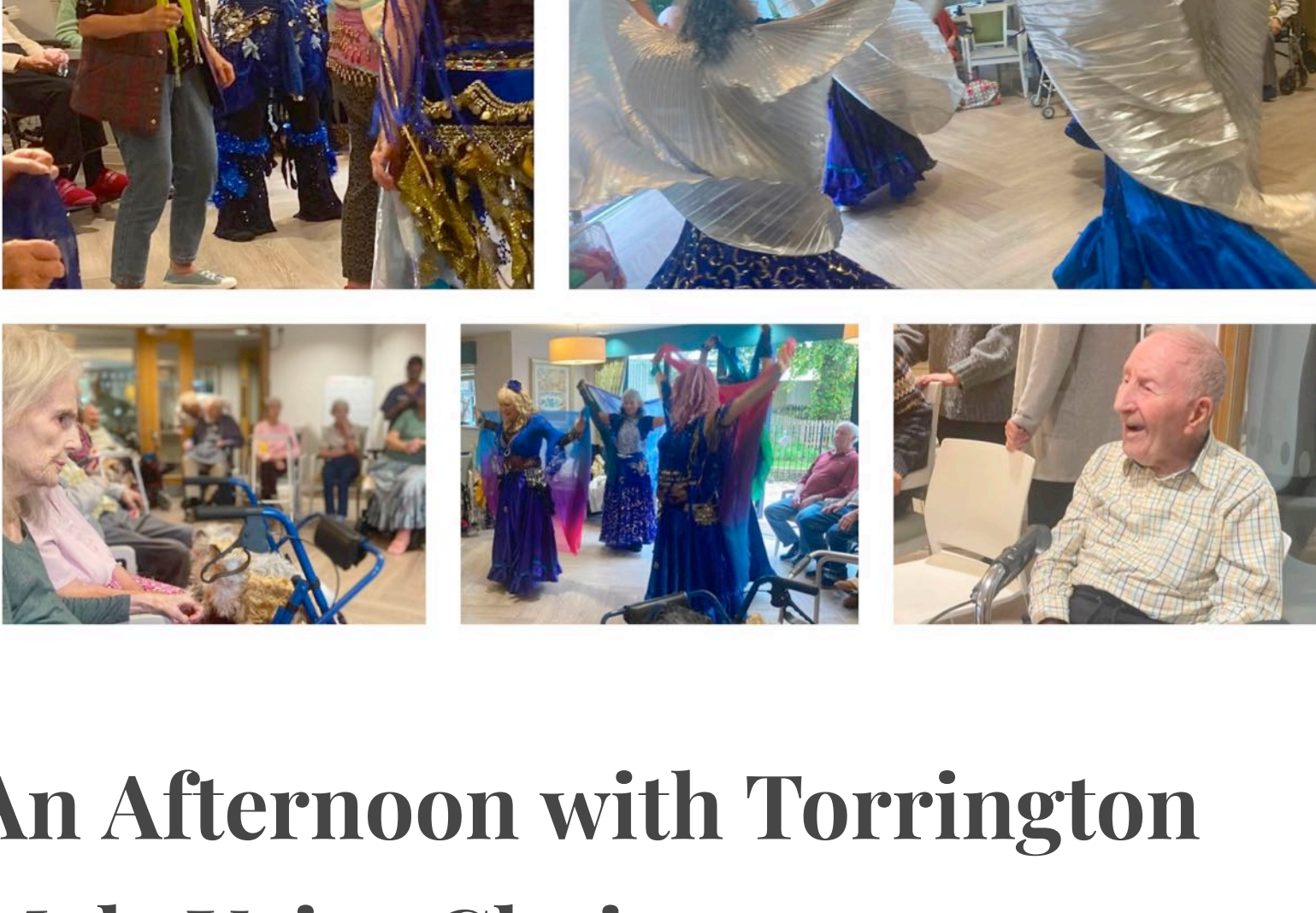
There were plenty of smiles and laughter throughout the visit, and it was lovely to see the enjoyment that spending time with the donkeys brought to everyone. Animal visits are always popular at Highwood, providing something a little different from our usual activities. A big thank you to Sam and Andy for bringing the donkeys to see us and making the visit possible.



Dancing with Dance Fusion

We were pleased to welcome the ladies from Dance Fusion back to Highwood for an afternoon of music and dancing. Residents gathered to watch the performance, and it wasn't long before some were joining in with the dancing themselves. A few members of our care and activities teams also took the opportunity to show off their moves, which added to the fun.

Dance Fusion members generously volunteer their time to help raise funds for charity, and we always appreciate the effort they put into their visits. Their performances bring residents together and provide a lovely opportunity to enjoy music, movement and good company. We look forward to welcoming them back again.



An Afternoon with Torrington Male Voice Choir

Our Kingsley Lounge was particularly busy when the Torrington Male Voice Choir returned to entertain us. The choir is always a popular visitor, and this occasion was no exception. We even needed to bring in extra chairs from the dining room to make sure everyone had somewhere to sit.

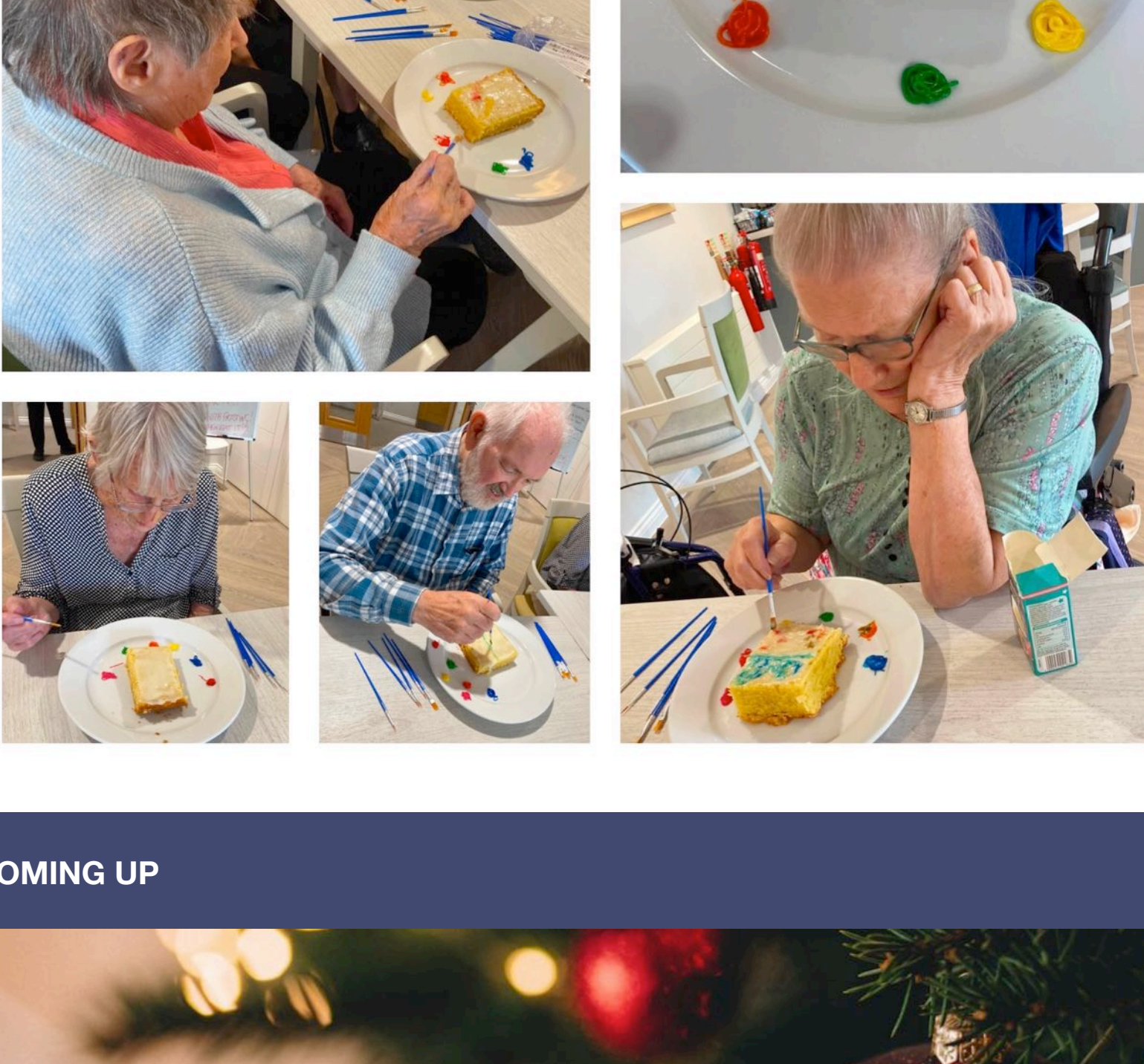
The choir treated us to a selection of familiar songs, with their harmonies filling the lounge. Residents were encouraged to sing along, and many were happy to join in with tunes they knew well. Others enjoyed listening and tapping their feet to the music. The choir's friendly interaction with residents is always appreciated, and it was another enjoyable afternoon of entertainment. We look forward to hearing them sing again.



Painting Our Own Cakes

We tried something a little different during one of our creative sessions when residents had the opportunity to paint their own cakes. Our Chef kindly prepared a delicious traybake, which we cut into individual pieces to use as our edible canvases. Armed with frosting, coloured icing and brand-new paintbrushes that had never been used for anything else, everyone set about creating their own designs.

There was plenty of laughter as residents experimented with the colours and decorated their cakes. It was a fun way to combine creativity with something tasty, and everyone enjoyed seeing the different designs that emerged. Of course, the best part came at the end, when we sat down with a cup of tea and enjoyed eating our finished masterpieces.



COMING UP



Highwood Winter Festival

We are looking forward to hosting our Winter Festival on Sunday 6th December 2026 and welcoming residents, families, friends and members of our local community to join us.

Highwood has grown into a wonderful community of residents, staff, volunteers and local groups, and we are looking forward to bringing everyone together for this event. We already have plans underway but would love to hear from anyone interested in joining us as a stallholder.

Stalls are free of charge, and anyone who would like to take part can contact the home on 01237 744000 for further information.

We hope to see plenty of familiar faces and some new ones too as we come together for our Winter Festival.

Looking Ahead...

As we move further into autumn and towards winter, we look forward to continuing our regular activities alongside visits from entertainers, community groups and other familiar faces. We hope to keep offering a varied programme that gives residents opportunities to stay active, enjoy their interests and spend time together.

Preparations for our Winter Festival will also be keeping us busy over the coming weeks. Thank you to our residents, families, friends, volunteers and staff for your continued support. We look forward to sharing more news from Highwood in our next newsletter.

EXTERNAL LINKS

Social Media

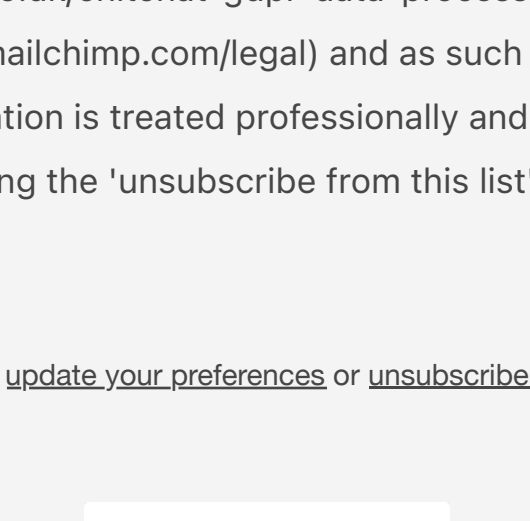
Make sure to check out the Highwood Care Home Facebook Page for all our latest photos!

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