

Written By Sabina Green, Wellbeing Coordinator

Hello Readers, As we kickstart 2026, we would like to wish all residents, families, and friends a happy year ahead. January and February are often seen as the quieter months of the year, a time to rest, reflect, and look ahead with hope and positivity, and that's exactly what we've been doing in Katherine House & Griffiths House! The last couple of months have brought fresh opportunities, activities, and moments to cherish together. While the days may still be chilly, the homes continue to be filled with warmth, laughter, and companionship. We are so grateful to you all for your ongoing support and participation in our busy Wellbeing Programme.

Walking Club

Walking Club has started up again and it has been lovely to see so many residents keen to get their coats on and head outdoors. True to life in England, the weather hasn't always been on our side but that hasn't stopped us! We've been embracing a little rain along the way and proving that a few droplets certainly won't dampen our spirits. The benefits are already clear to see, with these gentle, regular walks helping to maintain mobility, balance and overall fitness, while improving emotional wellbeing.



Bristol University Opera Society



Thank you to the wonderful students from Bristol University who visited us to perform Henry Purcell's *Dido and Aeneas*. Our residents were completely captivated by this stunning and moving production, and it was truly special to experience live opera here at Katherine House & Griffiths House. The students will be returning again soon to perform a new show.

Beavers Visit



From curious questions to proud promises; residents had the best time meeting young children from a Beavers Group on a Friday evening. It was a joy to see them interviewing each other, with the children asking inquisitive questions. We even watched a child being invested into the Beavers! Laughter echoed, stories were shared, and hearts were well and truly warmed. Intergenerational connections like these are so meaningful.

Trip to Almondsbury Garden Centre

What a wonderful day out we had at Almondsbury Garden Centre. The sun was shining, the flowers were blooming, and we had a lovely social in the fresh air. Our appetites were more than satisfied too, thanks to the café's generous portions and absolutely scrumptious food! We also had the joy of celebrating a very special early birthday for Tracey, Senior Carer, minibus driver, and all round superhero! Days like these make the best memories.





One Wish Project- Trip out to The Merchants Hall



As part of One Wish project, Katherine House resident Brian, was given the opportunity to enjoy a very special outing to the Merchants' Hall, a grand historical building, filled with ornate décor, antique paintings, remarkable architectural features and fascinating historical objects. Brian was joined by some of his fellow residents, staff, and his son was invited to make the experience extra special. The visit began with an engaging talk on the history of the building and the organisation, which Brian listened to with great interest. It was clear that being surrounded by such history was meaningful to him and he was eager to take in every detail. We were all so delighted to be surprised that the talk was partly hosted by Gary (a previous Katherine House resident, also the Butler & Events Manager of the SMV). Gary was very close to Brian whilst he lived in Katherine House, so this was a lovely touch. The talk was

also hosted by the Master of the Merchant Venturers, Jonathon Baker; residents were very honoured to meet him, learn about his role and the mission of the organisation. Following the talk, residents enjoyed tea and a beautiful array of cakes. The relaxed atmosphere allowed time for conversation, reflection and enjoyment before we continued our tour of the magnificent rooms within the building. The tour was led by Treasurer, Caroline Duckworth (who was also integral to organising this special occasion) & Master, Jonathon Baker; both were pleased to share their knowledge and incite. All residents were impressed by the grandness of the surroundings and commented on the beauty and craftsmanship throughout.



Dragon Appreciation Day



Who says dragons aren't real? They were very much alive in our lounge! In honour of Dragon Appreciation Day, residents took a trip through time to explore the symbolism of the dragon. From their roles in historical records and ancient mythology to their presence in fine art and epic literature, we covered it all in an intellectual afternoon filled with curiosity.

Griffiths House Breakfast Club



Rise & Shine! Griffiths House Breakfast Club is now officially open every morning from 8:30am. Residents gather round the table with cheerful smiles for relaxed conversations and sing-alongs to start day. After all, mornings are always brighter when we share them together.

Walkaround Karaoke



Mic check, memories made! Residents and the care team turned karaoke into a full on parade! Who knew we had so many superstars in Katherine House & Griffiths House?

Happy Retirement Gill



Residents and staff came together to celebrate Team Leader Gill as she began her well deserved retirement. Over 24 incredible years, Gill touched the lives of residents, families, and colleagues. Her journey is a testament to the passion and commitment of staff who dedicate themselves to working in Katherine House and Griffiths House for so many years. We would all like to wish Gill the happiest next chapter.

RSPB Bird Watch Week



In honour of RSPB Birdwatch Week, residents enjoyed a delightful afternoon sharing stories about their favourite garden birds and creating bird seed fat balls. A simple yet meaningful activity, it's a wonderful way to connect with nature and show a little care for our feathered friends during the winter months.

Board Games Café



Laughter, friendly competition and plenty of conversation, residents have been loving participating in the Board Games Café. From classic favourites like Scrabble to Pop up Pirate, there really is something for everyone! These cosy gatherings aren't just fun, they're a wonderful way to keep minds active, encourage new connections and improve wellbeing.

Weekly Animal Therapy sessions with Daisy- need we say more!



Yoga with Lucy



Residents have been absolutely loving Seated Yoga sessions with Professional Instructor, Lucy. Each class is full of gentle stretches and mindful breathing, supporting residents to relax and improve flexibility, balance, and strength. This is a great way for residents to focus on the present moment and enjoy a sense of achievement together.

Card Making with Volunteer, Lyn



Thanks to volunteer, Lyn, residents have been enjoying the favourite pastime of card making! With colourful papers and thoughtful messages, everyone put their creativity to work, crafting beautiful cards for loved ones and friends. How wonderful!

Don't forget you can follow us on social media:

Instagram: @cotecharity1

Facebook: The Cote Charity

Thanks for reading,

The Wellbeing Team

Sabina & Oliver