

March & April 2026

Written By Sabina Green, Wellbeing Coordinator

Hello Readers,

As we welcome the brighter days of spring, March and April have brought a wonderful sense of renewal and energy to our home. The changing season has lifted spirits, with longer days, blooming flowers, and plenty of opportunities for residents to enjoy time together, both indoors and out. Over the past two months, we've celebrated special moments, embraced new activities, and continued to create a warm and happy environment for everyone. From seasonal crafts and social gatherings to quiet moments of reflection, it has been a time filled with connection, laughter, and care. Thank you to everyone who makes Katherine House and Griffiths House such a special place to be.

Great Outdoors Club



Our Great Outdoors Club has truly blossomed over the past couple of months and has quickly become one of the most popular highlights of the week! Every Wednesday, there's a real buzz in the home, with residents eagerly queuing along the corridors, ready and excited to head outside together. It has been wonderful to see such enthusiasm, with everyone keen to enjoy the sunshine, fresh air, and the simple pleasures of being outdoors. Whether it's feeling the warmth of the sun, listening to birdsong, or taking in the colours and scents of the garden, these moments have provided an uplifting and sensory experience for all involved. This success would not be possible without the fantastic staff across teams, who work together to ensure every resident has the opportunity to participate. Thank you also to the family members who have been joining in the fun!





One Wish Project: Chepstow Castle





We were delighted to make a very special dream come true for Katherine House resident, Gina, as part of our One Wish Project. Gina, a true castle enthusiast, chose to visit Chepstow Castle and the day proved to be truly magical. Gina was joined by a lovely group of fellow residents and staff, and together they shared laughter, stories, and meaningful moments of connection. Outings like these always bring a wonderful sense of togetherness, and it was heartwarming to see friendships grow even stronger throughout the day.

We were fortunate to enjoy beautiful sunshine, which made the historic surroundings feel even more special. Everyone was in awe of the castle's beauty and rich history, sparking plenty of conversation and curiosity along the way. The trip was perfectly rounded off with a relaxing drink in a pub garden, giving everyone time to unwind and reflect on such a memorable experience.

These moments have a lasting impact on wellbeing, offering not only enjoyment a, but also a sense of fulfilment and joy that stays with residents long after the day has ended. A huge thank you to our incredible team, who went above and beyond to make the trip possible. From navigating cobbles and challenging slopes while supporting wheelchair users, to ensuring everyone was happy and smiling all day, their dedication shone through. We feel very fortunate to have such a caring, committed (and strong) team!

Care Home of the Year Award Win



We are so excited to have been awarded the 'Care Home of the Year' award by Prestige Awards. The awards panel commented on our passionate team who care deeply about the quality of life of our residents, our lovely location and the homely environment we have created for everyone, how in Katherine House & Griffiths House we tailor everything around the individuals we care for to ensure residents are treated with care and attention and the amazing difference we make. Our incredible team will be attending the South West Awards ceremony at Ashton Gate Stadium on 29th June.

World Art Day



To mark World Art Day, residents came together for a relaxed and creative still life session, drawing inspiration from well-known artists as well as from one another. A variety of objects were arranged on the table to spark creativity, giving everyone the opportunity to interpret the scene in their own way. It was lovely to see each resident bring their own perspective to the activity, with a wide range of styles and ideas emerging throughout the session.

Gardening Club



We were delighted to celebrate *Plant a Flower Day*, the perfect reason to kickstart Gardening Club. Residents rolled up their sleeves and showed off their green thumbs. There was a wonderful sense of enthusiasm as everyone got involved in planting and preparing for the months ahead. We are so excited to watch the flowers grow and flourish. Once ready, they will be carefully repotted and displayed on our brand new decking area, a space we know will be enjoyed by all. It was a truly uplifting activity and a lovely reminder of the simple pleasures that gardening can bring.

World Sleep Day



We were pleased to recognise *World Sleep Day*, a day dedicated to the importance of healthy sleep and overall wellbeing. To mark the occasion, residents were invited to spend the day in their pyjamas, and it was wonderful to see so many getting involved and embracing the cosy, relaxed atmosphere. The wellbeing team also hosted a calming afternoon pamper social. Residents enjoyed nail painting, soothing hand creams and treatments, delicious chocolates, a glass of wine, and gentle classical music, creating a truly peaceful environment. It was a lovely afternoon filled with relaxation, laughter and care, the perfect reminder that a good night's sleep begins with a calm and happy day.

Easter Afternoon Tea & Cake Sale



We hope everyone had a lovely Easter. We were delighted to welcome so many of our friends and families to our Easter Afternoon Tea and cake sale. It was truly special to see everyone come together and share such a warm and joyful occasion. A heartfelt thank you went to everyone who kindly made cakes; they were absolutely delicious and very much enjoyed by all! We also want to say a special thank you to our chef for preparing such a lovely afternoon tea for each table. We are incredibly grateful for the continued support from our community in helping to make days like these so memorable for the residents.

Bristol University Singers at St Georges



Residents were pleased to go for a special outing to St George's Bristol to watch a performance by the Bristol University Singers. The programme, inspired by themes of creation, was very moving. Many residents found the experience particularly meaningful, with the music evoking reflection and, for some, a few happy tears. It was a lovely opportunity to enjoy live music in such a beautiful setting, as well as to spend time together outside of the home.

Seated Dance & Movement with Lauren from Flourish Dance





We have been delighted to see Lauren, our wonderful Movement & Dance Instructor from Flourish Dance, who has been visiting regularly to lead engaging and uplifting sessions for our residents. Lauren always arrives full of energy, often dressed in fantastic costumes and bringing along a magic bag filled with fun and creative props. Her sessions create a relaxed and enjoyable atmosphere, where residents feel comfortable to join in, let their barriers down, and simply have fun whilst keeping active. It has been lovely to see how these classes encourage both movement and laughter, helping to boost mood and confidence. Residents have especially enjoyed Lauren's recent themed sessions, including celebrations for St Patrick's Day and St George's Day, complete with themed music and props that added an extra layer of enjoyment.

Music Theatre Bristol & Bristol Opera Society Visits



We were delighted to welcome talented volunteers from the University of Bristol's performing arts society, Music Theatre Bristol (pictured left), who visited us to perform their show, *The Power of Us Concert*. The performance celebrated the importance of music in all of our lives and was received with great appreciation by residents and staff alike. The home was filled with music and emotion throughout, and it was clear just how much the performance resonated with everyone present. We were also delighted to welcome the Bristol Opera Society (pictured right) to the home for a very special musical performance for residents. The group performed a beautiful selection of some of the world's most loved operas, bringing powerful vocals and expressive storytelling. It was a wonderful opportunity to experience live opera in such an intimate and accessible setting.

One Wish Project- Trip to London





A dream come true for Graffiti Artist & Katherine House resident, Josie! As part of our One Wish Project, Wellbeing Coordinator, Sabina, and Senior Carer, Tracey, made a very special day happen in London for Josie, and her son. From the moment they set off, the day was filled with smiles, laughter, and unforgettable memories. A huge fan of Banksy, Josie was supported to visit the Banksy Limitless experience and she absolutely loved every second! She immersed herself in the exhibits and even became a graffiti artist herself,

creating her very own piece of artwork. And of course... we couldn't leave without exiting through the gift shop! Knowing Josie is a true shopaholic, the day included a stop at Harrods for a coffee, followed by a peaceful picnic in the beautiful gardens of the Natural History Museum. Seeing Josie so happy was truly magical. It was a day full of love, joy, and moments that will be cherished forever, not just by Josie and her son, but by the staff who were honoured to be part of such a meaningful experience.

The Mount Without Social Club



What a wonderful day out we shared at The Mount Without Social Club!

A huge thank you to our lovely friends for having us at this fantastic over 60s social and cabaret show, set in such a beautiful and historic building. Residents are always treated like royalty with a selection of cakes, sandwiches and even a glass of prosecco. As you can see, residents had an amazing time dancing the afternoon away and enjoying the incredibly talented performers. We also got creative with a spot of Easter bonnet making, bringing out everyone's inner child. Laughter, creativity, and joy filled the room. What fun!

Trip to Ashton Court



Residents headed out for a brilliant day out at Ashton Court Estate, making the most of the sunshine and a welcome change of scenery. There were relaxed strolls through the beautiful grounds, with plenty of stopping along the way to admire the views, chat, and enjoy the fresh air. The highlight for many was a cheerful picnic together outdoors; sandwiches always taste better in the sunshine, after all! There was lots of laughter throughout the day, with everyone enjoying the easy going pace and the chance to spend time together outside of the usual routine. To finish, the group made a well earned stop at the courtyard café together.

Botanic Gardens Trip





The ladies of Griffiths House enjoyed an exclusive refreshing day out in nature with a visit to the Bristol Botanic Garden. The group spent time exploring the wide variety of plant species, as well as experiencing the warmth of the tropical greenhouses. It was a lovely opportunity to take in the surroundings at a relaxed pace and to socialise together in the fresh air. Residents also stopped at the café, where they were treated to hot drinks and friendly service.

Paint Pals



It was a pleasure to see our Paint Pals, children from Redmaids High School who visit regularly for an intergenerational art club. This heartwarming activity sees the children and residents collaborating on their masterpieces, whilst forming friendships across generations.

Workshop with RWA



We were delighted to welcome artist Cat Knight from the Royal West of England Academy for a truly special art workshop. We would like to extend our thanks to Cat Knight and the RWA for providing such a thoughtful and engaging opportunity for residents. Inspired by the current *Cosmos* exhibition at the RWA, residents explored their creativity by producing striking chalk moon artworks under Cat's gentle guidance. The session offered a calm and enjoyable space for creative expression, and it was wonderful to see residents fully engaged, trying something new, and sharing ideas with one another. The finished pieces were unique and imaginative, reflecting both individual style and inspiration from the exhibition.

Thank you to everyone for making the March & April so jolly and memorable!

Don't forget you can follow us on social media for regular photos and updates.

Instagram: @cotecharity1

Facebook: The Cote Charity

Thank you for reading

**The Wellbeing Team,
Sabina, Oliver & Kez**