

Written by Sabina Green, Wellbeing Coordinator

Hello Readers,

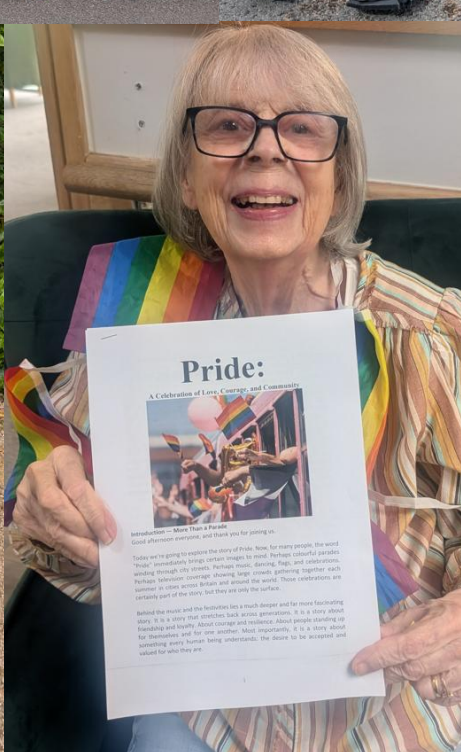
As we reflect on May and June, we're delighted to share some of the wonderful memories we've made together. From celebrations and activities to time spent with family, friends, and our local community, the past two months have been filled with smiles, laughter, and special memories. Thank you to all the residents, families, staff, volunteers and visitors for helping to make our home such a happy and welcoming place. We hope you enjoy looking back on some of our favourite highlights!

Pride



Residents and staff came together to celebrate Pride, recognising love, equality, acceptance and the importance of being yourself. Throughout the week, the Wellbeing Team hosted engaging talks exploring the history and meaning of Pride, while celebrating the inspirational LGBTQ+ individuals whose courage and determination have helped shape history. Residents also enjoyed a fantastic concert from Shelly at Mini Concerts, who filled the home with music celebrating love, friendship, pride, equality and acceptance. There were plenty of smiles, singalongs and dancing as everyone joined in the celebrations. Creativity was in full swing too, with residents making delicious rainbow chocolate skewers (proving that everything is better with chocolate) before proudly taking part in our very own Pride Parade during Great Outdoors Club, walking around the grounds together dressed in bright rainbow colours. The celebrations continued with shared reading featuring inspirational LGBTQ+ authors, before ending the week with a screening of the uplifting film *Kinky Boots*. Pride Week was a wonderful opportunity to celebrate individuality, promote kindness and inclusion, and reinforce our commitment to creating a community where everyone feels valued, respected and free to be themselves. Happy Pride from everyone in Katherine House & Griffiths House!





Breakfast Club



Breakfast Club has continued to be a favourite part of the day in Griffiths House, bringing residents together each morning to enjoy a delicious breakfast, good conversation, music and plenty of laughter. One morning, the club welcomed a very special guest, Ted the dog! Ted was more than happy to join everyone for the morning, bringing lots of smiles and a little extra joy to the breakfast table. This is truly the perfect way to start the day!

World Caring Day



To mark World Caring Day, the Wellbeing Team took the opportunity to thank all the wonderful staff in Katherine House & Griffiths House for their ongoing kindness, compassion and dedication. As a small token of appreciation, every member of staff received a thoughtful gift to recognise the incredible difference they make each day. Their hard work, support and genuine care never go unnoticed, and they have such a positive impact. It was a lovely opportunity to celebrate our amazing team and to remind them just how valued and appreciated they are. Thank you to every member of staff for everything you do to make our homes such special places.

Group performances



We welcomed the Salvation Army for a very special evening performance. The room was filled with the familiar sounds of much loved hymns and uplifting songs of hope, with residents joining in to sing along. We were also treated to a very special performance from the Beaufort Boys, a brilliant male choir who got the Wellbeing Team up on stage to sing with them, much to the residents amusement! The Beaufort Boys sing solely to raise money for the charity *Action for Pulmonary Fibrosis*.

World Cider Day



There was only one way for our Bristol care home to celebrate World Cider Day, with a wonderful afternoon of cider tasting! Residents enjoyed putting their taste buds to the test as they sampled a selection of delicious ciders and tried to guess the different flavours. The room was filled with laughter, cheerful conversation and plenty of traditional pub songs, with a few surprise favourites discovered along the way. Cheers everyone!

Show & Tell



Residents were supported to participate in a Show & Tell session, bringing along special objects to share with friends and tell the stories behind them. From treasured keepsakes and meaningful mementoes to a life sized cardboard cut-out of Tom Jones, every item had a story to tell! The activity sparked plenty of laughter, fond memories and fascinating conversations as residents reminisced about special moments from their lives.

One Wish Project: Immersive Orchestra at Bristol Beacon



As part of our One Wish Project, we were delighted to make Katherine House resident Janet's dream come true. Janet wished to experience a live orchestral performance, so when we heard about the Aurora Orchestra's special concert at Bristol Beacon, created especially for the care home community, we knew it would be the perfect opportunity. Alongside her friends, Janet enjoyed an unforgettable afternoon immersed in the beautiful sounds of Mozart's *Jupiter Symphony*. Performed by the world-renowned Aurora Orchestra, the musicians played from memory while surrounding the audience and moving around them, creating a truly unique and immersive experience that made everyone feel part of the performance. The afternoon was filled with emotion as residents were captivated by the music, with many describing it as a magical experience. One resident summed up the day perfectly, calling it 'the most wonderful day of my life.' Seeing Janet's wish become a reality, and sharing such a special experience with friends, made the occasion even more meaningful. A heartfelt thank you goes to Bristol Beacon and the incredible Aurora Orchestra for helping us create memories that will be treasured for years to come. The incredible event was even featured on Bristol Live. Did you spot us? You can find footage from the event on our social media accounts.

Football Fun



With World Cup enthusiasm in the air, residents in Katherine House & Griffiths House were delighted to welcome our friends from Redmaids High School for a fun-filled football themed movement and dance session. Led by our fantastic instructor, Lauren from Flourish Dance, residents enjoyed getting moving to football-inspired music, taking part in gentle exercises and dance routines, involving team work with the children. Alongside this, there has been a World Cup sweepstake raising lots of excitement!



Here's Lauren from Flourish Dance again hosting one of her fabulous Movement & Dance classes, this time with a May Day theme. Residents so enjoy her regular sessions and she always puts an amazing effort into bringing along the best costumes and props for everyone.

Great Outdoors Club



Our Great Outdoors Club continues to be as popular as ever, with residents looking forward to spending time outside in the fresh air every Wednesday morning. Residents enjoy gentle strolls around our beautiful grounds, taking in the sunshine, listening to the birdsong and appreciating the changing seasons. The sensory experience of feeling the warm sunshine, smelling the flowers and hearing nature all around provides a wonderful opportunity to relax, reminisce and connect with the outdoors. Spending time outside offers so many benefits, from boosting mood and wellbeing to encouraging gentle exercise, conversation and meaningful social connections. It is always lovely to welcome family members and friends to join us too. If you'd like to join us for a Wednesday morning stroll, we'd love to see you. The more, the merrier!

Flamingo Chicks



Residents were delighted to take part in a 24-hour Dance Relay in support of the incredible charity Flamingo Chicks, an inclusive community that gives all children, including those with disabilities and serious illnesses such as cancer, the opportunity to experience the joy of dance and movement alongside their friends. The charity also provides invaluable support for parents and carers, promotes intergenerational volunteering and inclusion through its outreach and advocacy work. The spectacular 24-hour event brought together more than 300 participants, aged from just 1 to 100, for a vibrant global celebration of movement, culture and connection. Residents were also pleased to dance alongside their young friends from Toybox Nursery who visit us regularly.

Royal Celebrations



There was a wonderful patriotic atmosphere in Katherine House & Griffiths House as residents and staff came together to celebrate Trooping the Colour and mark the King's Official Birthday. With flags waving proudly, everyone enjoyed watching the celebrations. Of course, no royal celebration would have been complete without a glass of sherry! The festivities continued into the afternoon with a royal-themed activity all about King Charles III, giving residents the opportunity to learn more about the monarch while celebrating this special national occasion together.

Blaise Castle Visit



Staff and residents enjoyed a wonderful day out at Blaise Castle Estate, making the most of the sunshine and fresh air. The day was spent exploring the beautiful grounds, listening to the birds and watching children play, with plenty of smiles and happy conversations along the way. Residents also enjoyed a visit to the museum, a picnic together and of course, a delicious ice cream to finish the day.

World Cocktail Day



Shaken, stirred, and served with smiles! We sure celebrated World Cocktail Day in style! The Wellbeing Team hosted a fabulous cocktail party, mixing up delicious made-to-order cocktails for everyone to enjoy. Cheers to good company, great music and a fabulous holiday vibe.

Caribbean Asian Fusion Lunch



Residents were treated to a wonderful day celebrating the vibrant flavours and cultures of Asia and the Caribbean. We would like to say a huge thank you to our talented chef and kitchen team for preparing a delicious three-course meal, which was thoroughly enjoyed by everyone. Residents embraced the occasion by dressing in colourful costumes, bringing fun to the celebrations. The afternoon continued with a fantastic performance from Musician, Millena, who had everyone singing along, playing instruments and dancing together.

Social for male residents



On Loneliness Awareness Week, we thought it would be the perfect opportunity to get the male residents together to encourage connections between new and old friends. We understand that men are more likely to suffer from social isolation, and it's reported that men have fewer close friends and weaker community ties. The male residents (with the support of male staff and a few lovely ladies) visited the White Lion pub in Westbury on trym for a delicious meal. Cheers to new friendships! A wonderful time was had by all.

Garden Socials



All this sunny weather has been the perfect excuse to enjoy more time outdoors, making the most of our beautiful gardens and tranquil outdoor spaces. What lovely residents and staff we get to see everyday!

Prestige Award: Care Home of the Year



There was excitement in the air as we received our physical trophy for Care Home of the Year from 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.

New Upstairs Lounge



It's so lovely to see residents making the most of our newly refurbished upstairs lounge. With views that make you feel like you're sitting amongst the trees, this beautiful space has quickly become a favourite spot to relax, catch up with family and friends, enjoy a coffee or gather around for a board game or two! We're delighted to see this space bringing people together.



Katherine & Griffiths House

VINTAGE SEASIDE SUMMER PARTY

7TH AUGUST

A FUN-FILLED DAY FOR ALL THE FAMILY!

Timings:

- 12.30pm – 1.30pm
Vintage Seaside Buffet
- 1.40pm – 1.45pm
Becky Power Aerial Silks performance
- 1.45pm – 1.55pm
Hula hoop performance
- 2pm – 2.40pm
Port of Bristol Shanty Crew performance
- 2.40pm – 2.50pm
Hula hoop performance
- 2.50pm – 3.05pm
Becky Power Aerial Silks finale

LOTS TO ENJOY! ★

- Animal Petting Area**
Donkey, a miniature Shetland pony, goat, rabbits and guinea pigs
- Raffle**
- Games**
- Face Painting**

★ PRICES ★

£7.50 for adults
£3.50 children
Children under 3 go FREE!

★ PARK AWAY FROM SITE ★

Cote House Ln,
Westbury on Trym,
Bristol BS9 3UW

01179 873540

<https://katherinehouse.co.uk/>

Instagram: cotecharity1
Facebook: The Cote Charity

Please note, this is a **cash only** event. We hope to see you all there!

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

Instagram: @cotecharity1

Facebook: The Cote Charity

Thanks for reading, The Wellbeing Team: Sabina, Oliver & Kez