

## Newsletter

### September & October 2025

Hello Readers,

Autumn is in full swing in Katherine House & Griffiths House and we've been making the most of the season. From cosy activities and celebrations to plenty of laughter and good company, there's been so much to enjoy. Here's a little look at what we've been up to!

#### Silver Sunday at the RWA



Residents were delighted to take part in a special event at the RWA as part of Age UK's Silver Sunday celebrations. The gallery kindly offered free entry to its beautiful Annual Open Exhibition, along with relaxed creative workshops with professional artists designed especially for older adults. Silver Sunday is a national initiative that celebrates older people and encourages community connection, helping to boost wellbeing and reduce loneliness. It was a fantastic opportunity for residents to enjoy art, try something new, and spend time together in the inspirational setting.



## Trip out to Clifton

Residents and staff enjoyed a delightful outing to Clifton and we couldn't have picked a better day for it! The sunshine made for perfect sightseeing, and everyone had a wonderful time exploring the historical streets and taking in the local sights. A visit to the iconic Clifton Suspension Bridge was of course, the highlight of the afternoon. Residents were treated to some seriously big ice creams and it was a lovely opportunity to enjoy the fresh air and share some quality time together.



### Trip out to The Mall



Residents appreciated a fabulous afternoon at The Mall in Cribbs Causeway, accompanied by members of the Wellbeing Team and Care Team. The outing was full of laughter, chatter, and the simple joys of browsing shops together. Everyone was treated to coffee and cake, making the trip both fun and relaxing. It was a happy outing that gave the chance for residents to socialise whilst being active in the community.

### Trip out to M Shed



We shared a wonderful afternoon at M Shed, Bristol's Museum dedicated to the history of the city, its people, and their stories. The trip was full of curiosity and conversation as everyone explored the exhibits and learned more about the city we live in.



### **Trip out to the SS Great Britain**



What an incredible day out we had on board the SS Great Britain! The beautiful sunny weather made the visit even more special as everyone explored the historic ship and learned about its fascinating past. Outings like this provide more than just a change of scenery, they stimulate memories and offer opportunities for conversation and connection. Residents enjoyed reminiscing about their own experiences at sea and sharing stories with one another, making it a truly engaging and enriching day.



Written by Sabina Green, Wellbeing Coordinator

## Evening with the University of Bristol Swing Dance Society



We would like to say a huge thank you to the University of Bristol Swing Dance Society for swinging by and lighting up the dance floor! The music and movement brought back fond memories and created a lovely buzz throughout the home. It was wonderful to hear residents sharing their own dancing stories, and to see them dancing to the beat themselves.

## Diwali



On Diwali, residents gathered to celebrate light, love and togetherness, whilst also making their very own Nankhatai, delicious traditional Indian Cardamon biscuits. This was an uplifting social to celebrate The Festival of Light, and it was lovely to hear residents sharing their own cultural stories surrounding the event.

## Yoga Classes



Residents are enjoying regular Yoga sessions, led by our fantastic new instructor, Lucy, from Yoga for All Bristol. The room is always full, with everyone eager to join in and give it a try. Lucy's calm guidance and gentle movements make the classes fun and accessible for everyone. Seated Yoga offers many benefits for older adults, helping to improve flexibility, balance, and circulation, while also supporting relaxation and peace of mind.

## Halloween



The homes were transformed with spooky decorations to celebrate the Halloween season, creating a fun atmosphere for everyone to enjoy. Our Wellbeing Programme offered plenty of themed activities to get residents involved. There was spooky shared reading, a screening of *The Phantom of the Opera* complete with a Halloween themed cocktail, and a Halloween Variety Hour packed with games and facts about the holiday. Even our beloved therapy dog, Poppy, joined in the fun by dressing up for the occasion to spread extra smiles.

## Another Therapy Dog



We are thrilled to welcome Daisy, our second therapy dog, who will now also be coming in to visit every week. Adorable Daisy the Cavachon now comes in every Wednesday afternoon & Adorable Poppy the Golden Doodle now comes in every Friday morning. Daisy has already been spreading joy with her friendly nature and gentle presence. We love our furry friends!

## Award Wins

Katherine House & Griffiths House are so proud to have won two prestigious awards at the Care and Support West Annual Care Awards 2025. We now go through to the regional care awards being held at Ashton Gate in November.



### **Winner of Care Home of the year 2025**

This award celebrates excellence and innovation in the care home sector. Recognising outstanding care and those who contribute significantly to the quality of care provided to residents. The award covers various categories, including leadership & staff excellence as well as the impact made to those living and working in the care home.



### **Winner of Rainbow Heart Award 2025 - Deputy Manager, Sue Thorne**

This award is given to the person showing most Resilience & Creativity in the ongoing “new world” of care. Sue’s many outstanding initiatives implemented into all the care homes she has worked in have made truly meaningful differences in the lives of both residents, families and staff alike. She demonstrates deep compassion and creative approaches to an ever-evolving care sector despite many challenges along the way. Her focus extends beyond meeting basic needs; she is committed to enhancing the

health & wellbeing of both residents and colleagues. Through her collaborative mindset, she actively seeks out innovative opportunities to make a lasting impact, bringing people and ideas together to create positive change.



## One Wish Project



Every resident in Katherine House & Griffiths House has the opportunity to have a special occasion or a dream come true as part of the homes One Wish Project. Katherine House resident, Myrna, is a lover of classical music and she was treated to a beautiful classical concert at St Georges, a historic world class concert hall converted from a 200 year old Georgian church. The concert was to see the Regency String Quartet, an award winning group praised for their passionate and vivid performances. The programme at the concert featured symphonies by Mozart and Tippett. As you can see both Myrna and her fellow residents (and staff) were also thrilled to attend this special occasion, and we were joined by a lovely family member who made this outing extra wonderful.

## Autumn activities



Autumn has brought a wonderful burst of creativity and activity to the home, with residents enjoying a variety of seasonal inspired activities on our Wellbeing Programme. Recently everyone took part in a vibrant collage activity, using leaves collected from the gardens to create colourful artworks. There has also been poetry and shared reading, music sessions to lift the spirits, baking with delicious autumn treats and walks in the fresh autumn air as part of our walking club. These activities offer residents the chance to socialise and enjoy the colours and textures of the season while creating special memories together.



Written by Sabina Green, Wellbeing Coordinator

## **Around the World Cruise**



The Wellbeing Team & The Kitchen Team regularly collaborate to support residents to celebrate different countries and their cuisines through food and activities in our Around the World Cruise project. This month we celebrated Germany, and the chef prepared a scrumptious three course German meal. Afterwards we had our very own Oktoberfest and residents were pleased to sample a variety of beers to guess their exotic flavours.

Our recent activities have taken residents on a journey through a range of themes, from the engineering brilliance of Brunel to the innovation of Concorde. We also marked important occasions including World Mental Health Day, which offered a chance to pause and reflect on the importance of looking after our wellbeing. On the day there was a Mindfulness & Meditation afternoon; all residents were reminded that the Wellbeing Team is always here for friendly conversation, 1:1 support, or simply some company when needed. All staff and residents received thoughtful notes and small treats as a reminder of how special and appreciated they are within our community.



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

**Instagram: @cotecharity1**

**Facebook: The Cote Charity**

**Thank you for reading,**

**The Wellbeing Team- Sabina, Oliver & Tamzin**