Newsletter
July August 2026

Written By Sabina Green, Wellbeing Coordinator

Hello Readers,

As we look back over July and August, we have so many wonderful memories to share. From sunny days in the garden and enjoyable activities to special celebrations and time spent together, the summer has been full of smiles, laughter and friendship. We are delighted to share some of the highlights from the past two months and celebrate the moments that have made our home such a happy place to be.

Vintage Seaside Summer Party



What a spectacular day we had at our Vintage Seaside Summer Party! The sun was shining, the skies were blue, and our home was filled with laughter, music and plenty of seaside fun. From the moment the celebrations began, there was a wonderful atmosphere, with residents, families, friends and staff all coming together to enjoy a very special day.

The entertainment this year was amazing; we were treated to a spectacular performance from a talented aerialist, who wowed everyone as she performed high up in the air. We also enjoyed the incredible skills of a hula hoop artist, whose fantastic performance brought

plenty of wows and applause! The Port of Bristol Shanty Crew kept everyone entertained throughout the afternoon with their brilliant sea shanties. Their music really brought our vintage seaside theme to life, with many of us joining in and enjoying the wonderful atmosphere. There was plenty to see and do, including our lovely animal petting area, where residents could spend time meeting some very special furry friends. We had a fabulous face painter, who added a splash of colour and creativity to the celebrations, while the bouncy castle brought plenty of fun and excitement for the children. Of course, no summer party would be complete without delicious food and refreshments, and there was an incredible banquet of food. And there were luxury hampers, gift vouchers and experiences available to win on the raffle! All the wonderful teams worked incredibly hard behind the scenes to make sure everyone was well looked after and able to enjoy the celebrations. We would like to say a huge thank you to every single member of staff who went above and beyond to make the day such a success. There was a tremendous effort from everyone. Most importantly, a heartfelt thank you to the wonderful residents and their families. Seeing everyone together enjoying the sunshine, music, entertainment and each other's company was truly the highlight of the day. It was a magical summer celebration that we will treasure for a long time to come. What a day to remember!




















£3 CIDER
DRINKS
WINE £3
PIMMS £3
ELDERFLOWER £2
LAGER £3
MALIBU £3




LASER
David Lloyd











Trip out to Kings Weston House



Residents were delighted to go for a lovely picnic at the beautiful Kings Weston House, making the most of the glorious sunshine and fresh air. With a delicious picnic, wonderful company and stunning views stretching across the horizon, it was a fantastic afternoon, and brilliant to see everyone relaxing outdoors.

Cyanotype Printing







We made the most of the beautiful weather by creating our very own stunning cyanotypes, a fascinating photographic art process that uses sunlight to produce striking blue-and-white prints. Using flowers, leaves, and other natural treasures, everyone created their own unique masterpiece while spending time outdoors, enjoying the fresh air and each other's company.

New Chaplain



Residents, staff and families came together to celebrate Caroline's licensing ceremony and officially welcome her as our new Chaplain. The special occasion was filled with warmth, joy and togetherness as we marked the beginning of this exciting new chapter. Caroline has already become a valued part of our community, bringing kindness, compassion and a listening ear to everyone. We feel incredibly lucky to have Caroline join the team!

A taste of Summer





Nothing says summer quite like a delicious frozen mocktail! Residents appreciated getting creative and making their own fruity frozen treats. With a variety of flavours to choose from, everyone could pick their favourites and create a refreshing mocktail to enjoy. It was the perfect activity for a warm summer afternoon and a great way to cool down.

Carnival Dancing







We were transported to a colourful and lively carnival when Lauren from Flourish Dance brought her wonderful energy and enthusiasm to Katherine House & Griffiths House. A huge thank you to Lauren, who always goes above and beyond to create such fantastic experiences for our residents. From the brilliant themes and colourful props to the fabulous costumes, she certainly knows how to bring the fun. There were smiles all around as residents and staff got involved, dancing, moving and enjoying the music together. It was fabulous to see everyone joining in and having such a fantastic time.

Still Life Art





There's been plenty of creative opportunities over the summer, with regular arts and crafts sessions taking place. Here are some talented residents enjoying a Still Life Art Club, exploring their creativity and producing some brilliant artwork along the way.

Great Outdoors Club



Residents have been enjoying getting out and about each week as part of our Great Outdoors Club. The group regularly takes a stroll around the beautiful Cote House gardens before heading up towards the Downs, making the most of the fresh air and surrounding nature. Each walk provides an opportunity to enjoy the changing seasons, take in the scenery and spend some time outdoors. Getting outside regularly has many benefits, from supporting physical health and mobility to providing a change of scenery and promoting overall wellbeing. The walks also give residents the chance to enjoy some gentle exercise at their own pace, while spending time together and connecting with nature.

Gardening Club



Green thumbed residents have been loving getting stuck into Gardening Club, spending time outdoors tending to the garden and growing their own vegetables. From planting and watering to weeding and watching their vegetables grow, everyone has enjoyed being involved and seeing the rewards of their hard work. Gardening offers wonderful therapeutic benefits, providing gentle exercise, fresh air and a calming connection with nature. It also encourages social interaction, creates a sense of purpose and gives residents and staff alike a real feeling of achievement.

World Cup



There has certainly been World Cup fever here! The excitement has been building, with plenty of football chat, friendly predictions and lots of enthusiasm for the big matches. We were delighted to welcome Redmaid's High School for a fantastic football themed afternoon. There was plenty of team spirit as our residents got involved and enjoyed spending time with the students. When it came to the big matches, we gathered to watch the action unfold. The atmosphere was full of excitement, with cheers ringing out whenever a goal was scored. We even found ourselves singing along to some classic stadium songs. And, of course, no World Cup would be complete without a sweepstake! Everyone enjoyed picking their teams and keeping an eye on their progress throughout the tournament.

We're Here for You



Don't forget, your Wellbeing Team is here for you. We're always happy to spend some 1:1 with you, whether you fancy a chat, a little company, an activity or simply having someone sit with you and listen. We want everyone to feel valued, cared for and special. If you would like some company or would enjoy spending a little time with a member of the Wellbeing Team, please let us know. We'd love to see you.

A Special Thank You to Eshan



We would like to take the opportunity to say a very special thank you to Eshan, one of our Senior Carers who works Nights. Eshan recently took the time to show his appreciation for the Wellbeing Team and all that we do to enrich the lives of the residents at Katherine House and Griffiths House. On his day off, Eshan kindly prepared a delicious three-course meal from scratch and brought it in for the Wellbeing Team to enjoy as a very special treat. It was such a thoughtful and generous gesture, and we truly appreciated the time and effort Eshan put into preparing the meal for us. Thank you!

Harvest Service



Don't forget you can follow us on social media:
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Thank you for reading,

The Wellbeing Team
Sabina, Oliver & Kez