# Newsletter

# September & October 2026

***Written by Sabina Green, Wellbeing Coordinator***

As the leaves begin to change and autumn has settled in, we're delighted to share some of the wonderful moments, activities and memories that have made September and October so special in Katherine House & Griffiths House. From seasonal celebrations and exciting activities to laughter, friendship and time spent together, there has been plenty to enjoy. We hope you love looking back on all that we've been up to. Wishing all residents, staff, families and friends a very happy, warm and cosy autumn!

## Care & Support West Awards: Congratulations Ivy!



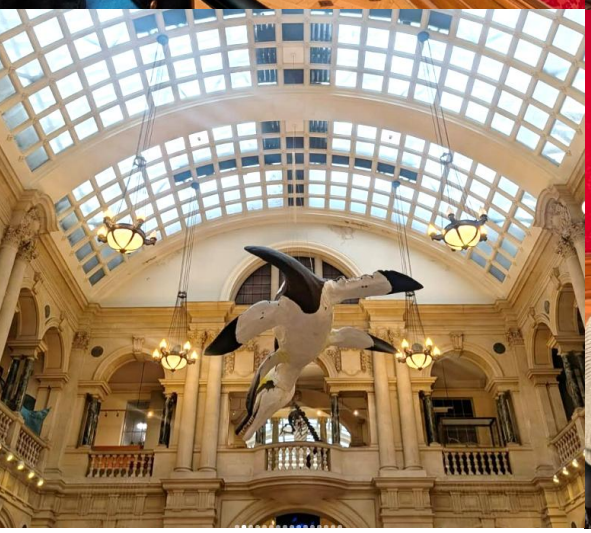

We are incredibly proud to celebrate Ivy, a long standing and much valued member of both our Domestic and Kitchen teams, who recently won Highly Commended in the Rainbow Heart Award category at the Care & Support West Awards. The Rainbow Heart Award recognises resilience and creativity in care, celebrating those special individuals who go above and beyond to make a difference to the lives of others, supporting both residents and their families. Ivy is a truly valued part of our team, and this recognition is so well deserved. Her dedication, hard work and commitment never go unnoticed, and we are delighted to see her efforts celebrated. We couldn't be prouder and we're so lucky to have Ivy as part of our team!

## Bristol Museum & Art Gallery












Residents and staff appreciated a lovely day out to Bristol Museum & Art Gallery. There was so much to see and explore as we took in the wonderful collections of art, history and culture. Everyone enjoyed discovering something new, sharing stories and chatting about the fascinating displays along the way. It was a lovely opportunity to spend time together, enjoy a change of scenery and make some special memories. A fantastic day filled with smiles, laughter and wonderful company! We're already looking forward to our next adventure!

## Wake the Tiger



Residents had a truly magical time at Wake The Tiger, stepping into a world of imagination and wonder. Known as the world's first 'Amazement Park' and the UK's largest immersive art experience, Wake The Tiger is bursting with over 40 extraordinary interactive rooms, hidden doorways and incredible kaleidoscopic art installations. There was something new and exciting to discover around every corner; from the vibrant colours to the wonderfully quirky surroundings, the experience transported everyone into a world quite unlike any other. It was a fantastic opportunity to let imaginations run wild, embrace our inner child and moments of amazement along the way. It was lovely to see everyone getting involved, exploring and enjoying the magic of the experience. After all, you're never too old for a little adventure, a little imagination and a whole lot of fun!

WAKE THE TIGER PRESENTS DREAM FACTORY BRISTOL

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## Afro-Cuban Drumming Workshop




Staff and residents had a lively and energetic Afro-Cuban Drum & Dance Experience with the wonderful Mike from Alive Activities. Using traditional Afro-Cuban drums, Mike took us on an exciting musical journey, exploring different rhythms, drum patterns and beats. There was plenty of opportunity to get involved, have a go and enjoy the magic of making music together. The room was filled with fantastic sounds, laughter, smiles and lots of energy. Music also has so many wonderful benefits for our wellbeing. It can help lift spirits, stimulate memories, encourage movement and self-expression, and bring people together through shared experiences. It was lovely to see everyone connecting through the power of rhythm and music. It was loud, lively and absolutely fabulous!

## Toybox Nursery





We were delighted to invite our little friends from a local nursery to visit. Intergenerational visits like these bring so many benefits to the residents. Spending time with young children can help lift spirits, reduce feelings of loneliness and encourage social interaction. It can also spark treasured memories of family life, parenthood and childhood, giving residents the opportunity to share stories and experiences. For the children, visiting our home is equally special. Most importantly, these visits create meaningful connections between generations, reminding us that friendship has no age limit!

## Trip to the Aquarium




Residents enjoyed a fantastic day out to Bristol Aquarium, where we were transported into a fascinating underwater world full of colour, wonder and amazing sea creatures. Everyone appreciated watching the fish darting about, spotting different shapes and colours and learning a little more about the wonderful creatures that live beneath the waves.

**One Wish Project: A day surrounded by wildlife**
























In Katherine House & Griffiths House, we love creating special moments and making residents' wishes a reality. As part of our One Wish project, every resident is given the opportunity to enjoy a special occasion or dream come true, chosen especially by them.. Griffiths House resident, Janet, wished to spend a day immersed in nature, surrounded by wildlife. We were delighted to make this wish come true with a wonderful trip to Slimbridge Wetland Centre, a world-renowned nature reserve and conservation centre. Joined by fellow residents, Janet enjoyed a lovely day exploring the stunning surroundings, discovering an array of fascinating wildlife and taking in the fresh air and beautiful autumn sunshine. It was an extremely special and happy day with the simple joy of spending time in nature.

WWT Slimbridge

## Halloween





















There was Spooktacular Halloween celebrations in Katherine House and Griffiths House as residents and staff came together for a frightfully fabulous celebration. Festivities included our very own Monster Mash parade, lots of dancing, games and plenty of Halloween themed fun. We were also delighted to welcome a very special visitor, Poppy the therapy dog, who looked absolutely adorable dressed up as a pumpkin! There were some wonderfully creative costumes, making it a fantastic celebration for everyone involved. A big thank you to everyone who joined in and helped make the day so special.

**Make sure to check out footage from our Halloween Parade on our social media accounts!**

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## Weekly Intergenerational visit



Throughout September and October, we have had the pleasure of welcoming some lovely students from Redmaids' High for our weekly intergenerational socials. It has been magnificent to see different generations coming together, sharing stories, making memories and getting to know one another. We've enjoyed a whole host of activities together, from sharing photographs and reminiscing about days gone by to playing games, getting creative with painting and enjoying music. The students have even brought along their instruments to play and sing for our residents, and there were a few happy tears around the room! It's been a joy to see the connections growing week by week, with so much shared, learnt and enjoyed along the way. A huge thank you to all the students and staff at Redmaids' High for spending time with us. We have loved bringing the generations together.

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## Trip out to St Augustine's Chapel



Residents appreciated a very special visit to the beautiful St Augustine's Chapel, where they were warmly welcomed to attend an All Saints & Souls service. This was a beautiful and meaningful occasion, with everyone thoroughly enjoying the experience and embracing the opportunity to participate in the service. It was particularly heartwarming to have family members join us, making the occasion even more special. A wonderful opportunity to come together, reflect and share the special service in a magnificent setting.

## Everything else



















The past two months have been filled with fun, laughter, celebrations, plenty of dancing and special moments. We've marked a wonderful variety of occasions, from recognising Black History Month and celebrating the life and music of Dolly Parton, to enjoying a Harvest Festival with the chaplain, indulging in National Chocolate Day, marking Merchant Navy Day and celebrating the birthday of the much loved author Agatha Christie. Each occasion has brought its own opportunities to reminisce, learn something new, get creative and most importantly, be together. With such a variety of events and activities, there really has been something for everyone and no two days have been quite the same.

**Thank you for reading,**
**The Wellbeing Team**
**Sabina, Oliver & Kez**

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