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A WARM WELCOME TO OUR
WINTER 2024-25

Quarterly Newsletter

Manager's Introduction

As the festive season approaches, we are filled with warmth and gratitude for the vibrant community we have cultivated at Sunshine Care. This newsletter is a reflection, connection and joy, as we come together to celebrate accidents memories with our residents, staff and family.

Working you all a Merry Christmas and a joyful New Year!

If you know someone who would like to receive our email newsletter/updates just let us know, or forward them the newsletter sign up link below

Yesterday- Now-Ish

Kind wishes,
Gayle Duffin
Home Manager

Seasonal Celebrations

Spooky Fun

Our Halloween celebrations were a real treat this year! From creative arts and crafts sessions leading up to the big day to a special lecture party filled with costumes, laughter, and plenty of sweet treats, we sure got into the Halloween spirit. It was wonderful seeing our residents and their loved ones enjoying the festive activities, looking forward to next year's celebrations!

Remembrance Day

On Remembrance Day, we came together to honour the brave men and women who have served our country, with many of our residents having served themselves or supporting their loved ones who served. The day was marked with a moving ceremony and a simple, yet meaningful, display of poppies at the Sunshine Care Nightingale. On Remembrance Day, staff we gathered to watch a live stream of the parade, paying our respects alongside the wider community. It was a moment of reflection and gratitude for the opportunity to appreciate and reflect together. Lest we forget.

A Magical Christmas

This year's Christmas celebrations were extra special, with lots and lots of wonderful memories being made throughout the festive season. We kicked off the cheer early on in lovely Kenilworth, Rome, with a plethora of festive fun and entertainment filled days. It was a heartwarming time for residents, families, and staff, as we came together to share joy, and create lasting memories.

Meaningful Events

Happy Reunion

We had the privilege of hosting a school reunion for a group of ladies who had been friends since primary school. The reunion was organised by Sunshine Care Home Care Centre, and was a heartwarming and emotional occasion. These ladies brought a lot of laughter, shared memories, and the sense of community that forged their bond at Rockdale Park.

Exploring Our Sensory Room

Our sensory room offers a tranquil space where residents can unwind and engage in a variety of activities tailored to their preferences. From calming, tranquil sessions to lively, interactive experiences, our sensory room caters to everyone's unique needs. Recently, we introduced Nanogen's sensory sessions, focusing on hidden, personal interests and sensory stimulation. These sessions include a variety of engaging activities such as gentle touch, music therapy, and themed sensory sessions, all designed to stimulate the senses and foster a deep sense of relaxation, mindfulness, and dignity, enhancing the essence of each individual within our home.

Out & About

Our recent outings have been a delightful way to get out and about, with residents enjoying scenic bus tours and visits to familiar places from the past. The tours to Ilfracombe and Bay to Old Weston brought back fond memories for many, reconnecting them with areas they hadn't been to in years.

We also had a heartwarming Christmas party at Fairfax House, where everyone felt like family. The festive atmosphere was filled with laughter and celebration, and it was a joyous day where memories and cheer were made.

We look forward to many more adventures with our residents!

What's Been Happening?

Puppy Love

Our residents were all smiles during the recent therapy pet visits, as our furry friends brought plenty of joy, cuddles and calm. These visits are only together exhausted, they but also provide such comfort and connection, reminding us of the simple, unconditional love and joy they bring. It's clear to see there were plenty of pawsitively happy faces all around!

Reminiscing Sessions

Our reminiscing sessions have been a wonderful way to spark memories and share stories, bringing our residents together to reflect on their past lives. These sessions offer a comfort with residents to cover things and share commonly seen pictures. These sessions are always important as they allow residents share fascinating stories and force relatives find their younger selves.

Active Games

Our active games sessions are a hit with residents of all abilities and interests! From light-hearted activities to more engaging challenges, these sessions are designed to keep everyone moving, improve dexterity, and, most importantly, have fun. We've always enjoyed to see everyone enjoying these activity, arranging minutes together!

Knitting Club

Our knitting club has become a wonderful new tradition for our tight-knit community! Whether you're an experienced knitter or a beginner, everyone is welcome to join in. The club provides a relaxed and supportive environment where residents can enjoy bonding conversations while creating beautiful pieces together. The club has quickly become a cherished weekly activity, where laughter, learnt and friendship thrive.

Singalongs and Afternoon Tea

Our singalongs and afternoon tea sessions have become a delightful highlight for residents! We enjoy a mix of classic Scottish hits, golden oldies and modern favourites, with everyone joining in to sing along and tap their feet. These sessions bring out familiar tunes or sipping warm tea with delicious treats, these sessions create moments of joy and connection.

Celebrating Our Stars

We're delighted to announce our recent Employees of the Month!

In September, Sister Sarah Dawson was recognised for her exceptional dedication to resident care. Closely in guard were Ms Rose Bolton, our Activities Manager, for her creativity and enthusiasm. November celebrated Emily Sutcliffe, one of our longer-serving carers, for her kindness and team spirit. Congratulations to all three on their well-deserved awards!

On National Thank You Classes Day, we were delighted to recognise the incredible team at our Crossdawsley home with a small token of appreciation. Their dedication to our residents and their families shines brightly every day. A heartfelt thank you to this amazing team for everything they do every day - you truly make a difference!

Birthdays Celebrations

Birthday Wishes

What a joyful time we had celebrating our residents' birthdays! From shared laughs to delicious cake, every moment was filled with love and warmth. Family, friends, and neighbours came together to make these special days even brighter. We're so grateful to celebrate each of our wonderful residents and the unique stories they bring to Rubislaw Park. Here's to many more joyful birthdays ahead!

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