February 2026 newsletter

Recent events:

February has been a short month but there has still been lots going on within the home. We have had our music therapy with sing- a long's and dancing. Each individual has different preferences therefore they take it in turns choosing who to listen to.

Reverend Cara, alongside Alison and Pauleene led our monthly church service which was very well attended as usual. Madeleine, Rose, Jan and Tony led the hymns and Kim joined Lorna for the service. Most attendees joined in with the actions to the song from Madeleine's Baptism.

Chloe came to the home to continue her hairdressing magic makeovers which boosts esteem and confidence. Her fortnightly visits keep our ladies looking glam!

John and Rose have also been on-site to attend to the podiatry needs of the residents. They have done this to a high quality as standard.

We have continued to promote resident's independence with residents helping to wipe place mats, lay the table, fold laundry and help to wash up. Pearl, Rosie, Madeleine, Joan and Roger are all very helpful in this respect and are used to keeping busy. It can be empowering to be able to help others with household tasks.

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Residents have been busy with our 'Fun with food' activities including baking cheese scones which Madeleine, Jan and Joan thoroughly enjoyed. Everyone agreed they were delicious and it was requested to make them more often! Well-done to Alisha and Jane for overseeing this activity.

Rosie, Jan and Joan have also been involved in making pizza for tea with a range of toppings according to personal preferences.

Ciara helped residents prepare pancakes and on Shrove Tuesday. Dawn worked very hard in the kitchen making delicious pancakes for residents. She made almost forty pancakes in total!

Everyone enjoyed the pancakes and Delia, Joyce, Jan, Joan, David and Madeleine all had second helpings! Delia loved them so much that she had pancakes with lemon and sugar for lunch for the next few days!

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Our residents have enjoyed multiple occasions of flower arranging. Ann, Lorna, Jan, Madeleine, Joan, Rosie and Roger all tried their hand at making flower displays from the bouquets of flowers.

Our pamper sessions of manicures and foot spas remain ever popular and are done on a weekly basis to ensure hand and feet are in tip top condition! Everyone loves fresh nails!

Madeleine has had a trip to Sainsburys to buy some daffodils and her television magazine. She really enjoys getting out and about and is excited to do so more often in the coming months.

Bingo has been a frequent activity by popular demand and remains a firm favourite at Elmfield. This often gets very competitive and residents are quick to point out if staff do not call out the numbers correctly in bingo style lingo!

Aimee shared some trivia worksheets with residents as a 1:2:1 activity and residents engaged well sharing their knowledge and skills. Tony, Delia, Joyce and Lorna enjoyed these activities and they get the old brain cells working as Tony joked!

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Exercise activities have included ‘catch and throw’ game, skittles, the bean bag game and balloon bash! All are fun ways to get residents using their limbs and circulation flowing without over- exerting or realising what they are doing. Balloon bash is always great fun and Patricia has a very good and hard aim when she targets the staff involved!

Dawn made some delicious Chinese food including sweet and sour chicken, Chinese style curry, chow mein, prawn crackers and spring rolls. It is the Year of the Horse so discussions were held as to what this entails and residents had great fun finding out what animal they are in Chinese astrology based on their year of birth.

We had lots of Valentines Day activities taking place within the home including baking heart shaped short breads which Madeleine, Joyce, Joan and Rosie participate din. Of course, Joyce had to ‘test’ them to ensure they were safe to eat! Lorna, Joan and Madeleine made some woollen heart pom poms and residents made some Valentines Day cards.

Rosie received some beautiful red roses from her beloved husband Roy on Valentines Day.

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Recent events:

Niccii took a group of residents across to the Hen and Chicks pub one Sunday afternoon when the sun was shining: Joyce, Jan, Rosie, Tony, Roger, Pat, Joan, Madeleine all ventured out and spent some time chatting, reminiscing and interacting with the locals. Joan revelled in the attention that she is the oldest patron to drink in the pub! It was lovely to have Jamie, Rosie's son join us and also Amanda and Eian who are Tony's daughter and Son- in- law join us.

Thank- you to Rafiatu, Lovejoy, Suprima and Sushmita for helping transport residents there and back. It does take a fair bit of organising to facilitate such activities but it is worth it to see the interactions and receive the positive feedback from residents.

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Upcoming events:

As spring approaches, we are hoping to get out and about in the village to attend the community café and the local pub. The evenings are starting to get lighter and once the clocks change it will feel like spring.

We have activities planned for World wildlife day on the 3rd, World Book Day on 5th and World theatre day on 27th March.

The ladies of Elmfield will be looking forward to being spoilt on Mother's Day mid- March.

We usually have Irish cuisine on St Patrick's Day and will continue to follow this tradition.

Lent has begun and we are now counting down to Easter.

We have scheduled a resident and relatives meeting for Monday 9th March at 3pm. Everyone is welcome and light refreshments will be provided. The meeting will be chaired by Jade in the dining room.

Louise will be entertaining the residents with one of her shows in March. Date is yet to be confirmed but it will likely be towards the end of March. We look forward to this.

Staff and resident changes:

We have had Victory and Simrandeep join our bank staff team. Both are new to care and can work up to twenty hours a week with us. Both will be doing their care certificate alongside their induction.

Sadly, Ann Martin- Davis passed away peacefully with family by her side. Ann had a cardiac episode and passed away the following day. She truly was one in a million and Elmfield is not the same without her. Ann really was an integral character in our Elmfield family. Our thoughts and condolences are with Ann's family and their visits will also be missed.

We welcomed Pearl Hazel to Elmfield. She is a lovely local lady who has moved from sheltered accommodation to the home for additional support and supervision. Pearl is a charismatic lady who is getting used to life in a care home and adjusting to the new environment.

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Birthdays:

Our wonderful Tony celebrated his 89th birthday on 2nd February. Tony spent the day with his companions at Elmfield, as sadly his daughter was poorly so their planned afternoon tea sadly had to be postponed. However, Tony enjoyed the fuss and attention from staff and residents within the home and had several visitors.

Tony was appreciative of the buffet spread for his party and raised a glass of red wine when he was wished many happy returns. Dawn baked a birthday cake for Tony which he rated highly.

Tony had a belated tea party with his family at a later date when Amanda felt well- enough to take him back to hers. This was an event he thoroughly enjoyed and he claimed that it was worth the wait!

We have Don and Jan's birthdays to look forward to in March…….

Other news:

Thank you to Antonio and his team for doing your routine maintenance of our front and back garden areas ahead of spring arriving. As always, they did a fabulous job and it is eye- opening to see the before and after photographs which highlight the difference they make.

Vance has been at Elmfield to continue laying the new flooring downstairs. The last room will be done early March which will complete all of downstairs. The upstairs rooms will be done in due course as the year progresses. We will also be having the en-suite areas within the bedrooms refurbished as part of our medium- term upgrade plans.

Management and senior staff have been very busy in February re-writing all the policies and procedures, as well as risk assessments for staff, residents, activities, medication, equipment and environment. I am sure you can imagine, this has been a huge task and very time consuming but it has left the team feeling very productive!

Manager's mention:

Niccii would like to show gratitude to Chris for taking laundry home to wash and dry whilst the tumble dryer was broken awaiting a part to be delivered and installed.

Apologies to visitors to the home whilst any available space was used to dry clothes!

Niccii would also like to say a massive thank you to Aimee for helping the senior team update care plans. We had a mad rush in the last few days of the month to get all care plans updated. Gratitude to Jade and for doing care plan updates at home too, and also to Cynthia who did some on her annual leave at home. You worked miracles and they were all completed by the end of the month. Well- done!

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