



retirement living Issue 8

Winter Newsletter

A word from Alison Boote, Operations Director

With autumn coming to an end, I find myself reflecting on the incredible moments and achievements that have taken place in our homes during this season. It is truly fantastic to see the fun and enjoyment had within our Wren Retirement Living community.

It has been a busy time for many of our homes with Remembrance Day, Bonfire Night, Wear it Pink Day and our company-wide Scarecrow Competition in the lead-up to Halloween. It is wonderful to see such creativity within our homes and to be able to share this on social media for our homes' local communities to see.

Westerham Place residents have had a great experience delving into the fashion of the past through the exploration of memorabilia, adding a touch of glamour to their days!

At Linden House, the residents' favourite singer Carla has been a regular visitor, entertaining with her wonderful voice. Her performances fill the home with beautiful music and are the perfect opportunity to bring residents and team members together for an afternoon of fun.

Featherton House is actively embracing the benefits of gentle exercise under the guidance

of personal trainer Alfie. With his personalised approach, Alfie has turned fitness into an enjoyable and engaging experience for residents, actively promoting a healthy lifestyle for everyone in the community.

As we observed Remembrance Sunday, the stories shared by our residents about wartime experiences touched our hearts, fostering a deep connection between generations. The activities, including poppy making, wartime music, quizzes, and visits from the Royal British Legion, created a sense of unity and reflection.

Looking ahead, my favourite time of year is upon us, promising lots of magical moments for our residents and teams. I know that our homes will be a hub of activity, and there are lots of exciting plans to make this season truly special. I look forward to sharing those in our New Year newsletter.

Wishing you all a wonderful Christmas!

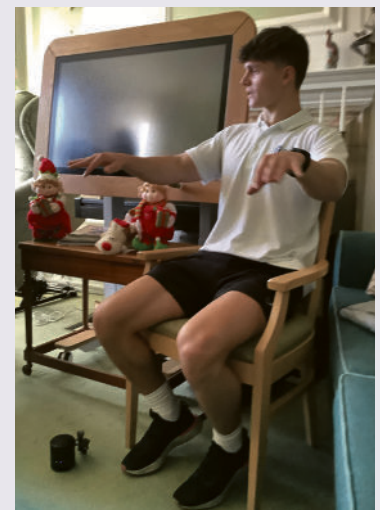
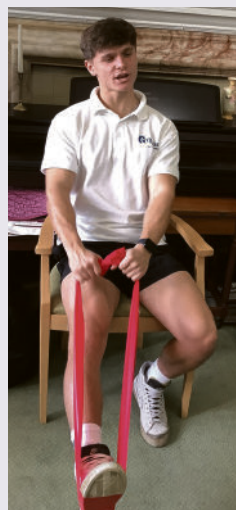


Exercise Classes At Featherton House

Residents at Featherton House in Deddington enjoyed a fun healthy exercise class with personal trainer Alfie. There were lots of legs, arms and upper body exercises.

Keeping active is so important and Alfie makes it great fun.

He comes in every week and residents try a variety of exercises including stretching, dancing and even boxing!



To contact Wren Retirement Living visit: www.wrenretirement.co.uk or Email: enquiries@wrenretirement.co.uk
Wren Retirement Living, Drakes Court, 302 Alcester Road, Wythall, Birmingham B47 6JR
You can also find your local Wren Retirement Living Care Home on Facebook.

5 Minutes with . . . Sue Head Chef at Featherton House

What makes Featherton House so special?

Featherton House is special because it's a home from home. Each resident is classed as an individual, and choice and preference are of great importance. Teamwork is essential in a small home, and this is always promoted by our manager. Entertainment is also promoted daily and encourages so many of our residents to join in.

What attracted you to working in the care sector?

Working in the care sector, to be honest, happened very suddenly. I started as a relief housekeeper, and I loved the environment. I proceeded to gain my NVQ Levels 2 and 3 in Health and Social Care. I really enjoyed care work, and each resident I cared for was so interesting.

Cooking and care came next, and I learned and understood another aspect of the home. As a relief cook, I gained my NVQ in Advanced Cooking and Hospitality.

I really enjoy training and am always keen to learn. Job sharing with Beth is great, as we work well as a team and always support each other.

Could you tell us a highlight of your work at Featherton House?

The highlight to me is to make sure our residents are happy and well. The more times you can make a resident smile in a day, the better the day!

Who inspires you and why?

The residents are a great inspiration to me. Giving reassurance to a resident's family is of great importance as it is a huge step for them as well as their family member joining our family.

What do you always carry with you at work?

I like to think I carry care and love at all times!

What hobbies do you have outside of work?

Outside of work, I enjoy spending time with my family. Embroidery and cross stitch relax me.

Sue goes out of her way to make sure Christmas is extra special for the residents. She said: "We have two Christmas meals, one for Christmas day and we also have one earlier meal so residents that are going home for Xmas with their family get to spend Christmas with their Featherton family.

"It will be a full-on banquet with appetisers, starter, a main meal, pudding, cheese and biscuits and after-dinner mints.

"Residents get dressed up in their best outfits and staff also come in to ensure the meals are a magical dining experience.

"Our residents enjoy the tastes of Christmas including different surprising tastes of things that remind you of Christmas."



Spooky Goings On At Wren Homes



Many of our homes go the extra mile at Halloween to ensure a ghostly, but fun, time for residents. There was dressing up, decorations, creepy crawlies and all manner of spooky goings on as these fantastic pictures show.



Hats Off To Westerham Place Residents

Residents at Westerham Place care home near Sevenoaks in Kent had great fun when regular visitor to the home Ren brought more of her memorabilia. The theme was fashion and the ladies really enjoyed trying on the accessories and jewellery, with the hats being a particular hit.

This wasn't the only fantastic event at Westerham, the residents also loved it when Karen's Pets & Ponies arrived. They loved being able to fuss the dog, rabbit, chicken and noisy duck, but Dotty the pony was the star!



Out And About With Featherton Residents

There's never a dull moment for the residents of Featherton House in Deddington. Recently they've had a fantastic morning trip to Blue Diamond garden centre in Bicester. Jock, Shirley and Jean loved looking round all the different sections. They picked up some snowdrop bulbs for Jock, and Jean started her Christmas shopping. The morning finished up with a lovely cappuccino and a slice of salted caramel cake. Tracey, Rachel, Sue, Nan, Jock and Brian enjoyed a trip out in the minibus around Sulgrave and the surrounding villages. Deddington is in a lovely part of the country and residents like to make the most of the shops, scenery and, of course, cake!



Wren Remembers

Remembrance Sunday is a very important occasion for many of our residents and across our homes services were held. Some residents remember the Second World War and other later conflicts, and while a sombre time remembering the fallen, the tales of wartime life are fascinating to hear, especially for the younger members of our teams. Activities also included poppy making, wartime music, quizzes, and visits from the Royal British Legion.



Musical Interlude at Linden House



One of the most popular activities at Linden House care home in Epsom is singing and the residents were delighted to welcome Carla, their favourite singer. Everyone joined in and some residents couldn't resist getting up to dance. Music is very therapeutic and also brings people together to socialise and have fun. Animals also feature at Linden House. Residents had the absolute pleasure of hosting some fascinating visitors. From the delightfully fluffy to the endearingly prickly, each one brought joy to their hearts. The chicks, in particular, had everyone laughing with their adorable antics! A heartfelt shoutout to Kingswood Shetlands for making this day extra special.



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