



MINSTER

life



p2 Embracing the splendor of summer!



p6 A Royal Coronation celebration!

Editor's LETTER

Hello everyone,

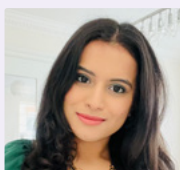
As we embark on the summer season, I am excited to showcase an array of activities and celebrations at Minster Care homes in the last months. With longer and warmer days upon us, our team is working harder to fill the days of our residents with joy, laughter, and passion. From outdoor activities and garden parties to themed events, we have begun the summer season full of energy.

We are proud to announce that **New Milton House** and **Woodlands Court** received overall 'Good' ratings in their recent CQC inspection. A big congratulations to the teams and thank you for your outstanding commitment and dedication. Our teams go the extra mile for our residents and this edition of our newsletter features some special initiatives by **Carnbroe Care Centre**, **Elm House** and **Westy Hall** to raise funds for the residents.

We have successfully launched our new and improved Minster website, which helps our users navigate easily and gather the information required. We also share highlight stories and photos from our special activities across the homes. For our digital readers, we invite you to join Minster Care's Facebook and LinkedIn pages, as we aim to create better communication between our homes and residents' loved ones. Thank you for choosing us to be a part of your or your loved ones' care, we truly believe in making this journey a memorable one.

Wishing you all a joyful and fulfilling summer season.

Warm regards,



Rahi Joshi

Marketing Associate
Minster Care Group



BIRTHDAY CELEBRATIONS

Beatrice, a resident at **Ingersley Court**, recently turned a momentous 105. The special day was celebrated with a visit from the Mayor of Bollington as well as a birthday card from HRH King Charles III. Happy birthday, Beatrice!



Our gorgeous ladies, Maicy at **Abbeywell Court** and Mable at **Sycamore Lodge**, celebrated their 100th birthday with wonderful parties surrounded by other residents, family and friends. Maicy also received a birthday message from HRH King Charles III.



Our lovely resident, Jenny, had a day filled with celebrations with her friends and staff at **Carnbroe Care Centre**, followed by visits from her family in the evening. She received a total of 212 cards and was overwhelmed by this gesture. She said "I am so thankful for all the lovely cards and gifts people have handed in, they are so kind." A huge thank you to Carnbroe Grocery Store, B&M Airdrie, and Tesco at Coatbridge Faraday for posting the lovely cards and gifts to Jenny.



CQC CELEBRATIONS

Inspected and rated

Good



Woodlands Court (L) and **New Milton House (R)** achieved an overall 'Good' in their recent CQC inspections.

Here are the snapshots of the team celebrating their achievement. Thank you to both teams for going above and beyond to maintain a high standard of care for our residents.



EMBRACING THE SPLENDOUR OF SUMMER



With smiles on, summer hats out, sun protection squeezed, blooming flowers greeting us in the garden and sunshine sparkling through the day, our residents are enjoying summertime with high energies to indulge in activities.



The Lakes, Waterside and New Milton House

In the splendourous gardens of these homes, the residents spend quality time on horticulture activities, planting new flowers for the season and decorating the flowerpots.



Grenville Court

The Grenville Court team marked the season with a summer party. It was a day filled with vibrant music, a BBQ buffet and lots of singing and dancing.



Abbeywell Court

The Grenville Court team marked the season with a summer party. It was a day filled with vibrant music, a BBQ buffet and lots of singing and dancing.



Eryl Fryn and Holcroft Grange

The residents at Eryl Fryn and Holcroft Grange soaked up the sun and beach vibes at the home beach-themed party, bringing the ocean to our doorstep. From sandy toes to beach ball games and refreshing cocktails, the day at Eryl Fryn was complete with a visit from the ice cream van.

Carnbroe

Summertime in the gardens of Carnbroe!

Amberley House

A perfect lunch is enjoyed by the residents at Amberley House in the home gardens.

Hourigan House

With candy floss, popcorn, balloon making and loads more fun, the residents at Hourigan House enjoyed a carnival themed day.

Littleport Grange

The regular entertainers, KJ and The Catt got everyone on their feet, dancing and singing along to their live music.



DIABETES AWARENESS WEEK

In honor of Diabetes Awareness Week, the residents at Cheaney Court came together to participate in a baking session focused on creating diabetic-friendly cakes. It was a fun and interactive experience for all.

DAYS OUT!



Emmanuel's day out to East Park

The ladies from **Emmanuel House** had a day excursion to East Park. They enjoyed the warm weather at the Animal Sanctuary, enjoying a meal together and ending the day with ice cream.



Littleport Grange's day excursions

Banham Zoo

The ladies from **Littleport Grange** visited Banham Zoo on a bright sunny day and had a great time watching enormous animals out of which giraffes, flamingoes and sea lions were the favourites.



IWM Duxford

The gentlemen enjoyed a visit to the Imperial War Museum. They were extremely keen on engineering, planes, and their history. Some of them have worked with RAF and United States Air Forces so it was a wonderful experience for them.



Golborne House's residents' canal boat trip aboard the Rose Parbold

The residents at **Golborne House** had an extraordinary journey along the canal on the Rose Parbold.

A day of exploration at Summerlee Heritage Museum

The residents at **Carnbroe** had an exciting day during their recent visit to Summerlee Heritage Museum. Everyone had a great time reminiscing about old times and strolling through the museum halls.



Out and about in the community

The residents at **Abbeywell Court** enjoyed a pub meal and ice cream from the famous Snugburys ice cream farm in the area.

A trip to the zoo

The residents at **The Hawthorns** had a day trip to the zoo to see some exotic animals.

A pub lunch at The Oxfordshire Yeoman

The residents of **Freeland House** and **The Lodge** enjoyed a fine day with a special pub meal and a game of bingo outdoors.



RAISING AWARENESS

DEMENTIA AWARENESS WEEK

Our team took the opportunity to celebrate Dementia Awareness Week by helping the residents connect and relive cherished memories.

Hourigan House kicked off the week with a burst of creativity and connection. Residents engaged in delightful activities such as creating forget-me-not badges and cards, and enjoying animal therapy. Intergenerational activities and shopping therapy added to the joyous atmosphere, while flower arranging allowed residents to express their artistic talents.

At **Carnbroe Care Centre**, the team gathered old photographs of the residents from family and friends. The nostalgic images sparked lovely conversations about joyous moments in the photographs, which was really special for the residents and staff.



Hamshaw Court residents enjoyed a special activity dedicated to sharing and reliving their favorite childhood memories.



At **The Lakes**, in recognition of the week, the residents planted forget-me-not flowers in the home's gardens.

Residents at **Elm Lodge** showcased their artistic talents by creating displays of forget-me-not flowers.



FORGET-ME-NOT COMPETITION

In the last edition, we asked the homes to participate in the Forget-Me-Not competition, here are some of the beautiful creations from **Waterside**, **Karam Court**, **New Milton House** and **Emmanuel House**.

The winning home is **Karam Court**. We loved the different designs of all the pots and thought they were very unique. Congratulations also to the runners, **Emmanuel House**, we can't wait to see the beautiful flowers. Well done to all the residents and teams that participated and thank you for the unique creations and designs.



MENTAL HEALTH AWARENESS

To spread awareness for this week, the **Cheaney Court** team and residents wore green to show their support and the residents shared a few words of positivity with us.

The team of **Emmanuel House** and **The Lakes** arranged an array of therapeutic activities including horticulture therapy, pet therapy, and pamper therapy for the residents to relax and nurture their mental and emotional well-being. The residents at **Emmanuel House** also shared their valuable secrets to improve well-being.

SPECIAL STORIES *from around the Homes*

A TRIBUTE: MEMORIAL TREE

A special tribute to the cherished resident Cathy at **Ashgrove**, whose passing left a void in the hearts of everyone at the home. With the assistance of her son and the team at **Ashgrove**, a hole was carefully dug in the garden for Cathy's ashes and a beautiful tree was planted in her memory.



CELEBRATING 70 YEARS OF COMPANIONSHIP

Mowbray Care Home celebrated a remarkable milestone as Tim and Jean, a loving couple, marked their 70th wedding anniversary. They spent their special day with everyone at the home, got a celebration cake baked and handmade cards.

Meeting at a sailing club, Tim's sister-in-law introduced the couple, and they got married 4 days after the coronation of Queen Elizabeth in 1953. Jean highlights the secret to their happy marriage – "It is all about give and take and not going to bed cross."

We wish you many more happy years together.



EXTRAORDINARY TEAM EFFORTS

TEAM WESTY HALL: CLIMBS THE SNOWDON PEAK

This past month, the team at **Westy Hall** has been on a mission to raise funds for unforgettable experiences for the residents. The home's talented cook Keith rocked the Pretty and Muddy race in Warrington, while the

other fearless staff members conquered the Snowdon Peak hike. Huge thanks to Elaine, Tracey, Julie, Hayley, Sam, and Annie for their bravery and dedication. They raised a grand total of £906 from walking Snowdon and this will be contributed to more outings and entertainment at the home.



TEAM CARNBROE: READY FOR PLUNGING

In August, 8 members from **Carnbroe** including the area manager Stuart are taking up the challenge to plunge from Garry Bridge in Killiecrankie, Scotland. The bridge is 132 ft above water and is one of the most thrilling experiences. This brave initiative is to raise funds to build a memorial and sensory garden for residents to enjoy spending their days at home.



SUPPORTING THE WOLVES

Three Elms has recently created ties with the Warrington Wolves charity foundation which

is supporting our residents to attend at-home games in a suitable, safe environment with the support of Wolves Foundation volunteers. The residents watch the training, and main games and have loved the experience.



TEAM ELM HOUSE: CAR WASH DAY

The team members at **Elm House** organised a car wash day, which was a great success. All the funds raised will be used towards resident funds.



PAUL COMPLETES 20 YEARS OF BEING WITH US

We would like to thank Paul for his 20 years of service working at **Duncote Hall**. Congratulations Paul, you are an asset to **Duncote Hall**.



TV DEBUT: ANIMAL THERAPY

BBC Look North featured **Emmanuel House** for the fantastic animal therapy it has for the residents. The residents love the interactions, and we were



glad we could share with the world.

CLAY WORKS

The residents at **Littleport Grange** enjoyed a clay workshop led by the local artist, Emily. From shaping to decorating, everyone crafted their masterpieces.





Royal Celebrations: Honouring the Coronation of King Charles III



Minster Homes across the country celebrated the momentous occasion of King Charles's III coronation. The home teams organised the day with engaging activities, lavish royal parties and lots of themed activities including **The Lakes, New Milton House, Crossways, Wealstone** and **Abbeywell Court**.



At **Amberley House**, residents created royal crowns that they wore for the home's afternoon tea party.

The residents at **Sycamore Lodge** enjoyed the celebrations with live-music, entertainment and a special meal with the cupcakes they baked for the occasion.



Martini is King Charles III's favourite tippie, and at **Ashgrove**, the residents honoured the day by sipping on Martini passion fruit mocktails and a scrumptious three course meal. The Mayor and Mayoress visited the home on this day.

Cheaney Court had a day filled with celebrations, starting with entertainment in the morning and followed by a lovely afternoon tea in the garden in the sunshine.

Westhaven celebrated with 'a cake fit for the king' baked by the head chef for everyone to enjoy. Together with friends and family everyone had a wonderful time enjoying the disco, party games and delicious food.

At **Emmanuel House** and **Grenville Court**, the residents watched the historic moment of King Charles being crowned on television.



Highlighting Activities at Grenville Court

1. **Gfitness** - At **Grenville**, the fitness class is regularly led by Joe from GFITNESS where all the residents sit together and exercise to strengthen muscles and mobility.
2. **Baking sessions** – The residents get busy baking pizza, tarts, cupcakes etc.
3. **Knitting club** – A regular knitting club which is an excellent way to socialise and have a knitter natter.
4. **Karaoke** - Music is very popular here in Grenville and sing-alongs are one of the most enjoyable times at home.
5. **Book Club** – A regular book club where the residents spend time in the library room exploring over 500+ books.



The residents at **Emmanuel House** got creative with the coronation crafts and enjoyed a delicious buffet spread.

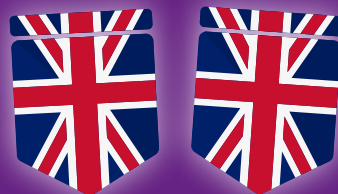


Grays Court's coronation party set the tone for the day, residents had a great time disco dancing and enjoying the saxophone music played by a team member.

Holcroft Grange and **The Elms** had a high tea afternoon, residents had a good time singing songs with at-home entertainment and together enjoyed treats and refreshments.

At **Littleport Grange**, the residents got creative in making union jack chocolates, wooden tokens, and making plantable cards which will later be planted on the grounds of the home. The activities were followed by a royal afternoon tea party, making it extra special for everyone involved.

The residents at **Westy Hall** and **Wealstone** were joined by their family and friends for a coronation party, together everyone enjoyed entertainment, cakes, and refreshments. The homes also had cake sales to raise money for resident funds.



SILENT DISCO: SINGING, DANCING AND JOYFUL SMILES

At **Three Elms**, the residents enjoyed a silent disco event.

The highlight of the evening was the announcement of the "Best Dancer" award, which went to the resident Shelia for her unbeatable energy.

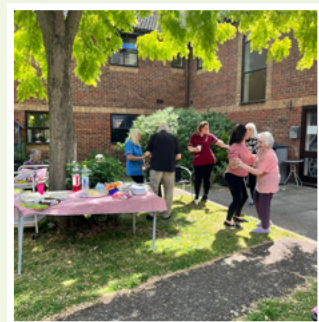


NATIONAL AND INTERNATIONAL Celebrations



MINSTER HOMESHARING SPECIAL MESSAGES: NATIONAL FRIEND'S DAY

The Lakes, Turnpike Court, Freeland House and **The Lodge** embraced the spirit of National Friend's Day by creating friendship cards and writing down special messages for their loved ones, other residents, and staff members at home.



SAVOURING THE FLAVOURS: NATIONAL BBQ WEEK

A time of delicious food, laughter, and outdoor activity. **The Lakes** and **Abbeywell Court** celebrated BBQ week in 2023.

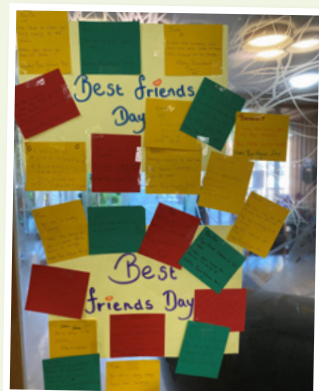


BASKING IN NATURE: PICNIC WEEK

The residents at **Gray's Court** and **The Lodge at Freeland** enjoyed a delightful day of outdoor festivities in celebration of the week. With entertainment, delicious food, and refreshing drinks, the residents embraced the spirit of Picnic Week and revelled in the beauty of nature.

QUENCHING THIRST: HAMSHAW COURT'S HYDRATION WEEK

The team at **Hamshaw Court** hosted a hydration week with the aim to introduce new fluids and ways of keeping the residents hydrated.



CAPTURING MOMENTS IN TIME: NATIONAL WATCH DAY

On this fun occasion, the residents of **Cheaney Court** shared their favorite time of the day with us!

HOMEMADE DELIGHTS: NATIONAL BISCUIT DAY

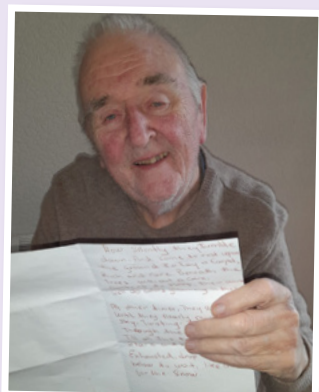
Some delightful bakes straight from **Turnpike Court's** kitchen for residents to enjoy with tea and coffee.



WORDS FROM THE HEART: NATIONAL POETRY DAY

At **The Hawthorns**, the residents wrote poems using their imagination and here's a poem a resident wrote that touched our hearts:

*The Hawthorns helped me to recover and become a happier person
in my way,
The staff supported me to walk again when I was helpless and down,
Oh, happy I can be when everyone is around.
The Hawthorns family is warm and friendly, but during the evening
time we'll come together to make a medley,
The Hawthorns Joan will shout WHAT!!
And we all will say we need your spot.
I feel at home but HANG ON it is my home !!!
They kept me on edge by keeping my fingers crocheting,
They do beautiful food, especially the biggest buffeting... mmmm
GOD Bless The Hawthorns for taking care of this home*





BIG CHEERS: NATIONAL BEER'S DAY

To embrace the day, the homes held a beer-tasting session, which was the perfect drink in the warm weather. **Amberley House, The Lakes, Waterside** and **Eryl Fryn** all getting involved!

A BURST OF SWEETNESS: NATIONAL DONUT DAY

At **Cheaney Court** and **The Hawthorns**, the residents marked the day by painting and eating delicious doughnuts.

STAY FIT: NATIONAL SENIOR HEALTH AND FITNESS DAY

The seniors at **Cheaney Court** showcase how to stay fit on National Senior Health and Fitness Day.

A TASTE OF TRADITION: NATIONAL FISH AND CHIPS DAY

Ashgrove – The residents enjoyed Fish and Chips straight from the box!

POWER OF MELODIES: WORLD MUSIC DAY

With DJ Joe, the residents at **Abbeywell Court** had fun singing popular songs with a delicious BBQ meal. A perfect opportunity to celebrate World Music Day and enjoy the weather.

At **Amberley House**, the residents embraced the melodious ukulele tunes played by Claire. The residents at **The Lakes** enjoyed a sing-along in the garden playing musical instruments. To celebrate the day, a karaoke party was held in the garden of **The Lodge at Freeland**.

PRESERVING OUR PLANET: WORLD ENVIRONMENT DAY

Turnpike Court celebrated World Environment Day by planting seedlings in the garden. They chose from a range of seeds, this included sunflowers, beetroot, lettuce, tomatoes, and wildflowers. The residents of **Elm Lodge** dedicated the day to potting flowers and brightening up the gardens with beautiful flowerpots.

CULTURAL CONNECTIONS: WORLD REFUGEE DAY

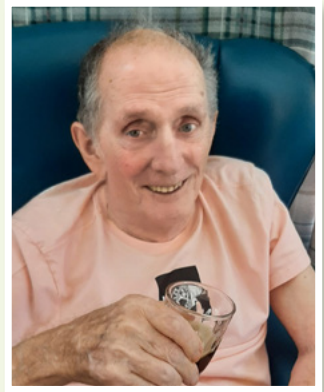
Turnpike Court marked the day with learning about Greece. The residents enjoyed listening to Greek music, painted Greek flags and baking Greek honey cookies.

MINSTER MESSY: WORLD COCKTAIL DAY

Waterside celebrated the day by making some special mocktails. Cocktail happy hour at **Karam Court** had uniquely named mocktails such as “Karam Court Chaos” and “Minster Messy” for residents to enjoy.

INTERNATIONAL NURSES DAY: GRATITUDE FOR OUR CARING HEROES

The **Cheaney Court** and **Freeland House** teams made International Nurses Day special for all the dedicated nurses with heartwarming gestures and gratitude notes.



FATHER'S DAY *from around the Homes*

We had incredible Father's Day celebrations across our Minster Homes, as the teams made this Father's Day a truly memorable one for all our residents and amazing dads!

At **Littleport Grange**, our lovely residents received a sweet surprise from the little friends at Busy Bees Preschool. The adorable children crafted a beautiful Father's Day banner filled with love and delivered it to our residents with big smiles.

Over at **Ashgrove**, the gentlemen were treated like the true James Bonds they are! They enjoyed an exciting afternoon watching a classic James Bond movie while indulging in a delicious home-cooked meal with non-alcoholic beverages. The residents were surprised with a vintage 1976 Vespa brought to the home which sparked reminiscing conversations, bringing back cherished memories and stories from the past.

A reminiscing Father's Day at **Waterside**, the residents share their special memories about their father.

We also had amazing Father's Day moments at **Emmanuel House, The Hawthorns, Redhill** and **Hamshaw Court**, where our residents and teams came together to celebrate the incredible fathers in unique and heartwarming ways.



It was a perfect celebration at **Abbeywell Court**, together residents, their families and the team enjoyed a live-music party with sing-alongs, dancing and refreshments.

MONTH OF LOVE: PRIDE MONTH 2023

The residents at **Mowbray** worked on the pride month artwork – they made this colourful and vibrant pride display. At **Emmanuel House**, the residents were busy, making decorations for their pride party.

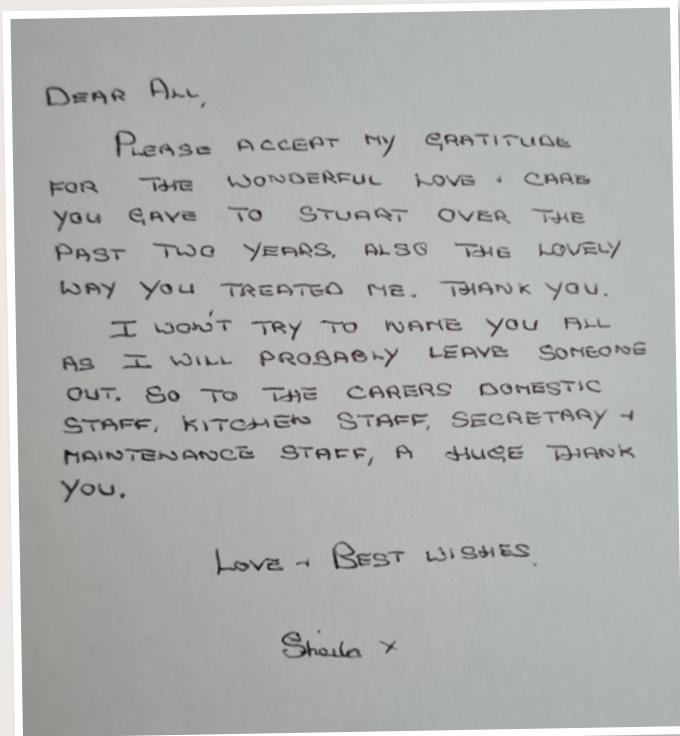


CAPTURING SMILES: SELFIE TIME AT AMBERLEY HOUSE

The residents at **Amberley House** discovered how to take a selfie and loved it.



Words of appreciation



New Milton House

We are grateful to receive such kind words of appreciation from residents, their families, and friends.

These kind testimonials serve as a reminder of the meaningful impact we have on the lives of those we care for, and they inspire our team to always maintain exceptional standards of care.

Cheaney Court

Just felt we had to publicly say what a fabulous place Cheaney Court care home is. They have been looking after our wonderful Dad for the last 5 and a half years and continue to do so, and as a family, we are so grateful and couldn't ask for more. A real credit to Desborough.

I hope the staff know how much we appreciate everything they do. And that's not just from us (including our Mum, Janice), I have friends with relatives there, who are also just as appreciative and grateful as we are. It's not an easy job at times I'm sure, but THANK YOU 🤍🤍🤍🙌🙏🌟



Upcoming Competition: Life at Minster Homes

This edition's competition is focused on bringing out what goes on inside our homes daily. We would like to have our team make a 1–2 minute video showcasing *'life in their home'*. You will decide the title for your video that best describes the day, you can also be creative to include personal statements from staff, residents, and families.

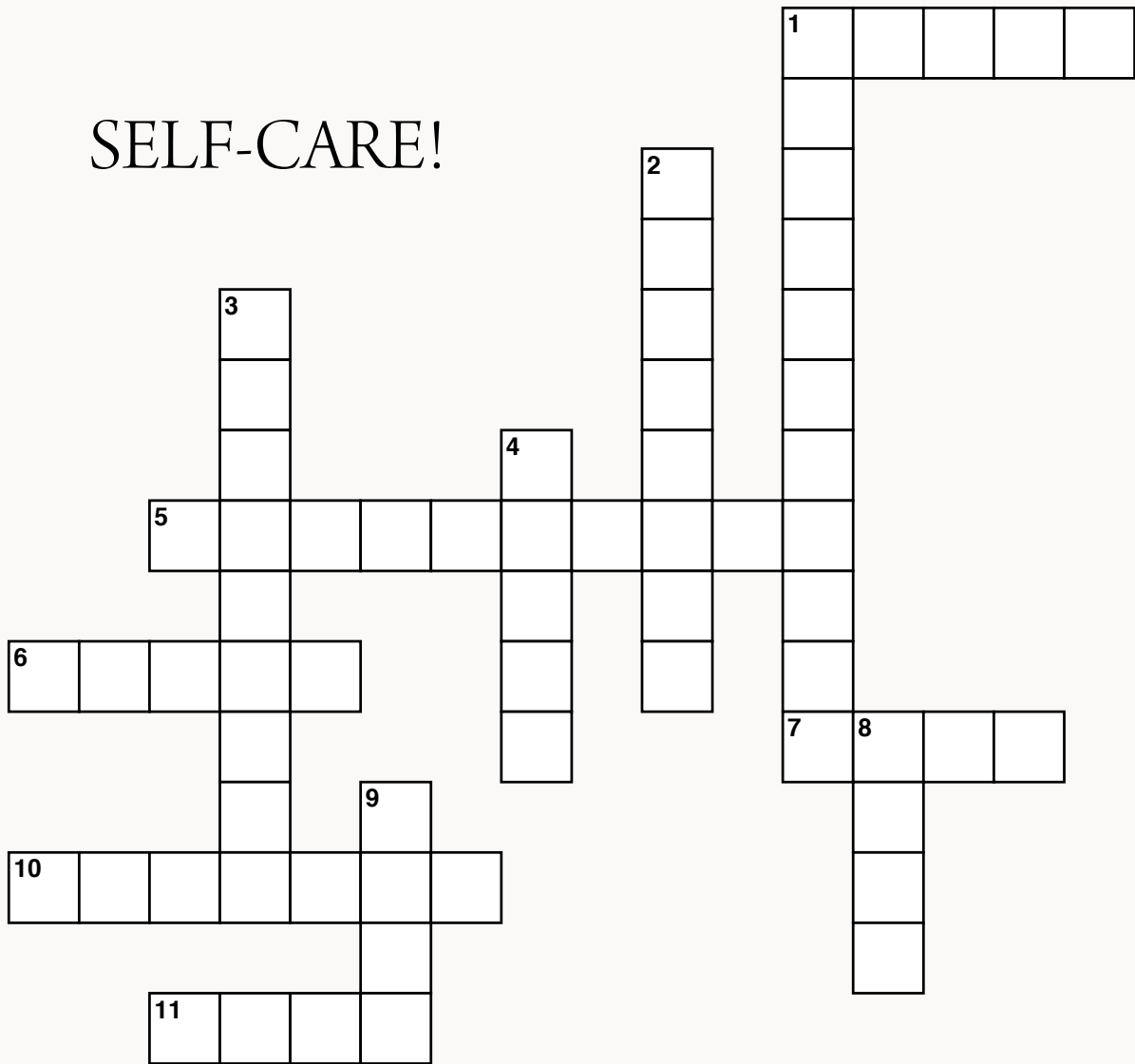
Competition Rules:

- Give it a unique title (a wonderful way to have residents' ideas too)
- You can find the mode of sending it across at news@amicura.co.uk before **18th August 2023**.
- Additional Ideas to Enhance Your Video:
 - Showcase meaningful interactions between staff, residents, and families, highlighting the warm and caring relationships that flourish within our homes.
 - Capture engaging activities, such as art sessions, music therapy, garden walks, and recreational events that reflect the diverse interests and talents of our residents.
 - Include heartwarming testimonials from residents and their families, sharing their experiences and expressing gratitude for the exceptional care they receive.
 - Highlight any unique programs or initiatives that set your home apart, emphasizing the personalized and holistic approach to care.
 - Highlight a particular staff member and their role at the home



SUMMERTIME CROSSWORD FUN!

SELF-CARE!



Across

- [1] Listening to this can improve your mood
- [5] Deep breathing is a way to promote
- [6] Do this when listening to music
- [7] Watch your favorite _____
- [10] Focus on what you can _____
- [11] Go for a _____

Down

- [1] A way to be in the present
- [2] It is important to do this for your physical and mental health
- [3] Do this to communicate with friends and family while social distancing
- [4] Drink 8 glasses of this a day
- [8] It is okay to ask for _____
- [9] Read a _____