



MINSTER

life



p6 Wellness Focus



p11 Celebrations across our homes

Editor's NOTE

Dear Residents, Families, and Friends,

As we step into April, it brings me immense joy to reflect on the extraordinary moments and achievements shared across our Minster Homes. Each story covers special memories filled with the spirit of compassion and togetherness that defines our care homes.

In this edition, love was in the air as our residents celebrated Valentine's Day in style. From art sessions to heartfelt cards, February was filled with beautiful moments of love and companionship. Lantern making, dragon painting, and delicious meals also brought the spirit of the Chinese New Year to our homes as well as Mother's Day, which was a special occasion, marked by afternoon tea, melodies and handmade tokens of appreciation.

At Minster Care Group, the well-being of our residents is a priority, and we love to emphasise wellness activities and experiences. From exercise classes to pampering sessions, we're dedicated to enhancing daily experiences and assisting residents to live fulfilled lives.

As we look ahead, to continue to cherish these moments of connection.

With Warm Regards, *Rahi Joshi*
Marketing Associate
Minster Care Group



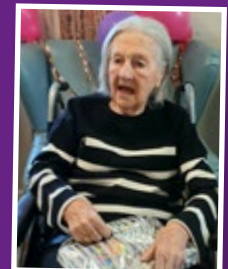
CELEBRATING RESIDENT'S SPECIAL MILESTONE



In February, our dearest resident Cyril celebrated her 100th birthday at **Turnpike Court**. To mark this special occasion, the team embarked on a mission to collect 100 cards from the community. The response was overwhelming, and they received 199 cards. The Deputy Mayor and Councilors also joined in to make this day even more memorable.



This January, we had the pleasure of celebrating Marjorie's 101st birthday at **Westhaven**, surrounded by friends and loved ones, her special day was filled with laughter, love, and joy. Adding to the excitement at **Westhaven**, we had the pleasure of celebrating not just one, but two remarkable birthdays! Joan marked her 102nd birthday with double the joy and double the celebration.



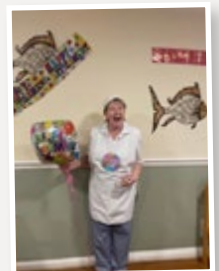
HIGHLIGHTING THE TEAM ACHIEVEMENT OF THE EDITION

Mat and Jamie, our team members at **Westhaven**, have recently completed their Level 3 NVQ training for Lead Adult Care Workers, a significant milestone in their professional journey. Congratulations to you both!



We also extend our heartfelt congratulations to Ashley and Karen at **Eryl Fryn**, who are now certified as End-of-Life Care Champions.

As we celebrate the achievements of our team members, we also bid a fond farewell to Jean, who has been an integral part of the **Lakelands** family for a long-standing tenure of 31 years and 6 months. We extend our heartfelt gratitude for your years of service and wish you a happy and fulfilling retirement.



AWARDS AND RECOGNITION

Top 20 Care Home in Scotland

We are overjoyed to share that **Carnbroe Care Centre** has been recognised in the Top 20 Rated Care Homes in Scotland on carehome.co.uk. It maintains a remarkable score of 9.9 on carehome.co.uk which is a testament to our commitment to providing high-quality care for our service users.



The Most Outstanding Nursing and Residential Care Team

We are thrilled to announce that **Westhaven** in Wirral has been awarded 'The Most Outstanding Nursing and Residential Care Home Team' in the UK at the Enablement Awards 2023. This prestigious Award collectively represents a celebration of the Top Performers in the Disability Care, Housing, Education, Residential Care and Care Services sectors.

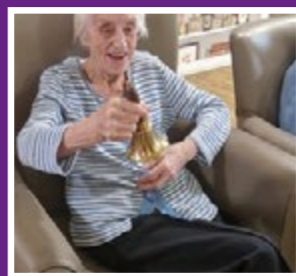
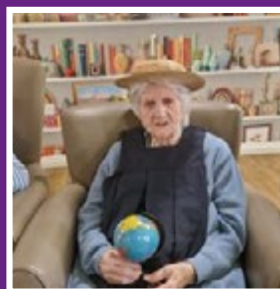
This recognition is a true testament to the dedication, compassion, and hard work of our incredible team members. A special thanks to our esteemed manager, Maureen, with 50 years of experience in the care sector, her leadership has been a driving force in Westhaven, being a truly exceptional care home.



CREATING SPECIAL MEMORIES...

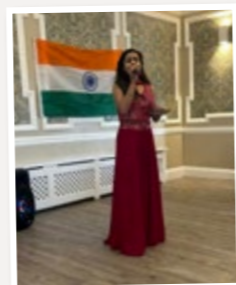
A Journey Down Memory Lane

At **Ashgrove**, the residents enjoyed a special activity that transported them back to their school days. They reminisce about the games played during their school time like skipping, hopscotch and whip and top. Conversations carried on about favourite teachers and lessons. It was a refreshing and mood-lifting activity.



Celebrating Diversity at Multicultural Day

The staff and residents participated in the themed celebrations of discovering and learning about different cultures. Our dedicated team members at **Duncote Hall** enthusiastically represented their countries, dressing in traditional attire and showcasing the customs and traditions that define their heritage. Residents enjoyed witnessing the vibrant displays and participating in the festivities.



Exploring the Outdoors on the Bike

Every week the residents of **Florence Grogan House** experience the outdoors by bike. They are greeted by smiling faces and friendly waves from the people in their cars or gardens. It is a cherished time for them as they share stories while exploring the area, of singing and dancing.



Karam Court Celebrates Marie Curry Day

On 3 March 2024, Karam Court marked Marie Curie's fourth annual Day of Reflection. To commemorate this day, the residents and team got together to remember and pay tribute to the close ones who lost their lives during the pandemic.



Community Trip to Horsford Church Room

Grenville Court residents paid a visit to the Local Horsford Church Room where they were welcomed for games and coffee with the locals. It was a wonderful opportunity to connect with the locals and spend quality time together.



Lunch Club

The ongoing monthly activity, the Lunch Club, at **Littleport Grange** is an absolute hit! This month the residents visited the Ex-Serviceman's Club, where they shared delicious food, friendly games of pool, and enjoyed each other's company in a warm and welcoming atmosphere.



Three Elms Supporting Warrington Wolves

In recent months, the residents from Three Elms have watched games supporting the Warrington Wolves rugby team. Recently, Madge, our resident had the opportunity to be interviewed for a documentary about the Warrington Wolves. This exciting opportunity facilitated by the Wolves Foundation allowed Madge to share her experiences as a devoted fan and reflect on her life journey.



Rambling Club Adventures

As the spring approaches, **Three Elms's** rambling club activity is added to the activities plan. The residents explore the surroundings starting with a scavenger hunt.



Mindfulness Monday

Every Monday, the residents from Westy Hall visit the local Community Centre for a mindfulness session that begins with gentle exercises, light yoga, and a reiki massage. This session has also included spring artwork with Creative Mojo and pamper sessions.



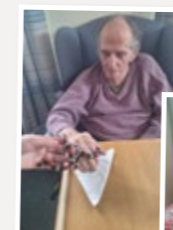
Emmanuel House Celebrates Mexican Night

With the residents and team, Emmanuel House was transformed into a Mexican Casa. Residents created fabulous sombreros and decorated the room to the theme. But the highlight of the evening was undoubtedly the delicious Mexican cuisine that delighted our taste buds and transported us to the streets of Mexico City.



A Wild Encounter

Residents and staff at **Amberley House** were treated to a memorable experience filled with fascinating creatures bought in by Mark's Ark Wildlife. They witnessed Sophie the Skunk, Dorito the Snake, Jungle Nympho the Giant Insect, and Pilot the Vulture. It was a thrilling and unique experience for everyone.



Also, the residents at **Grenville Court** had a visit by Bert's Animal, residents witnessed hedgehogs, big snakes, geckos, and African snails.

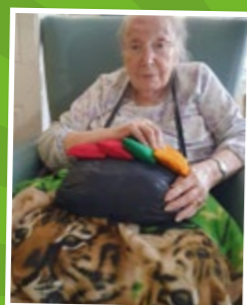


WELLNESS FOCUS

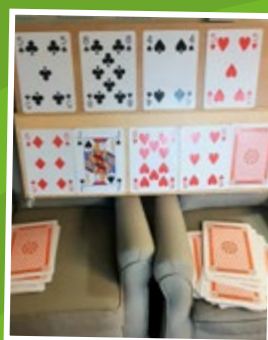
At Minster Homes, we are committed to the overall well-being of our residents through a range of enriching activities. Here's a glimpse into our recent lifestyle programme.

FUN GAMES

Time for some Bean Bag Games at **Ingersley Court**



A game of XL cards at **Westhaven** – inclusive and fun for all!

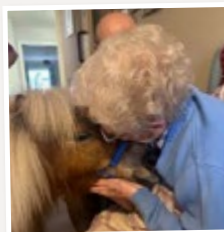


Littleport Grange, residents participate in a variety of games like Bingo, Hoopla and Bean Bag Toss.

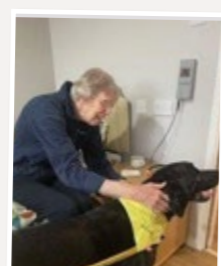
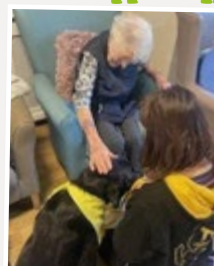
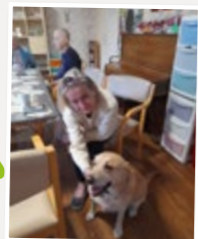


PET THERAPY

Flicker and Wilson, the adorable ponies visit **Carnbroe Care Centre**



Lexi and Maisy, receive cuddles from the residents at **Holcroft Grange**



Myles, the therapy dog greeting the residents at **Westy Hall**



BAKING SESSIONS

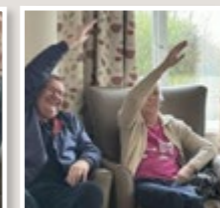
A wholesome Sunday morning at **Craigend Gardens** spent baking delicious chocolate rice crispy cakes.



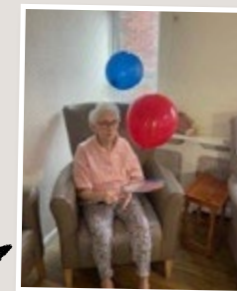
FITNESS

Here are some exciting fitness activities happening across the homes, as they prioritise health, well-being, and fun through exercise. Here's a glimpse into the dynamic fitness sessions.

GFITNESS SESSIONS AT GRENVILLE COURT



GAMES AND EXERCISE AT WESTY HALL



ACTIVE SESSION OF ASTBURY LODGE

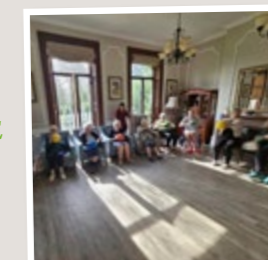


EXERCISE CLASS AT EMMANUEL HOUSE

GAMES AND EXERCISE AT ELM HOUSE



GROUP EXERCISE AT LITTLEPORT GRANGE



HORTICULTURAL THERAPY

It's wonderful to see the power of horticultural therapy in action this spring across our homes.

At **Craigend Gardens**, our residents have embraced the season by planting carrots, leeks, and lettuce.



Freeland House is taking it to the next level by transforming its patio into a sensory garden. Planting seeds and herbs will create a space that stimulates the senses, offering a peaceful retreat.



Over at **Littleport Grange**, creativity is blooming alongside the flowers! Residents refreshed the plant pots and planted potatoes in the landscaped gardens.



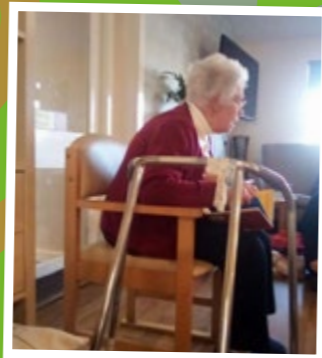
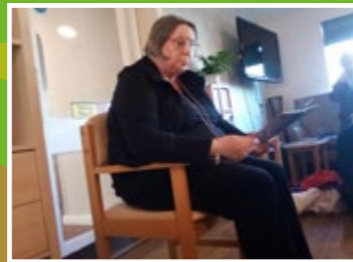
WELLNESS FOCUS

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INTERGENERATIONAL ACTIVITY

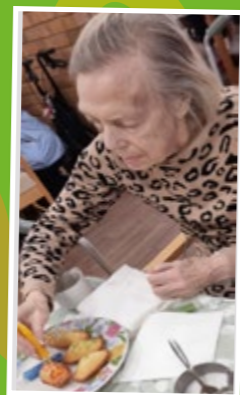
HOLCROFT GRANGE

Holcroft Grange invited the nursery children to celebrate the storyteller day with the residents, together they had a wonderful time reading stories to them, creating cherished moments of special connections



LITTLEPORT

The residents at Littleport Grange sang with local school choirs and enjoyed playing jigsaw puzzles with our young friends.

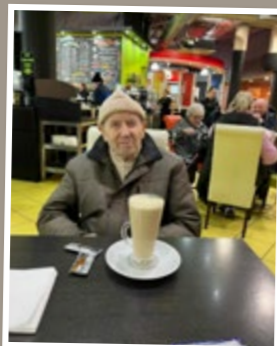


PARKLANDS

Parklands had the pleasure of partnering with Family Action and 15 young students, studying health and social care, visited from Cheadle College. The students organised engaging activities within our home, including a music quiz, cake decorating session, and bingo.

DAY OUTINGS

Littleport Grange residents recently went on a trip to Scotsdales in Great Shelford. It was a delightful experience surrounded by spring plants, visiting the aquatic section with the fishes, and enjoying a delicious lunch. They also stepped out for an outing to attend the exhibition at Ely Cathedral themed on Bridal gowns. It was captivating to witness bridal gowns from different eras dating back to the Victorian Era.



New Milton House residents had an outing to Freeport for a fun shopping trip. They enjoyed a game of ping pong and finished the evening with a relaxing pamper session at home.

LIVE – ENTERTAINMENT

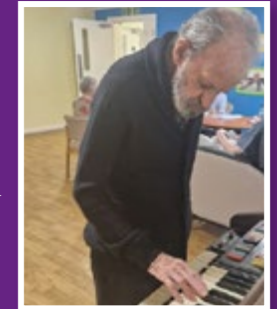
Rock and Roll Kernow Beats at Amberley House

Their energetic and uplifting performance had everyone singing, clapping, and tapping their feet.



Paul's Electric Organ Performance

Paul, a beloved resident of Ashgrove delighted residents and staff alike with his talent for the electric organ together enjoying the musical moments,



Winnie's Music Hall Sing-along

At Astbury Lodge, residents joined in the fun as they sang along to beloved classics and reminisced about days gone by.



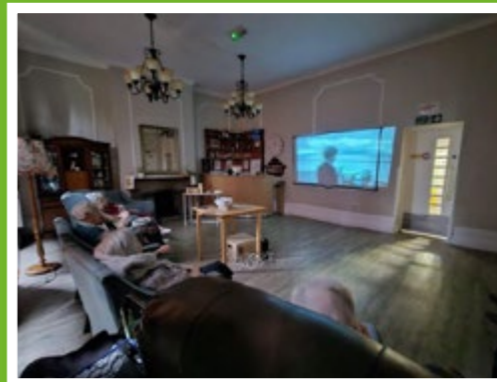
Elvis at Karam Court

Elvis made a grand entrance, captivating everyone at Karam Court with his voice. His performance transported us back to the golden age of rock and roll, filling the room with excitement.

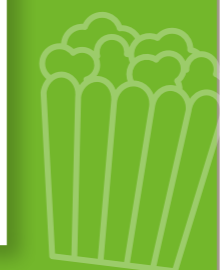
MOVIE AFTERNOON

Our movie afternoons are the perfect remedy for gloomy weather, a perfect time to spend together ready with snacks and popcorn to enjoy some all-time classics.

Emmanuel House



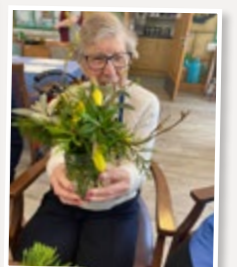
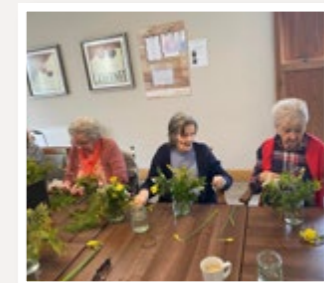
Three Elms



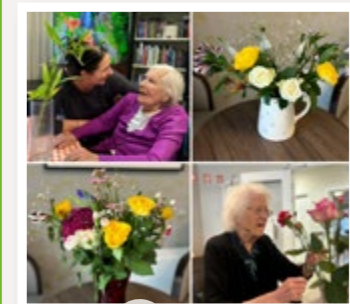
FLOWER ARRANGING

Elm House, Littleport Grange and The Lakes welcomed flower arrangement sessions, adding a touch of spring's beauty to their surroundings.

THE LAKES



ELM HOUSE



CELEBRATIONS Across Our Homes....



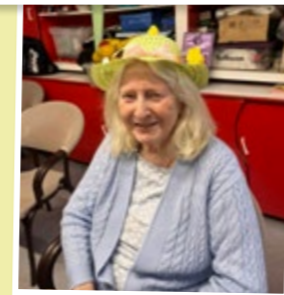
EASTER CELEBRATIONS



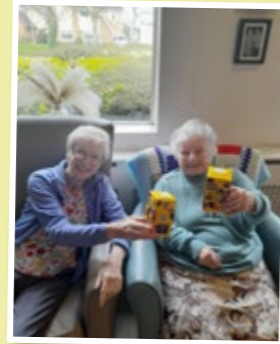
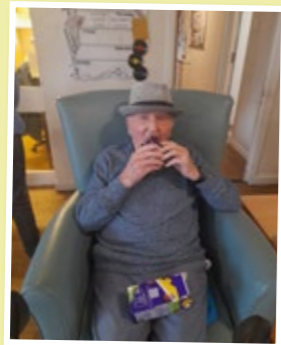
At **Cheaney Court**, residents started to prep for Easter, indulging in fun arts and crafts sessions, and creating beautiful paper chains, wooden signs, pom animals and other colouring pictures.



Bonnet making was thoroughly enjoyed at **Duncote Hall and Grays Court**



Holcroft Grange enjoyed an array of Easter-themed activities like making Easter bonnets, adding festive bunnies and chocolates to the mix. Enjoyed the Easter egg hunt with the kids from the local nursery. They also enjoyed an Easter Fayre raising an impressive amount of £353 for residents' comfort fund.



Westhaven worked towards collecting Easter eggs for charity. In total, they were able to collect 80 eggs which were kindly donated to the local charity to brighten up Easter for those in need.



Grenville House celebrated Easter with an array of arts and crafts, including bonnet and bunny mask decorating. The residents visited for the Easter Church Service, and joined by children from Horsford Primary School, brought true moments of reflection and joy. Adding more fun, the home hosted an Easter party, raising £342 for resident activities through an Easter raffle.



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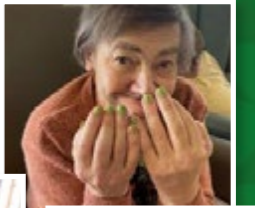
ST PATRICK DAY



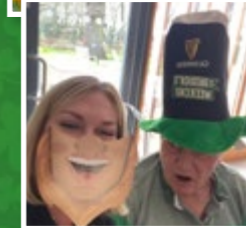
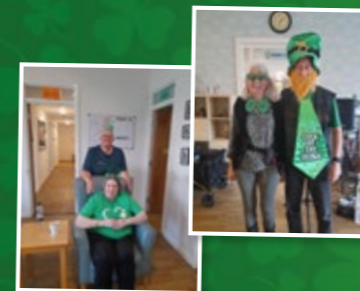
Astbury Lodge kicked off this with a themed bingo accompanied by a sing-along session.



Cheaney Court, Waterside and The Lakes also celebrated the day.



At **Holcroft Grange**, residents immersed themselves in Irish culture by listening to classic Irish songs performed by entertainer Janet.



Residents at **Karam Court and Turnpike Court** got creative with shamrock painting embracing the St. Patrick's Day theme.



Three Elms, Grenville Court, Hourigan House arranged a party with a delicious traditional buffet, complemented by live music for the residents to enjoy.



ST DAVID'S DAY



St. David's Day was in full swing at **New Milton House** - residents baked Welsh cakes and added cheerful spring decor to their homes. Their weekly bingo session added to the festive spirit!

Amberley House residents created beautiful daffodils to mark the occasion and decorate the lounge.



Elm House and Freeland House welcomed intergenerational therapy combined with the festivities, together with the children residents enjoyed making daffodils and baking Welsh cakes.



CELEBRATIONS Across Our Homes....

CHINESE NEW YEAR

Residents at **Ashgrove** engaged in creative activities by making dragon tails using patterned paper followed by a Chinese themed afternoon tea.



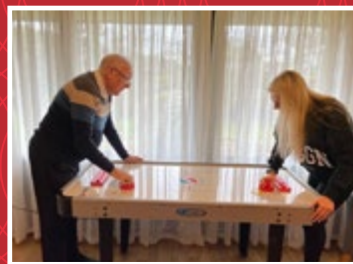
At **Astbury Lodge**, residents learned calligraphy symbols for spring and fortune, filled envelopes with chocolates for local school kids. The day continued with colouring activities and the exciting experience of trying on the Chinese Lion's head.



Carnbroe Care Centre crafted lanterns and residents also enjoyed a VR session adding a modern twist to the celebrations.



Chinese New Year was part of a series of joyful celebrations at **Turnpike Court**, where residents enjoyed a variety of activities, games, crafts, and baking throughout the day.



The creative minds at **Littleport Grange** made a unique dragon by tracing their hands and designing them to be the dragon's body, later, enjoyed a Chinese meal at home.



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MOTHER'S DAY

Mother's Day was a special occasion at our care homes, filled with love, laughter, and heartfelt moments as we honored the wonderful mothers and mother figures in our residents' lives. Residents across the Minster Homes enjoyed a delightful afternoon tea with their loved ones.



Amberley House



Ashgrove



Craighend Gardens



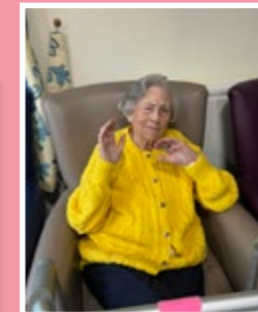
Croftwood



Crossways



Croftwood



Elm House



The Lakes



Hourigan House

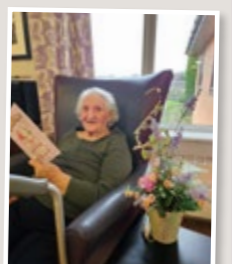
INTERNATIONAL WOMEN'S DAY



International Women's Day at **Freeland House** began with a pampering morning and continued with a keep-fit session focusing on residents' well-being.



Abbeywell Court highlighted many inspirational women, acknowledging their remarkable stories and contributions.



Ladies at **Craighend Gardens** share their advice to young women.



The ladies from **New Milton House** enjoyed a trip to the local community for some delicious cakes and coffee.

CELEBRATIONS Across Our Homes....

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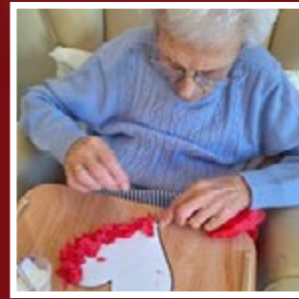
CELEBRATING AND SPREADING LOVE



The day at **Carnbroe Care Centre** was filled with love and entertainment, featuring a performance by Gerry O'Hagan followed by a special Valentine's Couples Dinner, creating a romantic atmosphere for all.



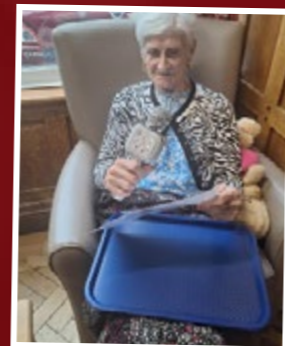
Residents at **Amberley House** showcased their artistic talents with heart painting and stone painting, adding beautiful decorations to our lounge. While at **Holcroft Grange**, residents made hearts and pictures filled with roses.



Love-themed bingo, decorations, and fitness activities added excitement to the day at **Karam Court**, where residents enjoyed various engaging activities.



Residents at **Eryl Fryn** enjoyed a day filled with love, starting with a lovely meal followed by a fun game of Bingo accompanied by karaoke, making it a memorable Valentine's Day celebration.

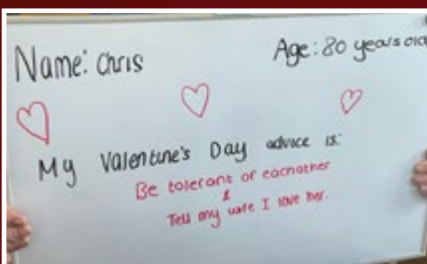


New Milton House, The Lakes, Waterside, and Three Elms enjoyed a Valentine's Day party and created joyful memories to cherish.



A pampering morning with champagne and chocolates kicked off the day at **Freeland House**, followed by a delightful afternoon tea and the joy of receiving Valentine's cards, spreading happiness all around.

The residents at **Duncote Hall and Waterside** shared the best relationship advice for the younger generation.



Afternoon Tea added a loving touch as residents enjoyed delightful treats and shared heartfelt moments at **Cheaney Court**.



Cupid made a special appearance at **Westhaven**, where Carol from Housekeeping dressed up and distributed chocolate hearts whilst Lilli sang for the residents.



CELEBRATIONS Across Our Homes....

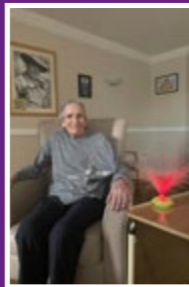
World Sleep Day at Emmanuel House

After a morning of exercise, the team of Emmanuel House arranged a pampering and relaxation session to celebrate World Sleep Day, residents enjoyed some well-deserved rest.



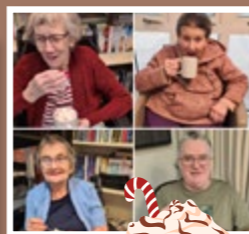
International Day of Happiness

We embraced happiness with special activities at Duncote Hall and Waterside, creating moments of joy, and spreading smiles throughout the day.



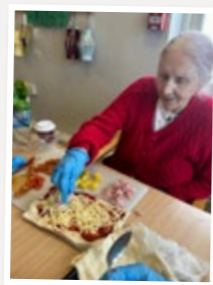
National Hot Chocolate Day

Residents and staff at Freeland House and Littleport Grange enjoyed delicious hot chocolate with cream and marshmallows, accompanied by reminiscence about favourite bedtime movies.



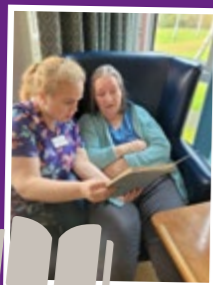
National Pizza Day

At Elm House and New Milton House, homemade pizzas were on the menu, with residents enjoying cooking and eating together, accompanied by games and bingo.



World Book Day

From cosy reading corners to lively discussions, this special day has brought the joy of reading to the residents of Waterside.



Day Celebrations at Grenville Court

On Shrove Tuesday, the residents across our homes enjoyed pancake-themed activities and savoring pancakes with toppings of their choice.

NATIONAL BANANA BREAD DAY



Residents baked a scrumptious banana bread loaf, which was enjoyed by all in the afternoon with the tea.



WORLD NUTELLA DAY

Residents indulged in all things Nutella, from sandwiches to sponge fingers, creating a sweet and delightful morning to mark the day.



NATIONAL WAFFLE DAY

To celebrate National Waffle Day, Grenville Court held a gathering for milkshakes & waffle.



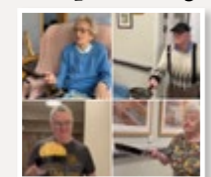
Pancake Day

On Shrove Tuesday, the residents across our homes enjoyed pancake-themed activities and savoring pancakes with toppings of their choice.

Carnbroe Care Centre



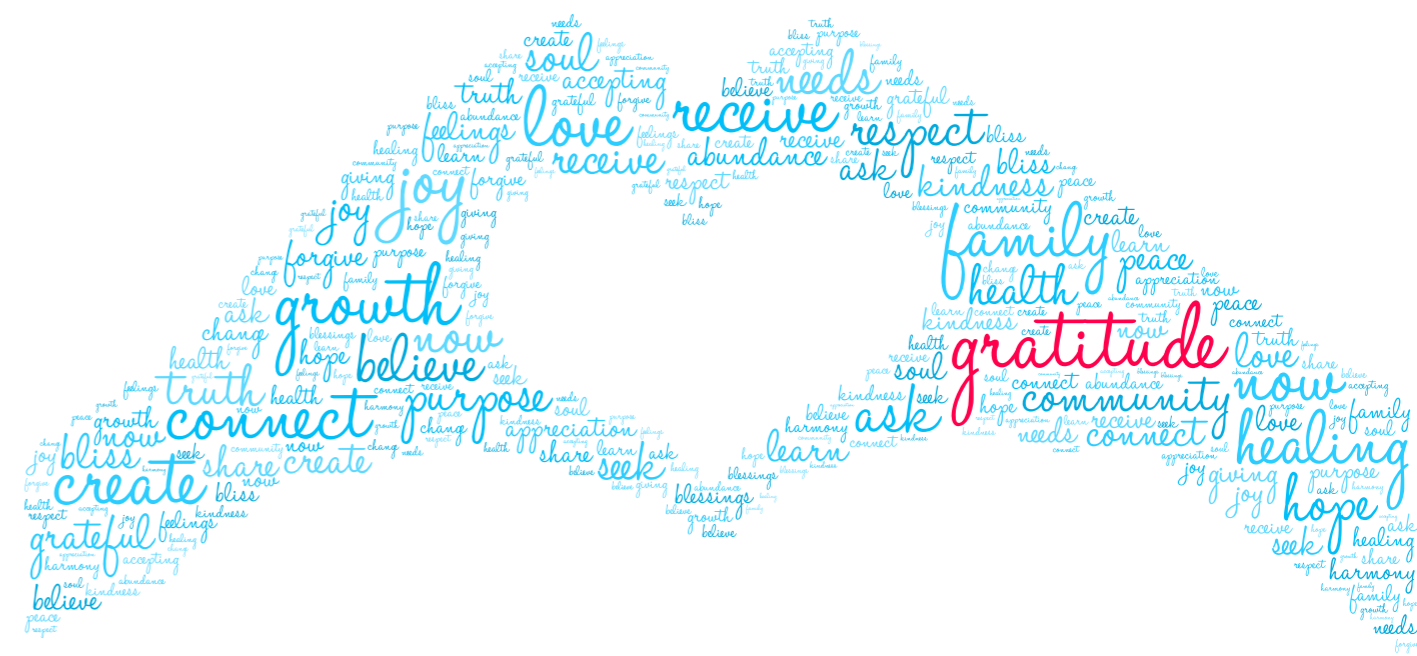
Littleport Grange



Ashgrove



Emmanuel House



Words of appreciation

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.

Here is a thank you note from a relative of a resident at Eryl Fryn



HAPPY Easter

