



INTRODUCTION

Message From Our Manager

As the days become cooler and the leaves begin to turn shades of gold, amber, and red, we are delighted to welcome the arrival of autumn with all of you. This beautiful season brings a sense of comfort, reflection, and togetherness, and we have plenty of enjoyable activities planned to help us make the most of it.

Over the coming weeks, we'll be enjoying autumn walks, seasonal crafts, baking sessions, cosy afternoon teas, music afternoons, and special harvest-themed celebrations. Whether you enjoy spending time with others, getting creative, or simply relaxing and taking in the beauty of the season, there will be something for everyone to look forward to.

Thank you for the warmth, kindness, and sense of community you bring to our home. We look forward to sharing a season of companionship, enjoyment, and memorable moments together this autumn.

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

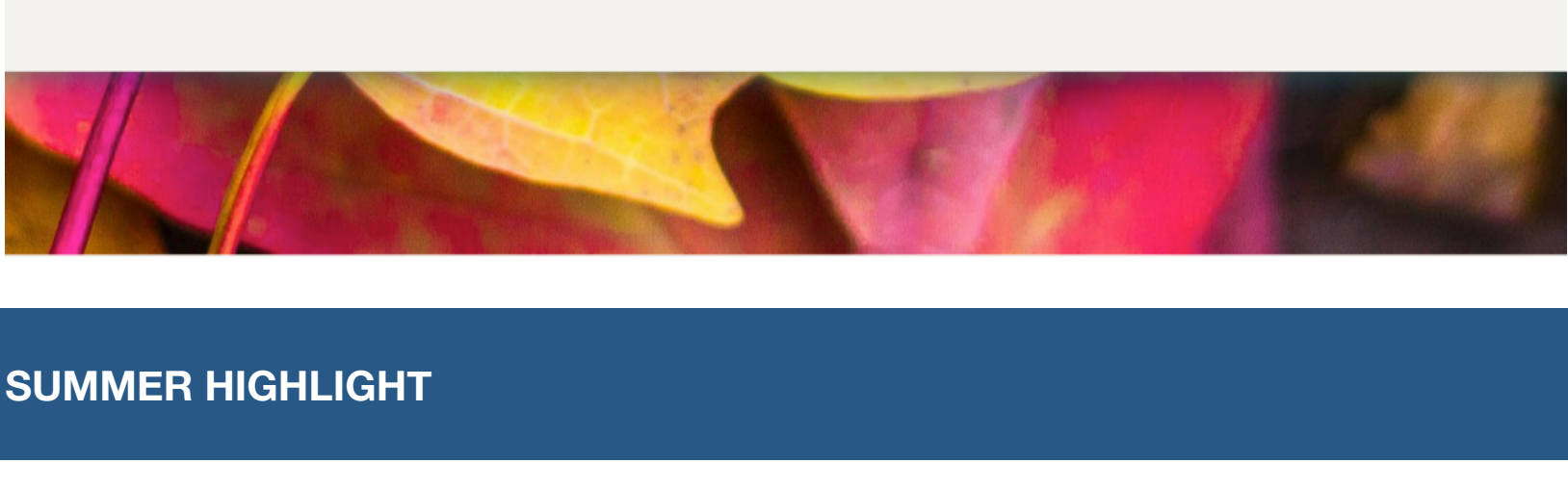
[Newsletter Sign Up](#)

Best wishes,

Kate

Kate Martin
Home Manager

COMING UP



SUMMER HIGHLIGHT

Our Strawberry Summer Barbecue

Our Strawberry Summer Barbecue brought residents, families, friends and staff together for a busy afternoon of food, music and good company. Our Manager, Kate, also joined everyone for the celebrations.

Danny Feelgood provided the afternoon's entertainment, bringing plenty of music and energy to the occasion and keeping everyone entertained throughout.

The weather decided to give us a little rain later in the afternoon, but it certainly didn't stop the celebrations. We still managed to enjoy some time outdoors, and the barbecue continued cooking outside to keep the summer spirit going.

A big thank you goes to Chef Zuza and the entire kitchen team for preparing all of the food, which was thoroughly enjoyed.

There was also a little friendly competition with our 'guess the number of sweets in the jar'. Congratulations to our receptionist, Catherine, who correctly guessed the number and took home the prize.

Thank you to everyone who came along, helped with the preparations and supported the event. It was lovely to see so many residents, relatives, friends and staff enjoying the afternoon together.



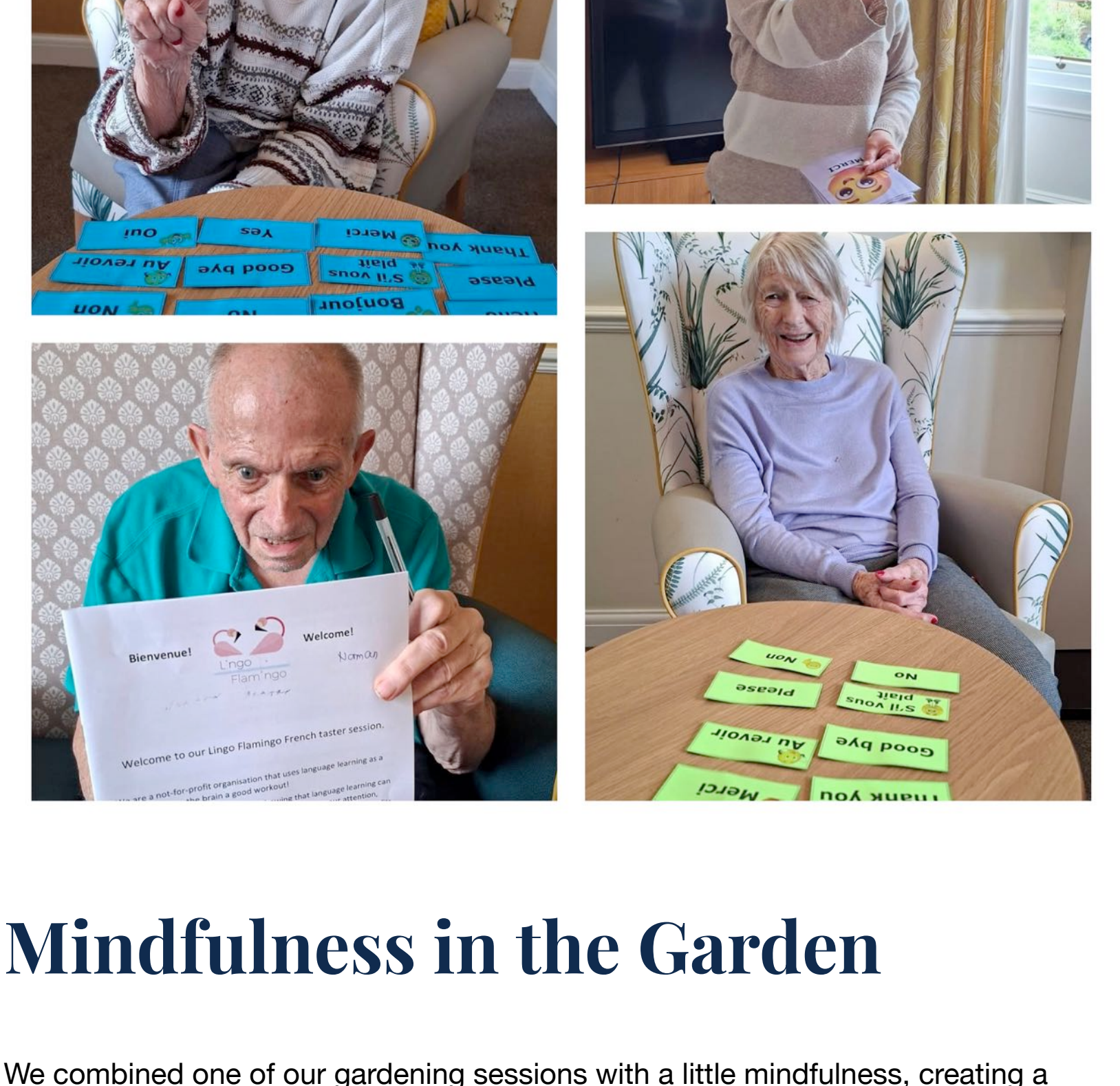
ACTIVITIES & EVENTS

Bonjour from St Margaret's

We welcomed French instructor Fabienne to St Margaret's for a fun introduction to the French language.

Residents enjoyed learning some new French words and phrases, with the lesson also bringing back memories of school days and French lessons from years gone by. There were plenty of laughs as everyone put their language skills to the test.

A big merci beaucoup to Fabienne for making the session so enjoyable. We are already looking forward to our next French lesson and seeing how much everyone can remember!



Mindfulness in the Garden

We combined one of our gardening sessions with a little mindfulness, creating a peaceful and relaxing activity for residents to enjoy.

Everyone was encouraged to slow things down, take in their surroundings and simply enjoy being in the moment. Spending time in the garden provided a lovely setting for the session, with residents able to enjoy the plants and fresh air while taking some time to relax.

Our residents seem to particularly enjoy these quieter activities, and it was lovely to see everyone making the most of a calm moment together.



A Visit from Happy Hoofbeats

We had some very special visitors when the Shetland ponies from Happy Hoofbeats came along to St Margaret's.

Residents were delighted to meet the ponies and there were some wonderful reactions as they made their way around the home. The ponies even went on a little tour to visit residents in their rooms, meaning those who were unable to join the main session did not have to miss out.

One resident was so surprised by their unexpected visitor that they asked, "Are they real?", which gave everyone a good laugh.

Thank you to Happy Hoofbeats for bringing the ponies along and giving our residents such an unusual and enjoyable experience.



Day Out To Portobello

We enjoyed a lovely day out at Portobello, and despite the forecast having us wondering whether we would need our umbrellas, the rain thankfully stayed away.

Residents enjoyed a relaxing stroll along the promenade, taking in the sea air and views before stopping for one of the essentials of any seaside visit - fish and chips.

There was also time for ice cream before heading to the arcade, where we finished our visit with plenty of fun and laughter. It was a great opportunity to get out and about, enjoy a change of scenery and spend the day together.

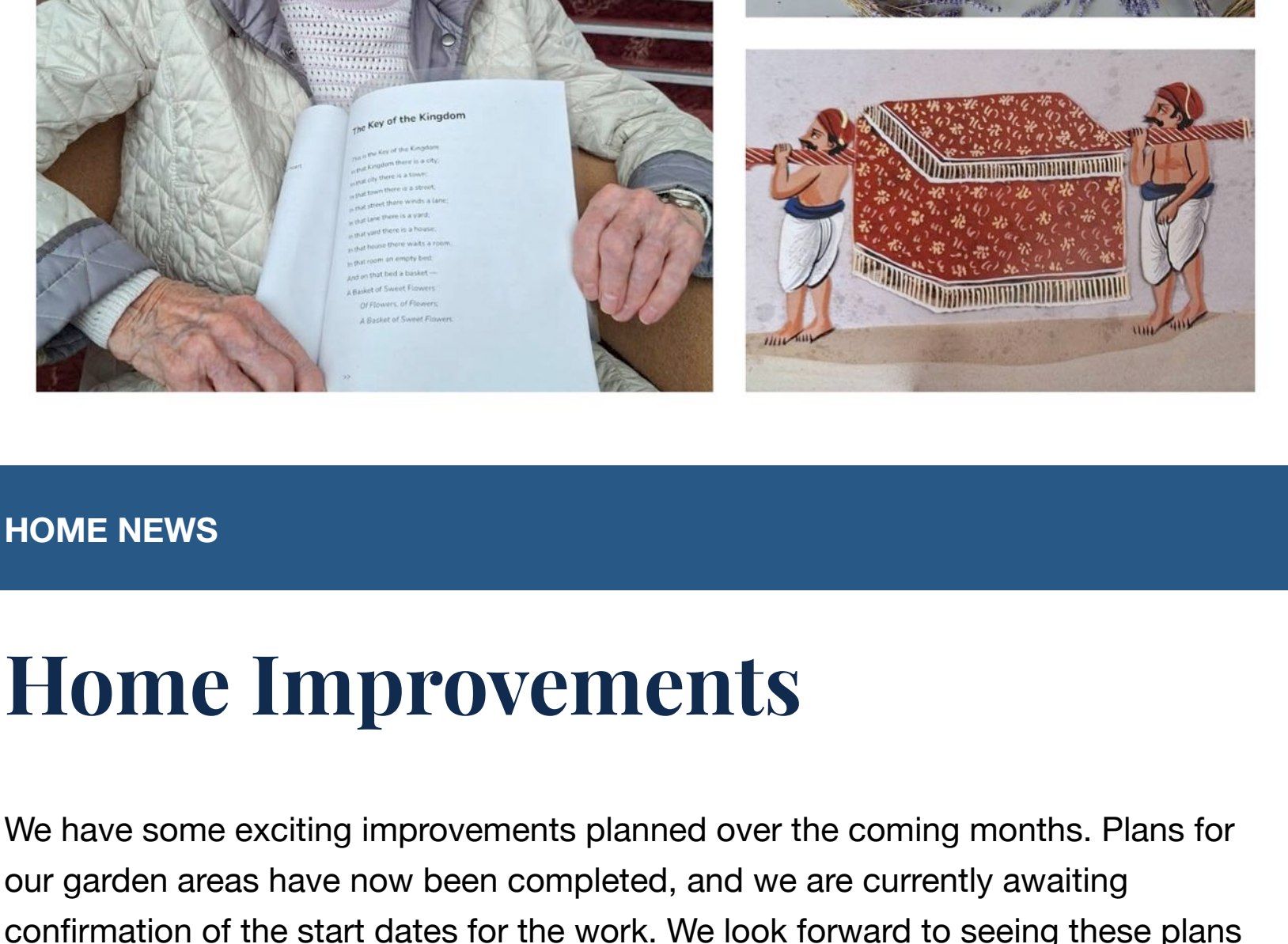


Relaxing Rhymes at the Festival Theatre

We had a lovely outing to the Festival Theatre to attend Capital Theatres' Dementia Friendly Relaxing Rhymes session.

Residents thoroughly enjoyed the poetry reading, and there were plenty of smiles throughout the event.

A big thank you to Xa for leading such an engaging session. We are also pleased that she will be visiting St Margaret's to lead a poetry session for our residents, and we look forward to welcoming her to the home.



HOME NEWS

Home Improvements

We have some exciting improvements planned over the coming months. Plans for our garden areas have now been completed, and we are currently awaiting confirmation of the start dates for the work. We look forward to seeing these plans come to life and further enhancing our outdoor spaces for residents to enjoy.

We are also transforming our Coffee Lounge into a dedicated Namaste Room. This will provide residents with a calm, comfortable and sensory-focused space, designed to support relaxation and wellbeing in a peaceful environment.

We look forward to sharing further updates as the work progresses.

Our New Autumn Menu

Our new autumn menus have now been introduced and have been thoroughly enjoyed by our residents.

The seasonal menus offer a tasty variety of meals to enjoy as we move into the cooler months, and it has been lovely to hear such positive feedback from residents so far. We look forward to everyone continuing to enjoy the new dishes throughout the season.

Staff Updates

We are pleased to welcome several new members to the St. Margaret's team!

Navaneeth Chandanapureth and Aswin Suresh have both joined us as Care Assistants, while Eve Goodwin has joined the team as our new Administrator. We hope they will all be very happy in their new roles and look forward to working alongside them.

We would also like to congratulate Shamime Mohammad, who has progressed from her role as Laundry Assistant to become our new Head Housekeeper. It is always lovely to see members of our team developing within the home.

COMING UP

Looking Ahead...

As autumn gets underway, we look forward to continuing with a varied programme of activities at St Margaret's, including more opportunities to learn, socialise and enjoy time together.

We are particularly looking forward to welcoming Xa to the home for our upcoming poetry session, as well as continuing our French lessons with Fabienne.

Thank you, as always, to everyone who supports and contributes to life at St Margaret's. We look forward to sharing more of our news and activities in our next newsletter.

EXTERNAL LINKS

Social Media

Make sure to check out the St. Margaret's Care Home Facebook Page for all our latest photos!

[Don't Forget To 'Like' Us!](#)