



## Welcome To Our Newsletter



Since the last edition of our Newsletter, we have celebrated two of the biggest dates on the calendar; Christmas and New Year! We must take this opportunity to wish you all the very best for 2024.

We are excited now to embrace the new year with lots of activities and fun events.

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,

**Amberley Care Home Team**



## New Home Manager



## Warm Welcome

We are delighted to welcome our new Home Manager, Tsitsi Shanyurai. Tsitsi's dedication to delivering high standards of care is truly admirable. As a Home Manager, she brings with her over 17 years of nursing experience and a wealth of knowledge that she applies with a hands-on approach.

One of the standout qualities that Tsitsi possesses is her ability to make everyone feel welcome and included. Her caring, kind, and nurturing nature creates an environment that is not only comfortable for residents but also for the team members working alongside her. She is approachable, always willing to listen, and dedicated to ensuring that everyone feels valued and appreciated.

But Tsitsi's commitment to her work doesn't stop there. She also believes in empowering her team to reach their full potential. By providing guidance, support, and opportunities for growth, Tsitsi creates a work environment that is both productive and fulfilling. She understands that a strong and motivated team is essential to delivering high standards of care, and she is committed to helping her team members achieve their goals.



## Armchair Exercises



## Staying Active

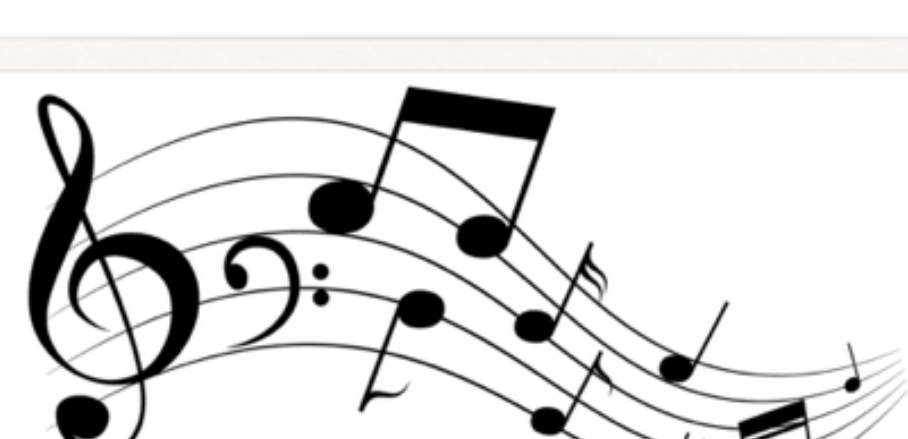
As part of our ongoing commitment to providing a healthy and active lifestyle for our residents, this month we have organised armchair exercise sessions and one-to-one room visits for our Nursing residents.

Armchair exercises are a great way to keep the elderly active and maintain their strength. The exercises can be done while seated, making them ideal for those with limited mobility. The repetitive routine of these exercises can also be beneficial for dementia patients as it helps improve memory and cognitive function.

In addition to the physical benefits, these exercises also help improve circulation and promote overall well-being. We are pleased to announce that we will be continuing these sessions every other week throughout the year, allowing our residents to stay active and engaged.



## Drumming Up Some Fun!



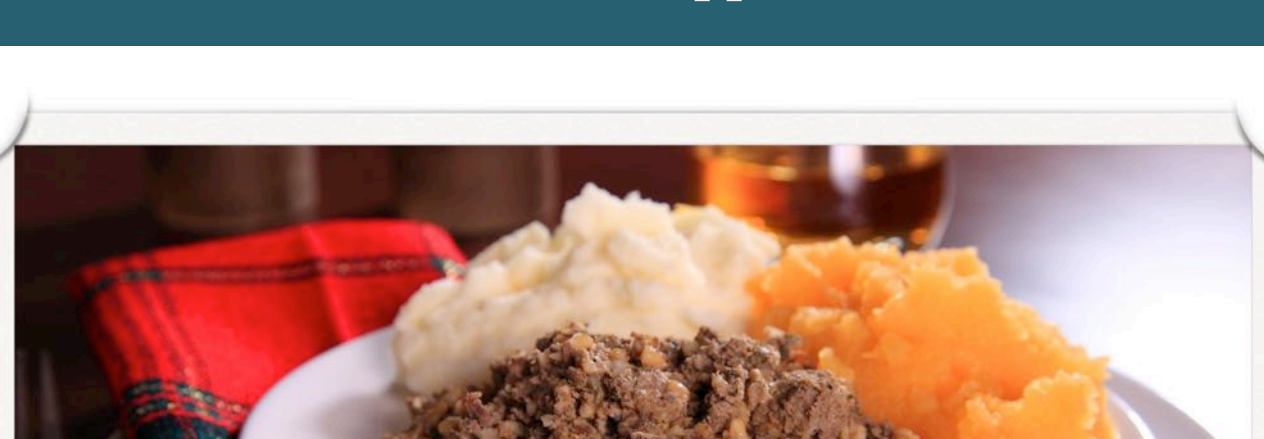
## Musical Afternoon

Amberley Care Home has recently introduced drumming afternoons for its residents, which have quickly become a favourite pastime. This is an extension of our highly popular Music Therapy sessions, which take place every other week.

During our first drumming afternoon, our residents had a wonderful time drumming, singing, dancing, and laughing together. The atmosphere was lively, and everyone thoroughly enjoyed themselves. We're thrilled to see the positive impact that these drumming sessions have on our residents' wellbeing, and we look forward to many more fun-filled afternoons to come.



## Burns Supper



## Haggis, Neeps & Tatties

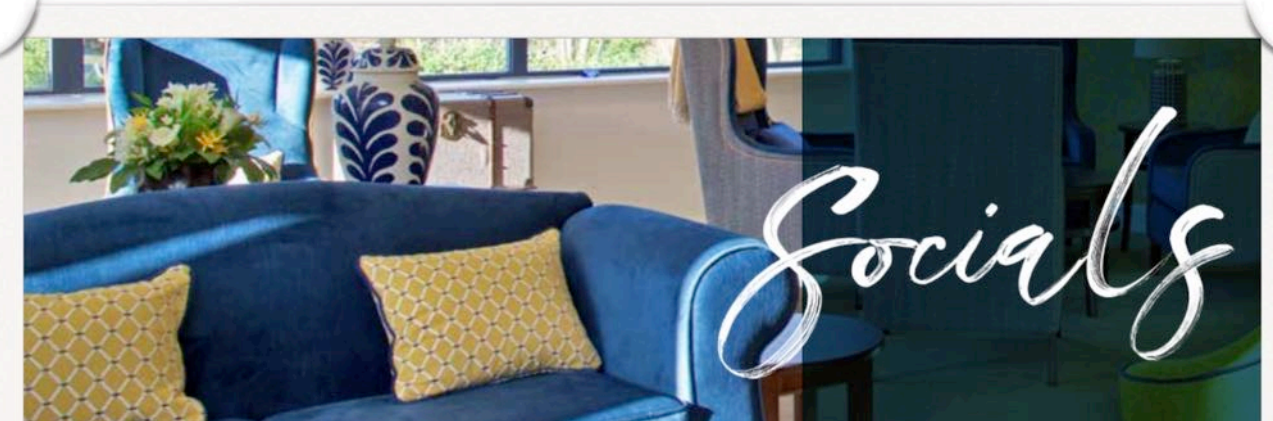
We're thrilled to announce that we're in the midst of organising a Burns Supper in celebration of the life of Scottish poet, Robert Burns. The preparations are in full swing, and we've already booked an experienced bagpiper to set the mood.



The decorations are ready, and our residents are excited about making their own shortbread, along with crafting beautiful decorations to adorn the home. And, of course, no Burns Supper is complete without the traditional Haggis, Neeps and Tatties! We're looking forward to a delightful time full of merriment and joy.



## Social Media



Make sure to check out the Amberley Care Home Facebook Page.

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



## Leave A Review



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