

## A WARM WELCOME TO OUR SPRING 2024

# Quarterly Newsletter



## Manager's Introduction

As we transition into the warmer months, we have plenty of exciting activities and events planned for our residents and there's something for everyone to look forward to. Read on to stay updated with all the latest news and happenings in our care home...

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:

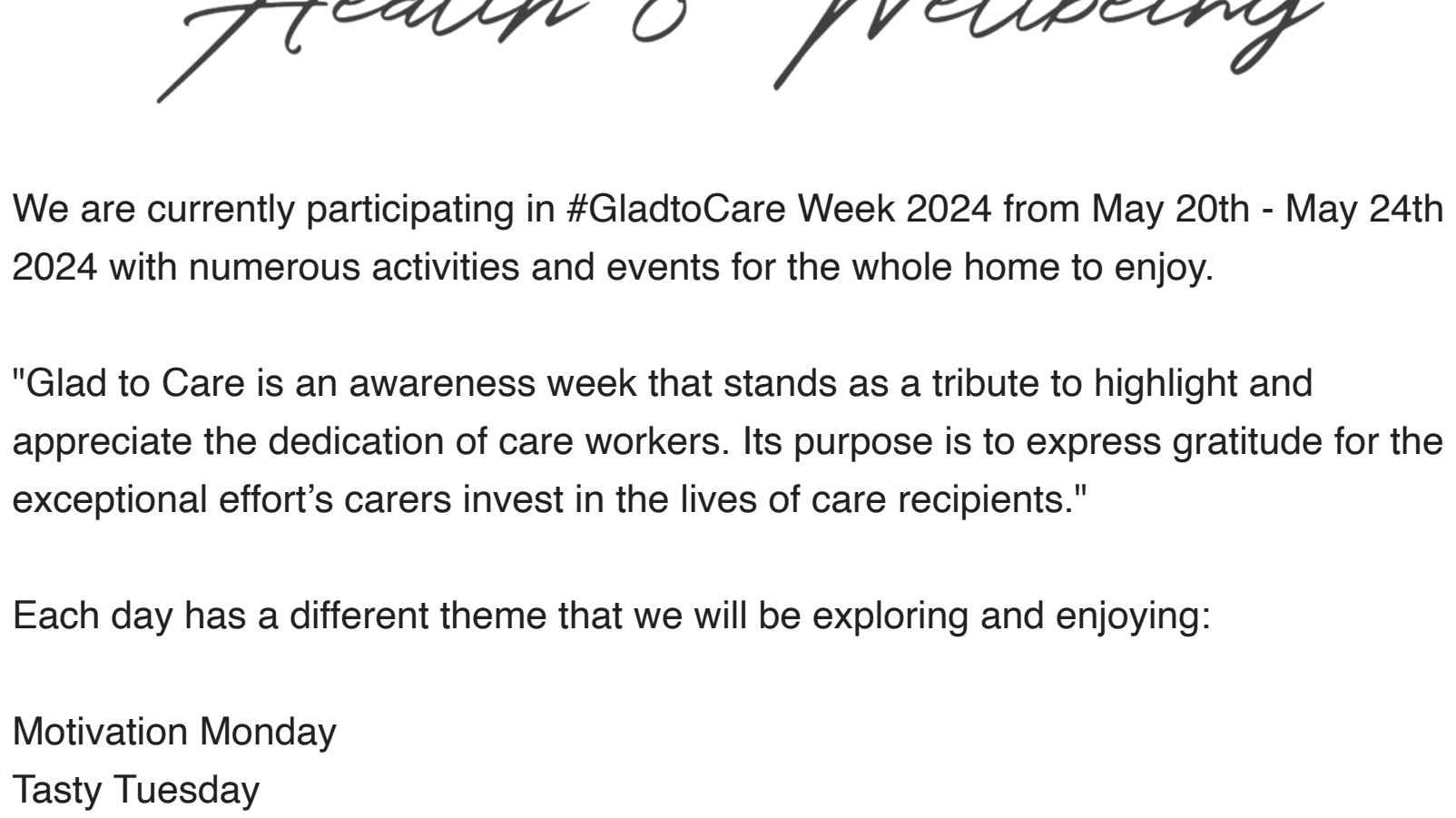
[Newsletter Sign-Up](#)

Best wishes,

**Tsitsi Shanyurai**  
Home Manager



## Glad to Care Week



## Health & Wellbeing

We are currently participating in #GladtoCare Week 2024 from May 20th - May 24th 2024 with numerous activities and events for the whole home to enjoy.

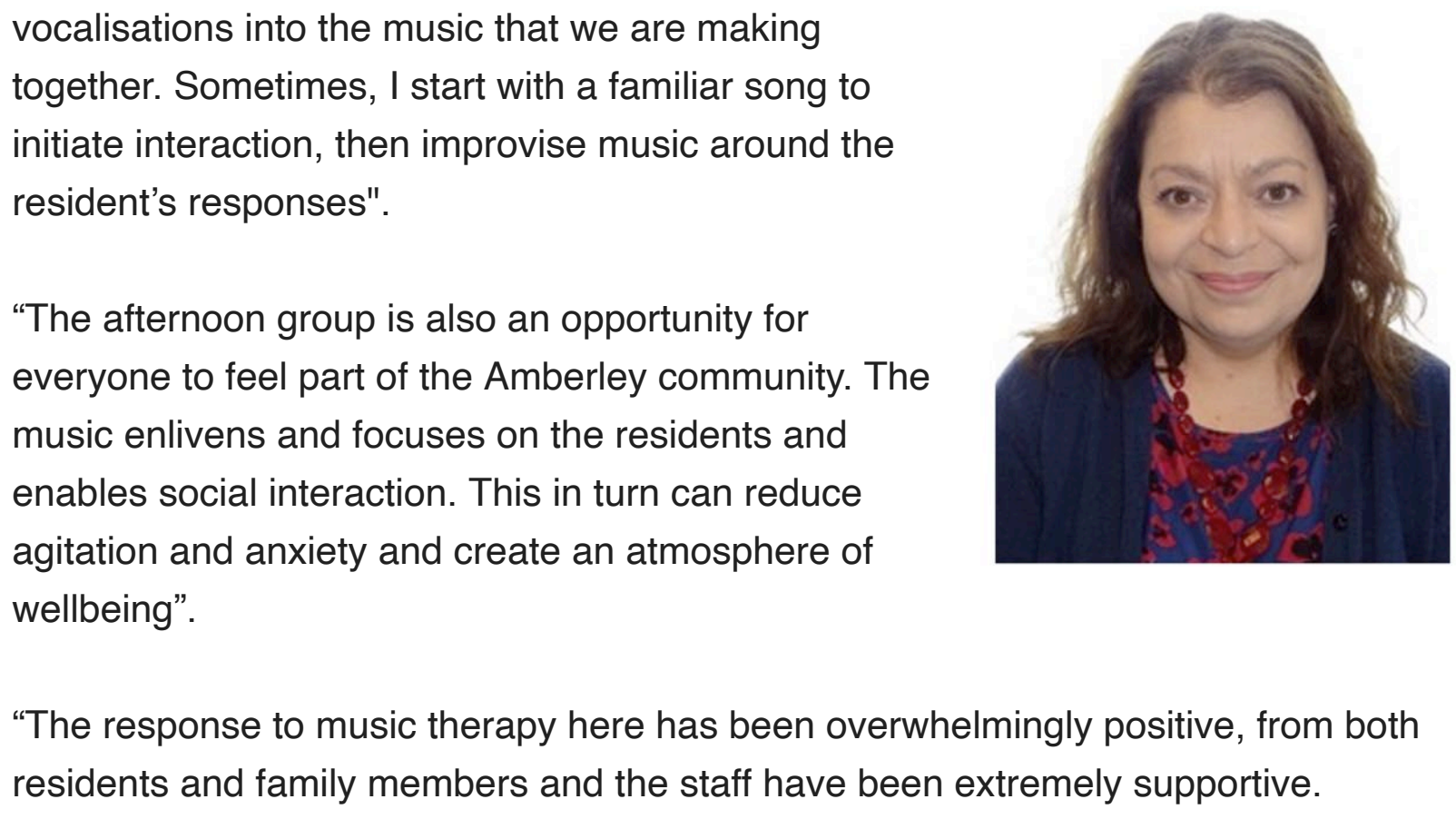
"Glad to Care is an awareness week that stands as a tribute to highlight and appreciate the dedication of care workers. Its purpose is to express gratitude for the exceptional effort's carers invest in the lives of care recipients."

Each day has a different theme that we will be exploring and enjoying:

Motivation Monday  
Tasty Tuesday  
Wellbeing Wednesday  
Thankful Thursday  
Feel Good Friday

#GladtoCare Week this year focuses on promoting wellbeing, with a wide range of activities aimed at improving both mental and physical health.

## Music Therapy



## Meaningful Activities

We took time to sit down with our Music Therapist, Debbie Dyer, who works for Nordoff & Robbins - the UK's largest independent music therapy charity, to get her thoughts on working with the residents here each Tuesday at Amberley.

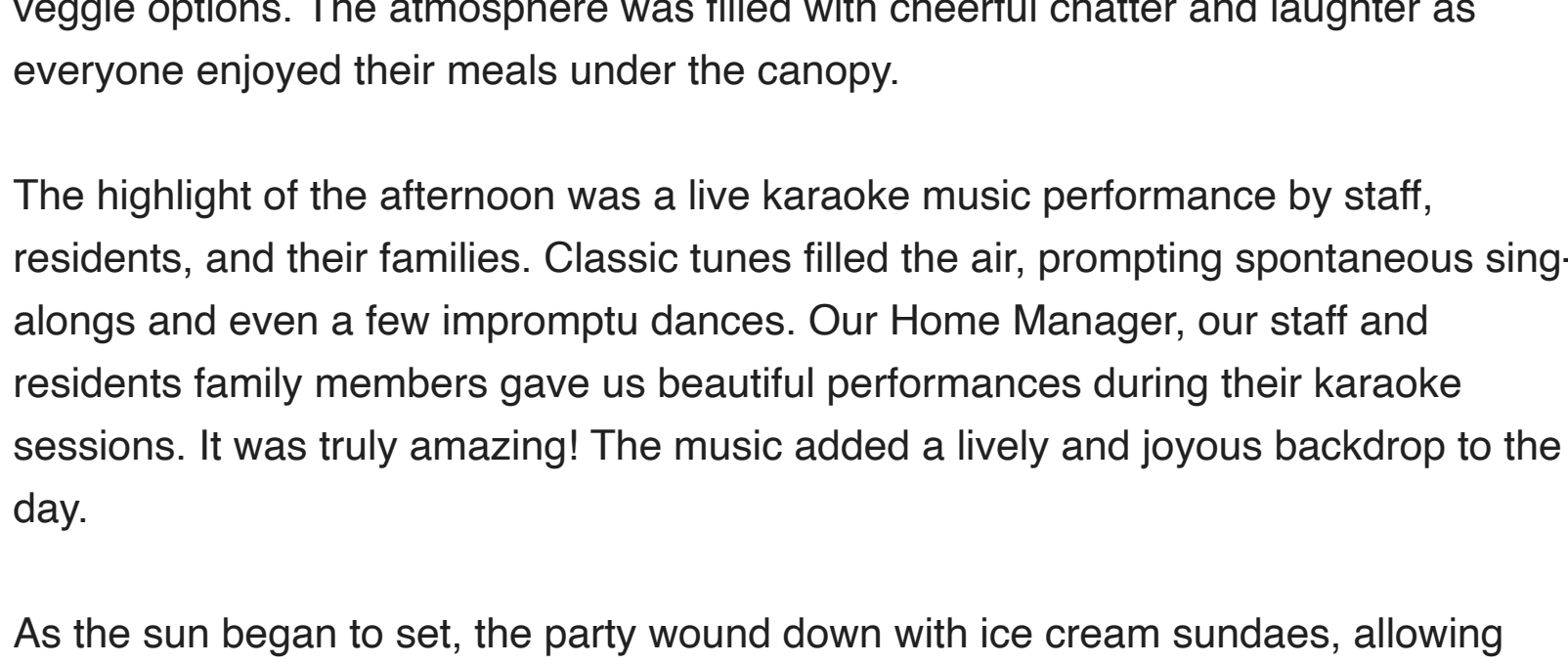
"When I work with residents, especially those with dementia, I look to incorporate their gestures and vocalisations into the music that we are making together. Sometimes, I start with a familiar song to initiate interaction, then improvise music around the resident's responses".

"The afternoon group is also an opportunity for everyone to feel part of the Amberley community. The music enlivens and focuses on the residents and enables social interaction. This in turn can reduce agitation and anxiety and create an atmosphere of wellbeing".



"The response to music therapy here has been overwhelmingly positive, from both residents and family members and the staff have been extremely supportive. Working with the residents, who have often experienced loss on many levels, can be emotionally challenging but it is also very rewarding to witness how music can overcome confusion and anxiety and take them to 'another place' where they regain orientation, connect with other people and become reconnected to their own past, positive emotional experiences. It is getting to know the residents in this way and seeing the positive changes when they become involved in music, that makes my work here such a privilege".

## Activities



## Keeping Busy & Active

In addition to our new fine dining experience, Amberley has implemented a diverse range of weekly events to keep residents engaged and entertained. From invigorating exercise classes on Mondays to soothing music therapy sessions on Tuesdays and pamper days on Wednesdays, there's no shortage of activities to suit residents' interests and preferences.

### Amberley BBQ

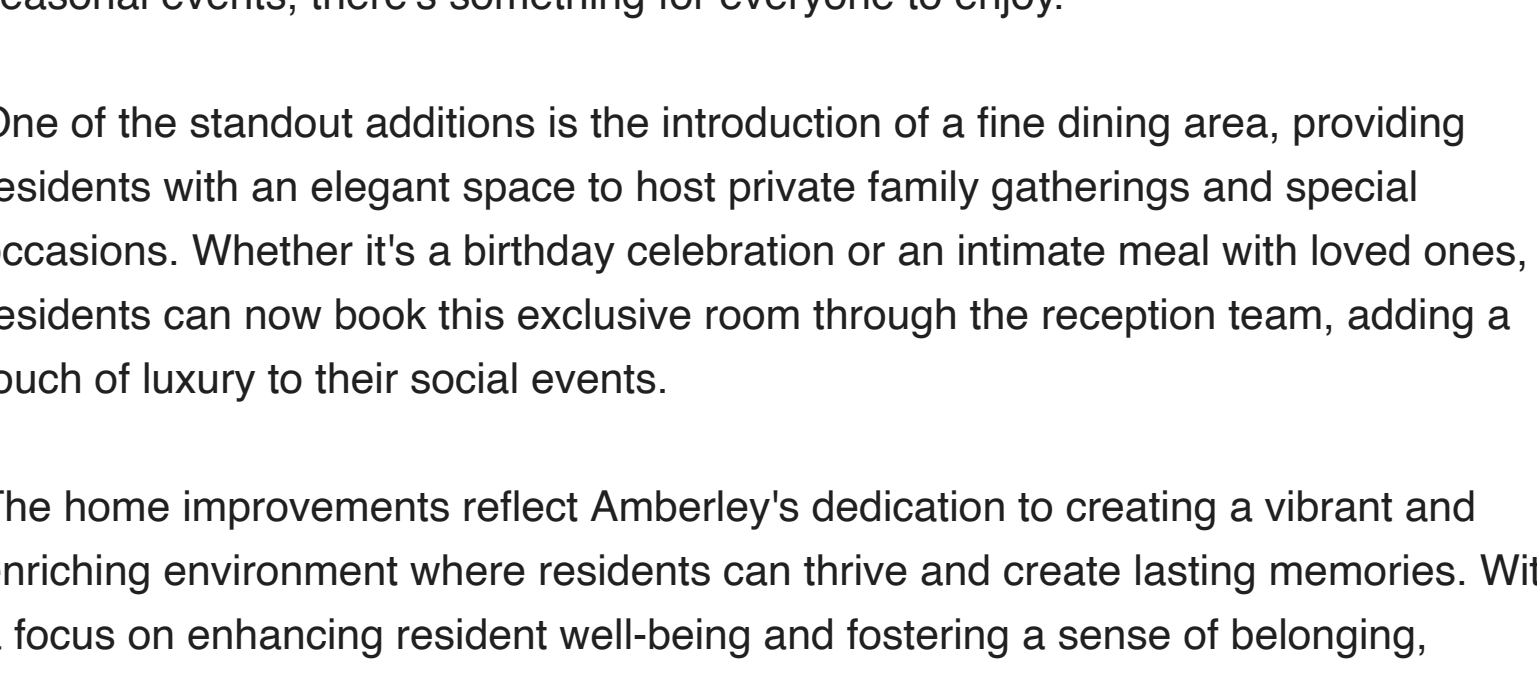
On the sunny Friday of May 10th, Amberley Care Home was abuzz with excitement as the staff prepared for a delightful BBQ party. The garden was transformed into a festive haven, decorated with lovely colours, and tables were set with bright tablecloths and flowers.

As noon approached, the grills were fired up, and the tantalizing aroma of sizzling burgers, hot dogs, and grilled vegetables wafted through the air, drawing our residents outside. The residents' families were also invited to share the fun. The weather was perfect, with clear skies and a gentle breeze, making it an ideal day for an outdoor gathering.

Residents and their families gathered around, their faces lighting up with smiles. Plates were soon filled with juicy burgers, succulent hot dogs, and a variety of veggie options. The atmosphere was filled with cheerful chatter and laughter as everyone enjoyed their meals under the canopy.

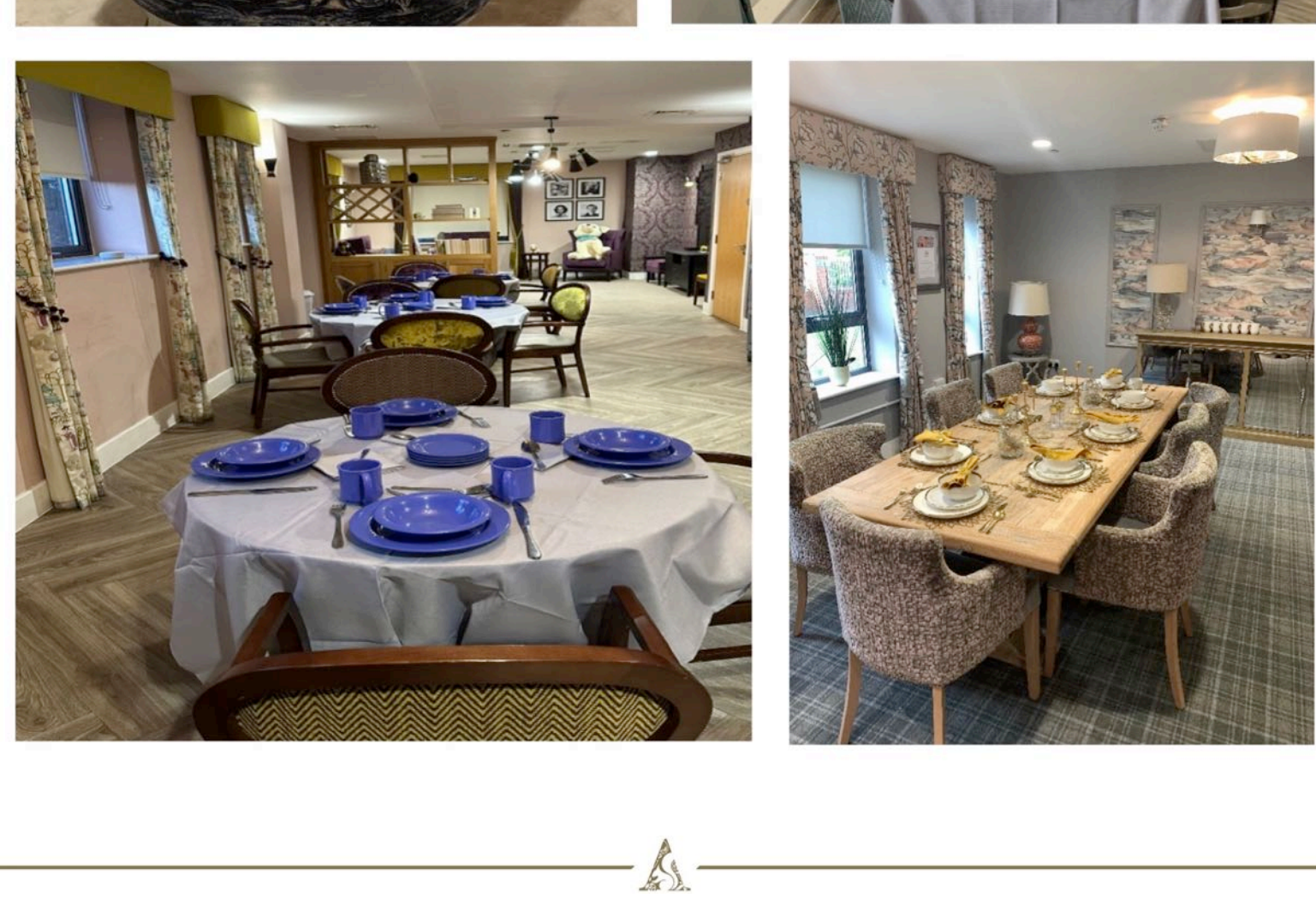
The highlight of the afternoon was a live karaoke music performance by staff, residents, and their families. Classic tunes filled the air, prompting spontaneous sing-alongs and even a few impromptu dances. Our Home Manager, our staff and residents' family members gave us beautiful performances during their karaoke sessions. It was truly amazing! The music added a lively and joyous backdrop to the day.

As the sun began to set, the party wound down with ice cream sundaes, allowing everyone to indulge in a sweet treat to cap off the perfect day. The BBQ party at Amberley Care Home was a beautiful, joy-filled event that left everyone with warm memories and happiness.



### Flower Arranging

The residents enjoyed a flower arrangement class that was facilitated by their very own Home Manager, care staff and activities team. The room was full of laughter and cheer. The residents went to deliver their flower arrangements to residents who could not attend the class. This brought a lot of smiles on all the residents who had their special delivery.



## Home Improvements



## Always Improving

Residents and staff at Amberley Care Home recently celebrated a series of exciting home improvements aimed at enhancing the quality of life and fostering a sense of community within the residence. From fine dining experiences to weekly events and seasonal events, there's something for everyone to enjoy.

One of the standout additions is the introduction of a fine dining area, providing residents with an elegant space to host private family gatherings and special occasions. Whether it's a birthday celebration or an intimate meal with loved ones, residents can now book this exclusive room through the reception team, adding a touch of luxury to their social events.

The home improvements reflect Amberley's dedication to creating a vibrant and enriching environment where residents can thrive and create lasting memories. With a focus on enhancing resident well-being and fostering a sense of belonging, Amberley continues to set the standard for exceptional care and community engagement.



## Employees of the Month



## Congratulations!

At the heart of our care home lies our dedicated team, who work tirelessly to create a nurturing environment for our residents. They not only provide exceptional person-centred care but also strive to fill each day with joy and laughter, enriching the lives of those in our home.

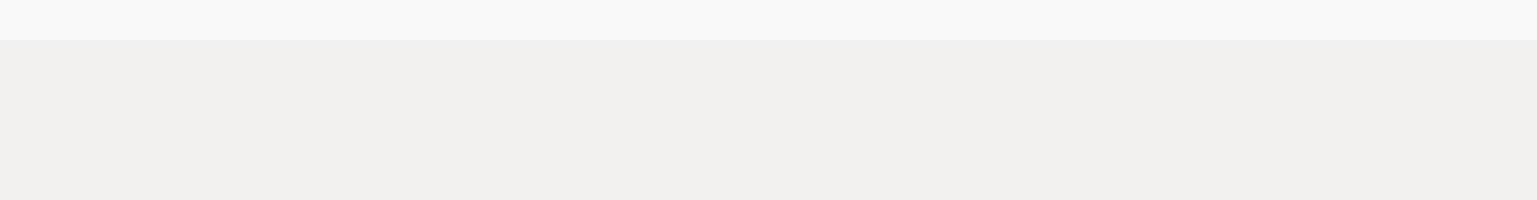
Recognising the outstanding contributions of our team members is paramount, which is why we have instituted an Employee of the Month program. This initiative allows us to celebrate individuals who consistently go above and beyond, leaving a positive impact on our residents, their families, and their colleagues. Nominations for this honour come from various sources, including residents, relatives, colleagues, and visitors, ensuring a well-rounded acknowledgement of exemplary performance.

### Employee of the Month - April

For the month of April, we are thrilled to announce Beth as our Employee of the Month. Starting as a Care Assistant, Beth has progressed to the role of Senior Carer and now serves as a valued Team Leader. Her profound empathy and understanding of dementia have been crucial in enhancing the quality of care we provide to residents affected by this condition. Beth's genuine care and compassion shine through in her interactions with residents and their families, making her a key member of our team. Congratulations, Beth, on this well-deserved recognition! *(pictured below, left)*

### Employee of the Month - May

Toni recently took on the role of Head Housekeeper. She has done exceptionally well in a short space of time. Her colleagues nominated her as the Employee of the Month of May. Toni is hardworking and goes out of her way to ensure our residents home is immaculate. We are so proud of you and it is an honour to work along side you. Congratulations Toni this is well and truly deserved. *(pictured below, right)*



We are immensely grateful for your continued dedication and outstanding contributions. Keep up the exceptional work!

## Social Media



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

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

## Leave A Review



We would be very grateful if you could spare a few minutes to write a review for us:

[Carehome.co.uk Reviews](#)

[Google Reviews](#)



Produced by [ChisChat Marketing Ltd.](#)

Copyright © 2024 Amberley Care Home. All rights reserved.

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#)

