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A WARM WELCOME TO OUR
WINTER 2024/25

Quarterly Newsletter

Manager's Introduction

Welcome to the latest edition of our newsletter! The beginning of 2025 has been lively and bustling as we participate in the exciting events that accompany this time of year. Join us as we share some highlights from the past few months...

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

CQC Inspection

Well Done

We are delighted to share the fantastic news that our latest Care Quality Commission (CQC) report has been published, awarding us an overall Good rating! This achievement is a reflection of the dedication and compassion of our entire team, who work tirelessly to create a safe, supportive, and welcoming environment for our residents.

To mark this wonderful milestone, we recently held a special celebration and invited loved ones of residents to join us. The event was a chance to recognise the hard work of our staff, reassure residents and their families of the high-quality care we provide, and reflect on the positive impact our home has on those who live here. There was a real sense of pride and appreciation as everybody came together to celebrate this well-earned recognition.

The CQC report highlighted many wonderful aspects of life at our home, with inspectors noting that residents were happy living here and felt well cared for. Residents and their relatives described our staff as kind, caring, and respectful, with many saying the home was operating at its very best. The impact on residents' lives was clear, with some families sharing how moving into our home had given their loved ones a new lease of life.

One of the key strengths highlighted in the report was the consistency of our staff team, who know residents well and provide support in a way that respects their individuality and independence. Inspectors saw friendly and dignified interactions between staff and residents, reinforcing the strong sense of community within our home. Families also expressed peace of mind, knowing their loved ones were safe and well cared for, with visits and family involvement encouraged.

We were also particularly pleased that the report recognised the wide range of meaningful activities available to residents, from music therapy and choir sessions to flower arranging, exercise classes, and religious celebrations. We believe that maintaining interests and social connections is vital for well-being, and it is heartening to see how much these opportunities mean to our residents.

This Good rating is a true testament to the dedication of our team and the exceptional care we offer there at Amberley Care Home. Every day, we go above and beyond to ensure that our residents not only receive excellent care but also feel valued, engaged, and at home.

Our Regional Director, Kelly Walker, commented **"What an achievement and what a team. The Amberley team are destined for great things this year and breaking records, however, most importantly, support the wonderful people living in a beautiful home, support people to live how they want to live and provide a great place to work".**

We warmly invite families and prospective residents to visit us, meet our team, and see for themselves what makes Amberley Care Home such a special place to live.

If you want to read our CQC report for yourselves, **check it out here!**

Inspected and rated

Good

Care Quality Commission

Flower Arranging

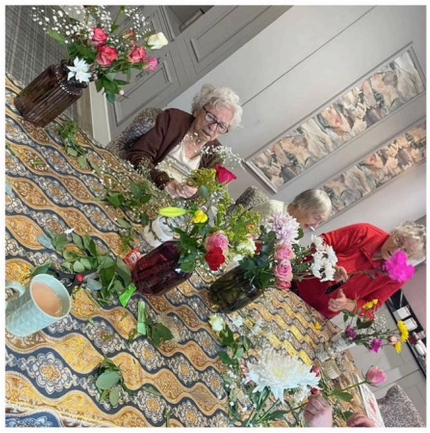
Creative Creations

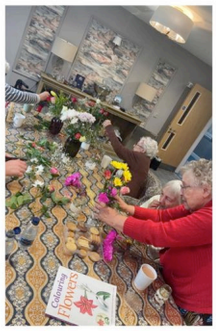
We are excited to share a lovely initiative that has blossomed in our care home! One of our talented residents has taken the lead in teaching our flower arrangement classes. This engaging activity not only showcases the resident's artistic skills but also encourages everyone to participate in a fun and therapeutic craft.

After a delightful session filled with chatter and creativity, the residents who attended were so proud of their beautiful arrangements that they wanted to share them with those unable to participate. This heartwarming gesture embodies the spirit of togetherness that we cherish here.

To spread joy further, they organised a small showcase where everyone could admire the stunning floral displays. It was a wonderful opportunity for residents to connect and share in the happiness of the class.

We look forward to more sessions like this that promote creativity, collaboration, and connection among our residents!





Dementia Floor

Change of Scenery

We’re delighted to share the stunning transformation of our dementia floor, which has not only undergone a decorative makeover but has also been reimagined as The Tree of Life. This new name reflects our deep commitment to nurturing a calming and meaningful space for our residents living with dementia, emphasising the importance of family, memories, and connections to nature.

This vision was created based on our residents and their loved ones, as we noticed their most frequently retained memories are those from their childhood or with family members. Our transformation focuses on their core memories and what makes residents happiest, creating a safe and welcoming environment that embraces familiarity and comfort.

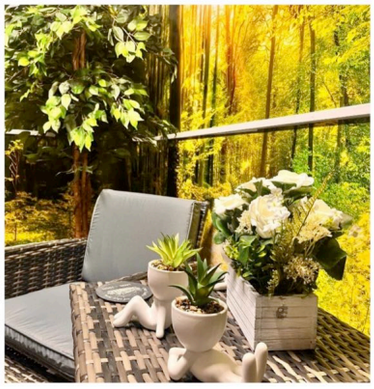
Our brand-new decor has brought nature indoors, providing residents with a sensory-rich atmosphere that fosters calm and connection even during the colder winter months. Murals and artwork inspired by the beauty of the outdoors now adorn the walls, while carefully designed "destination points" along the corridors add layers of relaxation and stimulation. These areas are perfect for quiet reflection or gentle exploration, helping residents feel grounded and at ease.

Highlights of Our Dementia Floor:

- Destination Point One features a wooden bench reminiscent of one you might find on a walk through the countryside, surrounded by artificial plants and a mural of a cascading waterfall. The sound of flowing water gently plays in the background, offering a calming sensory experience.
- Destination Point Two transforms the hallway with a bright mural of a forest bathed in sunlight. Garden furniture and bird sounds further enhance the feeling of being outdoors, bringing a touch of nature’s serenity into Amberley Care Home.
- Other thoughtful additions include new artwork showcasing family trees and a centrepiece Tree of Life which symbolises growth, connection, and shared memories. Around the community, we have also added artificial plants in decorative boxes which creates a visually engaging and peaceful space.

These changes to our dementia floor have already made a meaningful difference. Our residents are engaging more with their surroundings, enjoying moments of calm reflection or happily exploring the hallways. Their relatives are very pleased with the transformation, sharing their appreciation of the effort to provide such a comforting and sensory-rich environment.

At the heart of our dementia floor is a commitment to celebrating our residents and providing them with opportunities for reminiscence and a true sense of home. Our makeover is an example of how thoughtful design can enhance not just the physical environment, but the emotional and sensory well-being of our residents. This is more than just a refurbishment to us; it’s a celebration of life, love, and the memories that connect us all.



Christmas

Festive Celebrations

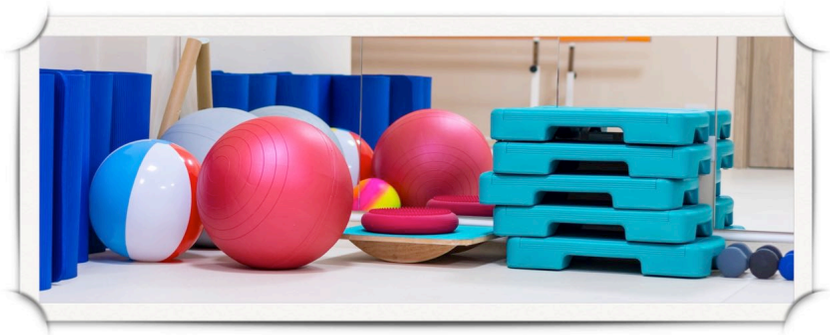
Residents, staff, and relatives at Amberley joyfully prepared for the festive season by turning our home into a hub of Christmas cheer. The excitement began with residents and staff coming together to decorate the home, carefully hanging festive ornaments and adorning Christmas trees with lights and baubles. Our team also helped residents wrap their presents which filled the room with anticipation, excitement and a sense of togetherness as everybody shared what they had prepared for their loved ones.

One of the most eagerly anticipated highlights of the season was the residents' choir, who had been rehearsing for weeks to perfect their special performance for the Christmas party on 20th December 2024. This event brought residents, their loved ones and staff together for an afternoon of music, joy, and celebration. To keep the festive spirit alive all week long, we also hosted Christmas Jumper Week, where everybody inside the home and any visitors are encouraged to wear their brightest, most cheerful Christmas jumpers.

Whilst we were still preparing for the big day, we welcomed a special visit from local children who sang traditional Christmas carols, filling our halls and rooms with beautiful music and festive cheer. The visit brought smiles to everyone’s faces and was a great example of intergenerational care, it truly was heartwarming to see our residents and the children interact together.

These events were incredibly uplifting for all involved. Residents have shared how much they enjoyed the preparations, from decorating to singing, and the excitement for the Christmas party. Staff have also expressed their delight in seeing the positive impact these activities have had on residents' spirits and overall well-being.

Keeping Fit



Health & Wellbeing

We would like to extend our warmest gratitude to **Fitnniss - Wellbeing In Care** for their unwavering dedication to promoting fitness and wellbeing within our care home community. The exercise classes have become a highlight for our residents, bringing joy, movement, and a sense of camaraderie to all who participate.

Our residents thoroughly enjoy their sessions, and the positive impact on their physical and mental wellbeing is truly remarkable. The enthusiastic guidance from the Fitnniss team creates an uplifting atmosphere that encourages everyone to engage and have fun while staying active.

Thank you once again for your commitment to maintaining our journey towards enhanced fitness and wellbeing. We look forward to many more enjoyable sessions together!

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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