



FOREST CARE

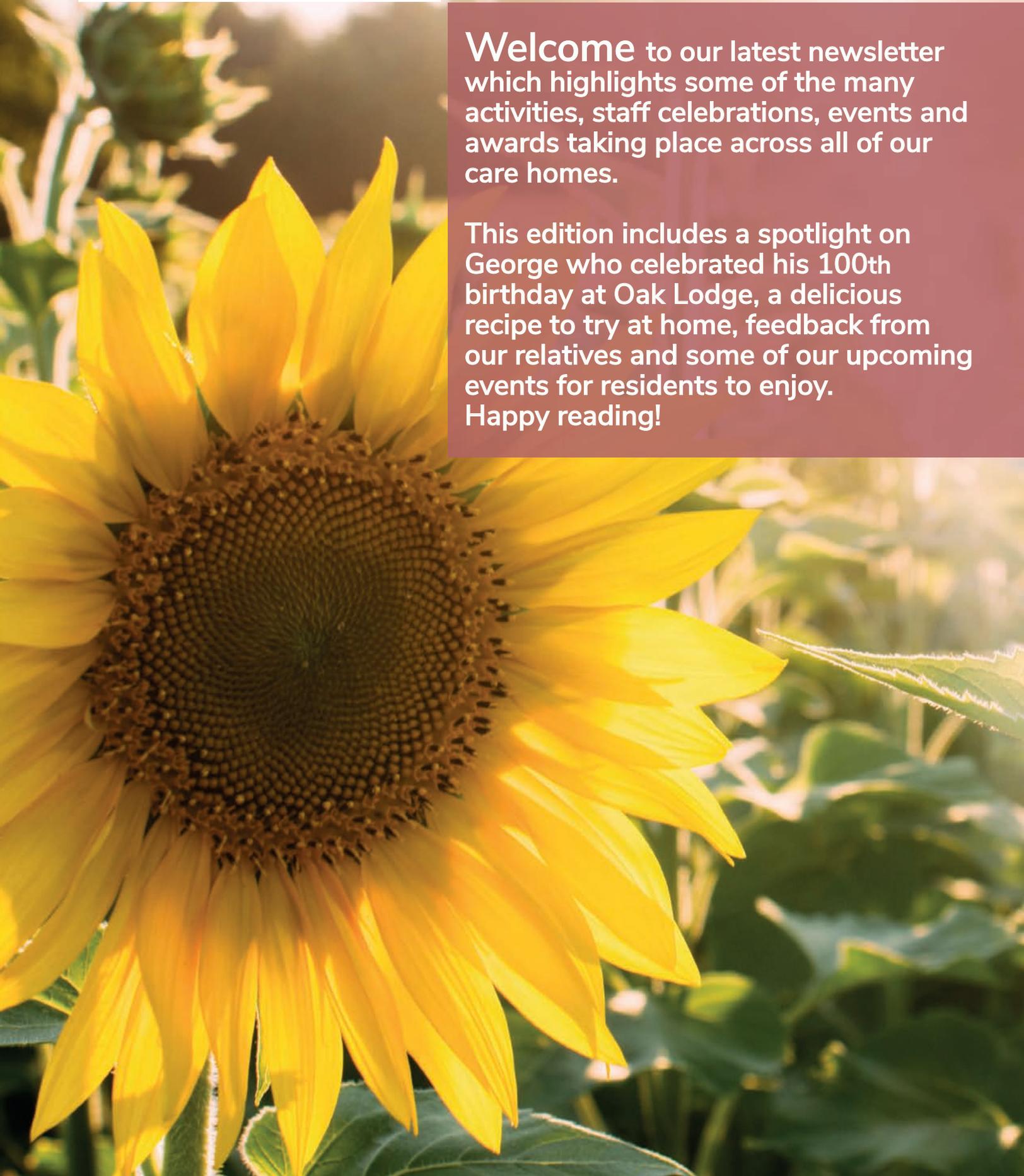
CARING SINCE 1981

# Newsletter

Summer/Autumn 2023

**Welcome** to our latest newsletter which highlights some of the many activities, staff celebrations, events and awards taking place across all of our care homes.

This edition includes a spotlight on George who celebrated his 100th birthday at Oak Lodge, a delicious recipe to try at home, feedback from our relatives and some of our upcoming events for residents to enjoy. Happy reading!



# Activities at Forest Care



Adorable Ark Farm donkeys and goats visit Cedar Lodge, whilst friendly Alpacas and Cavies come to Rowan Lodge and Oak Lodge. Residents also enjoy cuddles with our PAT dogs.

We've partnered with Famileo to create personalised newsletters for our residents filled with updates from their families and friends. Anecdotes, photos, happy memories... Every family member can share messages and photos from their day-to-day life with just a few clicks on the Famileo app. Residents will then receive a printed copy to enjoy. To sign-up for Famileo please email Terri Eakins: Terri@forestcare.co.uk



Camera Day at Oak Lodge whilst resident Stella knits baby clothes

Gentlemen's cheese, wine and racing!



Dominoes on the terrace



Ventriloquist visits Cedar Lodge



Shopping experience & Cosmopolitan Day!

## Activities & Events at Forest Care



Residents, Families & Staff celebrate Oak Lodge's 10th Anniversary!



Madeline celebrates her 100th birthday at Rowan Lodge!



Celebrating 75 years of the NHS with a studio tour & sing-a-long at Basingstoke Hospital Radio!



Outdoor concert at Holly Lodge



Ann & Eric celebrate their 65th Wedding Anniversary at Rowan Lodge



'Tap about Town' and a NAPA virtual disco to celebrate Pride at Rowan Lodge



## Activities & Events at Forest Care



Terri Eakins is our Group Activity Lead overseeing all Activity Provision at Forest Care. Terri is incredibly passionate, imaginative and innovative with her ideas, continuously exploring the best way of delivering an array of new experiences and meaningful activities to our residents.



Classic Car Events & Summer Fetes at Forest Care



Terri was one of the first activity practitioners in the UK to complete the National Activity Providers Association (NAPA) entire Professional Development Pathway to deliver best practice (all in her spare time). She won NAPA's 'Service Recognition Award' in 2022 and is a Finalist for NAPA's 'Leadership Award' 2023 - winner to be announced in October...fingers crossed Terri!



A taste of our upcoming events at Forest Care:

30 September:  
Arts in Care Homes at Oak Lodge

30 October:  
Wings of Freedom at Rowan Lodge

31 October:  
Phantom of the Opera at Rowan Lodge



## Staff News & Celebrations



### We won at the Hampshire Care Awards!

This event celebrates expertise and compassion in individuals and teams working in adult social care. Our Oak Lodge Care Home were finalists in 3 categories: 'Nursing Home of the Year', Volunteer of the Year (Eileen Galvin) and 'Ancillary Employee of the Year' (Ying Wiseman). Congratulations to Ying who won her award at the ceremony in June for her reflexology and holistic therapies.



Maintenance Manager David Fielding scoops up the 'Care Home Heroes Overall Winner' Award from Davina McCall at The Care Managers Show at the NEC! A huge congratulations David for all of your hard work and dedication to our Cedar Lodge Care Home.

David will also feature in the Dec 2023 / Jan 2024 issue of Caring Times in a double-page editorial..



Celebrating Carers Appreciation Week. A big thank you to all of our Carers for everything they do!



We are so proud of our Forest Care Team of 17 staff for completing the 42Km Jurassic Coast Challenge from Weymouth to Bridport back in May, with a further 5 completing the 10Km Bridport loop! It was an amazing achievement and experience. The challenge itself was not easy, but we smashed our target raising a total of £6,118 for the Alzheimer's Society. Thank you so much to everyone who supported us and donated!



## Resident Profile - George Wood at Oak Lodge

George Wood was born 26th July 1923 at home in Ilford to loving parents and with humour will state "a very important day so they tell me."

Aged 14 years, George was evacuated to Kettering at the beginning of the war and returned a year later.

George worked for many years as a Paint Technologist at The Jenson & Nicholson Paint Company before going on to complete 4 years National Service in the RAF as an Air Navigator.

George worked his way up, studying hard and became a paint chemist. With his keen interest in chemistry, George went on to teaching just that at Eastham Technical College in London in the evenings.

George has always had a strong connection to his faith even from a young age. This has meant everything, a guiding principle throughout his life, and he states, "if all things had to disappear, I hope my faith would remain".

George speaks fondly of Oak Lodge and how extremely attentive they are to his needs.

Grace Adan, Manager at Oak Lodge, comments, "This is a first for Oak Lodge to have a gentleman reach the amazing milestone of 100 years of age. In fact, this is a first for Forest Care it has never happened before, and we feel privileged to be the first".





## Mixed berry tart with vanilla mascarpone cream

### Ingredients:

Icing sugar, for dusting  
½x 500g pack fresh puff pastry  
250g tub mascarpone  
1 tsp vanilla extract  
400g strawberries, halved  
200g raspberries  
250g blueberries or blackberries  
Mint leaves, to decorate (optional)

### Method:

1. Preheat the oven to 200C/ fan180C/gas 6. Dust a work surface with some icing sugar and thinly roll out the pastry to about a 25cm x 30cm rectangle – trim to neaten the edges. Place on a large, non-stick baking sheet and prick the pastry all over with a fork. Bake for 15 minutes or until golden and risen.
2. Using a fish slice, carefully flip the pastry over, then press down all over to flatten. Bake for a further 5 minutes or until the pastry is flaky, cooked through and golden. Transfer to a wire rack to cool completely.
3. In a bowl, beat the mascarpone with the vanilla extract until smooth. Spread it evenly over the cold, crisp pastry, right up to the edges. Arrange the fruit on top, dredge with icing sugar and decorate with mint leaves, if you like.

## Forest Care

Award-Winning Private Residential & Nursing Homes  
0333 305 1785, enquiries@forestcare.co.uk



Group review score on carehome.co.uk

## Feedback Corner

“The staff and facilities are excellent, and daily activities and crafts have seen my mother flourish. My sister and I have peace of mind about the care she is receiving and always feel welcome when we visit. Well done to all the staff!”

“Rowan Lodge is a wonderful home for my Dad. The staff appear to genuinely care for him, they enjoy his company as much he does theirs and I know that he is safe and extremely well cared for. The home itself is spotless in its cleanliness and decor...I am delighted and relieved that my Dad has such a lovely home.”

“I am most happy that the staff recognise the residents as individuals and do their very best to help them continue doing the activities and hobbies they enjoy.”

“Cedar Lodge offers a warm welcoming and caring environment at all times. The staff go above and beyond in how they treat mum, the activities organised, arranging, and transporting her to hospital appointments etc. She seems as happy as we could hope for, and this offers such peace of mind.”

Forest Care Honey - created in our very own gardens and it tastes delicious! Just pop in to one of our homes to purchase a jar.



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