



FOREST CARE

CARING SINCE 1981

Newsletter

Spring/Summer 2023



Welcome to our latest newsletter and our new format, which highlights some of the many things taking place across all of our homes.

The Coronation of King Charles dominated the national headlines in recent weeks and our homes really entered into the spirit with various events taking place over the Coronation weekend. Thank you to all of our staff who went to great lengths to organise everything so well.

The weekend of 13/14th May saw a team of 20 Forest Care staff taking part in the Jurassic Coast Ultra Challenge, a 42Km charity walk from Weymouth to Bridport in Dorset in support of the Alzheimer's Society. If anyone would like to make a donation you can do so at www.justgiving.com/fundraising/forest-care-team. A huge thank you to everyone who has donated. We exceeded our fundraising target, which is fantastic for such a worthy and relevant cause.

Summer this year will see a return to some of the popular events in our homes that were not possible during the pandemic; Summer Fayres, BBQ's, Classic Car events to name a few, so we hope you will enjoy them all and the summer weather will be kind!!

Thanks again for your continued support.

Mark Vickery, Director at Forest Care

Activities at Forest Care



Adorable Alpacas & Cavies come to visit our residents



Knit & Natter, Flower arranging and Mosaic art



Making Brazilian headdresses to celebrate Carnival!

Famileo Personalised Gazettes are a great success!

We've partnered with Famileo to create personalised newsletters for 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.



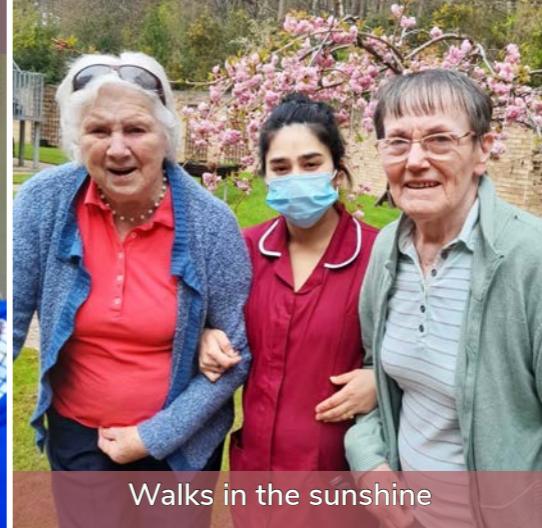
Visiting entertainers with live music



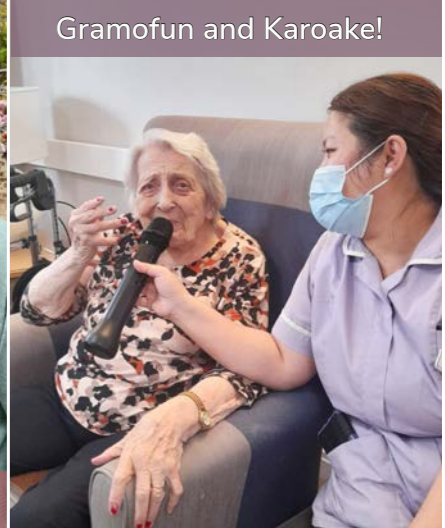
Baking Banana Blondies!



Mr Paddon working on his sculpture



Walks in the sunshine



Gramofun and Karaoke!



Making Shortbread



Mr Morris playing the piano



Hello Bruno our new PAT dog

Coronation Celebrations at Forest Care



Royal carriages, Prop photo shoots, Afternoon teas and Marching bands...



North Waltham Primary School Performance - Singing, Poetry & Piano

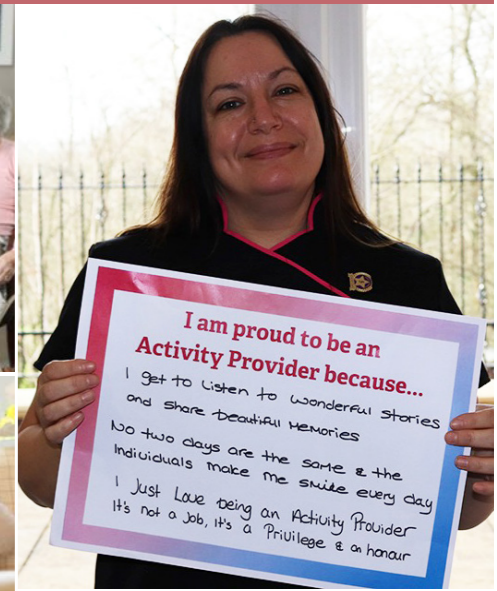
Activities at Forest Care



Pooch time!



Yoga and Tea cup planting



Terri Eakins is our newly appointed **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, which always prioritise wellbeing. Terri was one of the first activity practitioners in the UK to complete NAPA's (National Activity Providers Association) entire Professional Development Pathway to deliver best practice (all in her spare time) and won NAPA's 'Service Recognition Award' in 2022.



Bringing Chelsea Football to Gavin. A fun game of footy with residents and staff!



Celebrating Nepal with Nepalese dancing and food!



Pub drinks, lunches and visits to Long Acres



Intergenerational activities - Hatch Warren Junior School performance





'Love to Move', Zumba Gold



Celebrating World Book Day

Staff News & Celebrations



17 staff successfully, and safely, completed the 42Km Jurassic Coast Challenge from Weymouth to Bridport on 14 May with a further 5 completing the 10Km Bridport loop. We are so proud of our Team both for completing the challenge itself, which was not easy, and for helping raise so much money for the Alzheimer's Society - we smashed our target raising a fantastic £5,578! Thank you so much to everyone who has donated. It was an amazing achievement by everyone and an amazing experience so huge congratulations to Frank, Mark, Jon, Katie, Zara, Kevin, Jack, Flora, Aleena, Sumi, Bill, Nenita, Maria, Rico, Sabina, Jess, Jacqui, Grace, Terri, Rico, Rosie and Ashley, plus Charlie and Hallie the dogs!



Holly Lodge is listed for a third year running in the Knight Frank Luxury Care Home Guide! A Big Thank you to all our staff and management for their continuous hard work and dedication.



Rowan Lodge staff and residents celebrated the Hindu festival of 'Holi' with colourful powders!



Oak Lodge are Finalists at the Hampshire Care Awards!

Resident Profile - Susan Gates at Oak Lodge - Salvaging a New Career

Sue Gates has been a happy resident at Oak Lodge for some three and a half years having been widowed in 2018. Life was at a low ebb in 1980 when Sue Gates' husband lost his job as a main board director of a leading national dairy company. She was 38, he was 42. They had a large mortgage and two sets of school fees for her son and daughter. Sue was determined that this was not going to be the end of life as they knew it, but the beginning of something good.

To keep himself busy and fit while he planned his future, her husband Wyatt, dismantled a group of derelict farm buildings for a farmer near their Hampshire home. Within 15 months, Wyatt had a new job – running a small local computer consultancy. In the meantime, when a second barn dismantling job came along, Sue found herself handling most of the work. They had sold quite a lot of bricks, tiles, and oak beams from the first job and Sue knew what price she could get for the materials on the second building. Having calculated their costs, Sue then made an offer to the owner for the building. The offer was accepted and as the saying goes, the rest is history. Sue was in business as a dismantling and reclamation specialist. Sue and her husband continued to run the business successfully into the early 2000s at which point they were looking to retire.

In addition to having obtained an HGV1 licence for driving articulated trucks, and all things smaller, Sue was an avid gardener, enjoyed dressmaking and was a keen, and capable, golfer.

Sue had been a housewife and mother for the 18 years prior to this venture having only worked for 18 months as a secretary before marrying Wyatt, however, as soon as she started running her own business, she knew this was what she wanted to do.

Necessity is the mother of invention!





Group review score on carehome.co.uk

Feedback Corner

“It is the staff that makes Cedar Lodge, it has such a happy, friendly, caring atmosphere. All the staff are kind, respectful, compassionate and go above and beyond to make us all feel welcome.”

“The care and attention given to my mother over the last 12-18 months has been exceptional. The facilities at Holly Lodge are excellent, and all of the staff throughout the home have taken the greatest care possible of my mum.”

“To be quite honest I wish that I'd moved her to Rowan Lodge sooner! The home is quite simply wonderful in all aspects with laughter and the sound of activity buzzing every time I've visited. Everyone on the nursing, care, activities, catering, housekeeping, and management teams provided the utmost care and attention to my mum throughout her stay.”

“Oak Lodge provided absolutely outstanding care for my father for the last 15 months of his life. I feel that he was embraced into a large, loving extended family. He was always treated with dignity, understanding and compassion by all members of staff, whatever their role in the home.”

Orange, Carrot & Halloumi Salad

Ingredients:

- 2 Oranges
- 2 Blood oranges
- 2 Carrots
- 200g Halloumi cheese
- 2 tbsp Black olives
- 2 Sprigs of fresh mint
- 4 tbsp Olive oil
- 1 pinch of Cumin

Method:

1. Wash, dry and de-leaf the fresh mint. Set aside a few whole leaves and chop up the rest finely. Juice 1/2 a blood orange, filter out the excess bits/pips with a sieve, then season the juice with salt and pepper. Add the olive oil, cumin and chopped mint and mix together well. Put this salad dressing in the fridge for later.

2. Cut the peel and pith away from the rest of the oranges with a very sharp knife until the pulp is completely clean. Cut each orange into segments and toss into a salad bowl.

3. Using a vegetable peeler, finely shred the peeled carrots into the bowl, and add the olives and salad dressing together.

4. Chop the halloumi into thin slices, lightly brush with olive oil and then grill on the BBQ until golden on both sides. Serve together with the salad. Add a pinch of salt for seasoning.

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



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Forest Care

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