



FOREST CARE

CARING SINCE 1981

Newsletter

SPRING/SUMMER 2024

Welcome to our latest newsletter which highlights some of the wonderful activities, events and celebrations taking place across our Forest Care homes, including a resident spotlight, feedback from families, a delicious recipe to try at home and a taste of upcoming events for residents to enjoy.

Happy reading!

Follow us on Facebook for more activity updates!
[@ForestCareLtd](#)



Activities & Events at Forest Care



Two charming Humboldt Penguins 'Pringle & Widget' entertain residents at Oak, Rowan & Holly Lodge!



We partner with Famileo to create personalised newsletters for our residents. Every family member can share messages, happy memories, anecdotes and photos from their day-to-day life with just a few clicks on the Famileo app or website. Residents will then receive a printed copy to enjoy. It's free to sign-up to Famileo! If you haven't already please email: Terri@forestcare.co.uk for your unique code.



'Crufts' Dog Show Competition at Cedar Lodge! Bruno, Kato, Nabi, Ziggy & Milo all compete for the 'softest fur', 'waggiest tail', 'best trick', 'cutest face', 'glossiest coat' and 'nicest eyes'...!

Meanwhile Oak Lodge residents enjoy feeding a couple of friendly alpacas.



Activities & Events at Forest Care

Oak Lodge residents enjoy a fabulous performance of 'Musicals Glorious Musicals' from the Carousel Theatre Company



Residents & staff at Oak Lodge plant crab apple trees donated by the family of Paul Bass



Celebrating 'Real Bread Week' with freshly baked bread by our talented Cook Olga at Rowan Lodge



Activities & Events at Forest Care



Terri Eakins is Forest Care's Group Activity Lead overseeing all Activity Provision. Passionate and imaginative with her ideas Terri continuously explores the best way of delivering a variety of new experiences, events and meaningful activities to our residents.



Adorable Piglets visit Cedar Lodge & Holly Lodge for cuddles and bottle-feeding!



Residents enjoy PAT therapy with Delilah and Maia



Upcoming Events...

18 April:
Debi Hall - Country & Western Singer at Holly Lodge

23 April:
Creative Mojo at Holly Lodge

24 April:
Squirrel Monkeys at Cedar Lodge

30 April:
Sunshine Ukuleles at Cedar Lodge

7 May:
'Time for a Cuppa' at Rowan Lodge

13 May:
Browells Wood Pet Therapy at Cedar Lodge

24 May:
'Abbalicious' at Oak Lodge & Rowan Lodge



Friendly Alpacas & cuddly Cavies at Cedar & Holly Lodge



Activities & Events at Forest Care



Oak Lodge residents enjoy a fabulous performance by the Surrey Jivers!



Sherry, Cheese & Wine O'Clock!



'Love to Move' & Zumba Gold, followed by a game of 'Target Mat' & Flower arranging at Rowan Lodge

Activities & Events at Forest Care



Chefs from nearby RAF Odiham visit Rowan Lodge. Residents thoroughly enjoyed learning about the Chefs over coffee and cake!



'Knit & Natter' & Gardening Club at Holly Lodge



Cedar Lodge residents experiment during Science Week, whilst Rowan Lodge residents gather for a Pub Quiz!

Activities & Events at Forest Care

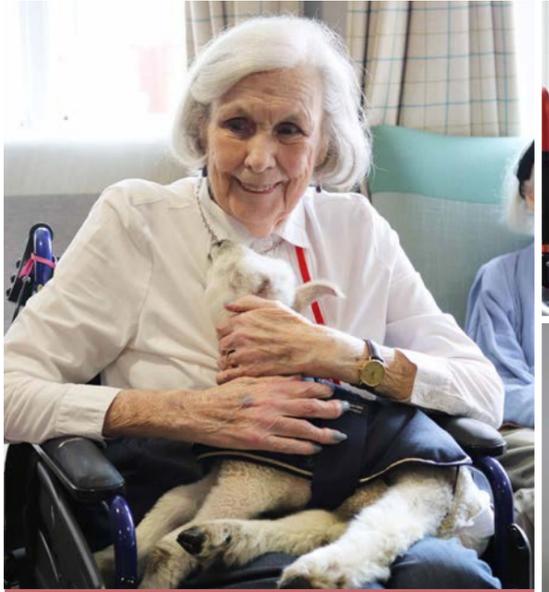


Mad Hatter Afternoon Tea Party at Oak Lodge!

Burns Night at Rowan Lodge & Irish Dancers to celebrate St Patrick's Day!



Basket Weaving at Oak Lodge & Word Games at Holly Lodge



Rowan Lodge residents enjoy cuddles with Mary the little lamb!



Activities & Events at Forest Care



Tap dancing Katie at Cedar Lodge!



Tom Jones Tribute at Cedar & Holly Lodge!



Activities & Events at Forest Care



Ukulele music at Rowan Lodge & Oak Lodge



Singing & dancing to visiting entertainers at Holly Lodge



Lunch out at Oakley Hall Hotel



Designing Jockey Shirts to celebrate the Grand National!



A LITTLE PLASTIC MAN CALLED KNEE
JOHN LOVEDAY

Hatch Warren School children entertain residents with poems from 'A little plastic man called knee' - a poetry book written by Oak Lodge resident John Loveday

Combing Her Hair

Somewhere a girl is combing her hair
It shines in the sun of morning and sun of the afternoon
In a picture a girl goes on combing
Till we turn the page and she's gone



Thank you Vivien for the knitted scarf!



Staff News & Celebrations



Celebrating 'National Activity Providers Professionals Week' #NAPP across our homes



Congratulations to Oak Lodge who won "Top 20 Care Home South East England 2024" – awarded by Carehome.co.uk!

Congratulations to Keerthy Viswan for completing her qualifications and becoming a Registered Nurse!



Resident Profile - June Chamber's Memorable Day

On the 5th of June 1952 when June was 20, she was on holiday in Guernsey with her family. She was on the beach building sandcastles with her sister.

A gentleman named George was on leave from the Army visiting relatives. He spotted June and her family on the beach and decided to take his chance, he asked June's father if he would like to read today's newspaper, dad had already read it but said 'yes'.

George helped Linda, June's little 7-year-old sister with the sandcastle building, he asked her dad if he could take her down to the water's edge telling her all about sand worms. From then on, they all spent the rest of the holiday together and had a lovely time. When it was time to go home, George was on the quayside with a big bunch of red roses for June. Three days later he followed the family back to London. Once settled back in London, George went off to Egypt with the Army for 3 years, he returned home for one month and then went off to Germany.

George worked in Germany for another 3 years. He came to visit once for two weeks to go on a small arms refresher course as he was a qualified marksman. During the weekend of the course, he came to visit June. George finally left the Army after 12 years in 1959 and settled into Civvy street.

June and George were finally engaged on the 5th of June 1963 and then married on the 5th of June 1965. They lived happily in Sidcup, Kent. The 5th of June was a significant date in June's life.





Lavender Shortbread Wedges

Ingredients for the shortbread:

180g of unsalted butter (+ extra for greasing)
65g of granulated sugar
2 tsp of grated lemon zest + 1 tsp of orange zest
1/2 tsp of pure vanilla extract + 1/4 tsp of salt
180g of plain flour

Ingredients for the glaze:

125g of icing sugar
1 tbsp of fresh lemon juice
1 tbsp of milk, plus more as needed
1/2 tsp of pure vanilla extract
Dried lavender + orange zest for topping

Method:

1. Heat oven to 165°C / gas mark 3. Butter a 23cm round cake tin, line with baking paper.
2. In a mixer, beat the butter until smooth. Add the granulated sugar, citrus zests & vanilla until combined. Gradually add the flour & salt, mix just until dough comes together.
3. Using lightly floured hands, press dough into prepared tin & prick with a fork several times. Bake until edges are light golden brown (30-35 mins). Let it cool in the tin, then loosen edges with a spatula and carefully turn out onto a wire rack lined with baking paper. Let it cool completely.
4. Make the glaze: Sift icing sugar into a bowl. Add lemon juice, milk & vanilla. Then whisk, adding more milk if needed, until smooth & thick but still pourable. Spread glaze on cooled shortbread, leaving a border. Sprinkle with dried lavender and orange zest. Let the glaze set for at least 30 minutes before slicing into 12 wedges.



9.9

Group review score on carehome.co.uk

“Rowan Lodge is a friendly home with a lovely atmosphere and always very welcoming to visitors. The caring staff treats everyone as an individual.”

“Fantastic home, with fantastic staff. I can’t praise it highly enough. My wife is so well cared for. The home is always immaculate. The staff are always friendly and welcoming. I really couldn’t have found a better home for my wife.”

“Staff are always very helpful and provide a high standard of care such that Mum feels secure. The home is kept very clean, and the staff are very good at organising activities which Mum enjoys participating in and which are always valuable.”

“The family made an informed choice when we applied to Oak Lodge for residence for my 90-year-old wife in 2022, and we have been very well rewarded for the trouble we took to find the best home for her. She quickly settled and greatly appreciates the care that she is receiving. We’ve been particularly grateful for the way that Oak Lodge has liaised with us as a family and the support the staff have given me personally in adjusting to living without my wife, whom I’ve known for nearly 80 years.”



Forest Care Award-Winning Private
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