

Welcome to  
*Edenmore Nursing Home's*  
Edition 5 2026 Newsletter



EXCELLENCE \* PEOPLE-DRIVEN \* INTEGRITY \* COMPASSION

*newsletter*

EDITION 5 2026

EDITION 5

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# Welcome!

Everyone at Edenmore has been enjoying the first signs of spring, and making the most of the beautiful sea view from our dining room, watching the first daffodils appear, and enjoying a nice cup of tea and cake.

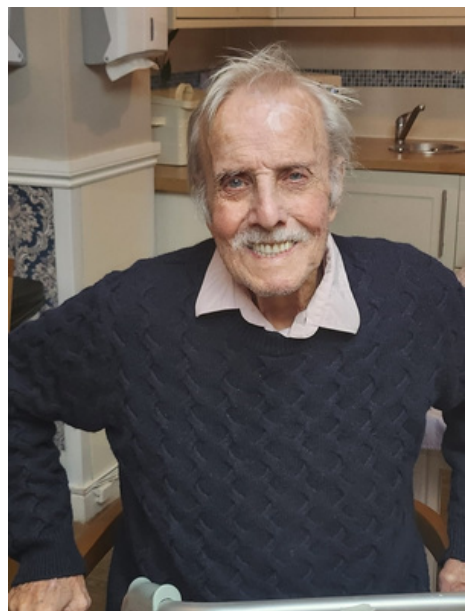
We will see the return of our coffee mornings every Thursday from the end of March. Where everyone is welcome. So please come along!

Our family members have been engaged in the activities we have in our home; current favourites are DJ Jude, Roberto from Chair Zumba, and Sandra, who supports with arts and crafts. We are also going to be introducing old favourites such as Bingo, film nights with popcorn and scrap booking. If you can think of anything your loved one would like to try or engage in, please get in touch.

We have also been busy with World Book Day, Pancake Day and Valentines Day. Hopefully from the photos shown in this edition, you will see how much our family members have been enjoying themselves.

For now, please enjoy reading.

*Gayle Cooper,  
Home Manager*



# World Book Day



The first week of March celebrated World Book Day, a fantastic day that invites everyone to celebrate the joy of reading and the many benefits it brings, including how reading can be a great way to connect with our loved ones. We felt that World Book Day gave us the perfect excuse to dress up as a character from our favourite book, and entertain and read with our Family Members.

Our Edenmore kitchen team are always baking an array of delicious homemade desserts, cakes, and tarts to tempt our family members taste buds, and they didn't disappoint us for World Book Day either. They baked some delicious cupcakes which were decorated in the style of the popular Harry Potter books.

Our Family members also enjoyed sharing in the fun with a surprise guest appearance by Dino the Dinosaur who visited all of our Family Members.

A fun day for all!



## Valentines Day

Family members enjoyed a lovely Valentines Day celebration filled with warmth, friendship and smiles. The home was decorated with hearts and colourful decorations, along with a sweet cart full of retro sweets, creating a cheerful and welcoming atmosphere for everyone.

Throughout the day, family members enjoyed themed activities, including music, sweet treats and spending time together sharing stories and memories. It was a wonderful opportunity to celebrate the special connections within our home.



## Pancake Day

Pancake day saw our family members enjoying celebrating with a warm and cheerful afternoon together. The smell of freshly cooked pancakes filled the home and brought back many fond memories for our family members.

Family members took part in choosing their favourite toppings, with popular choices including lemon and sugar, syrup, jam and banana and chocolate spread.

Pancake day created a wonderful opportunity for reminiscence, laughter and social connection. Sharing familiar foods and traditions is especially meaningful, and it was heart-warming to see so many smiles as everyone enjoyed their pancakes together.

Thank you to our kitchen team who helped make the afternoon so special. It was a simple celebration, but one that brought great joy and sense of togetherness to our home.



## New Themed Activities



We are always looking for new and engaging ways to support our family members wellbeing, and we are going to be introducing a variety of themed activities around the home.

One of our newest ideas is our Post Office, where family members can enjoy writing and sending letters, sorting postcards and reminiscing about posting letters in the past.

We are also exploring other creative themes such as a washing line and a newspaper stand. These can help create familiar experiences that many family members remember used to enjoy.

The aim of these activities is to give sense of purpose, encourage social interaction and create enjoyable moments throughout the day. We look forward to sharing more of these themed activities with our family members in the coming months.

## Refurbishment Update



We are also pleased to share that some refurbishment work has recently started taking place around the home. These improvements are part of our ongoing commitment to providing a comfortable, safe and welcoming environment for our family members.

The updates will help create brighter and more relaxing spaces for family members to enjoy. We appreciate everyone's patience while the work is being completed and look forward to family members and relatives enjoying the refreshed surroundings.



## Feedback



Helen, who has a real fondness for singing, shared about the day, *"It was one of the best days I have had in a long time!"*

*"Thank you once again, dad looks jolly in the photos"*

*"They always go above and beyond to make the home as fun and as interactive as they can and they are incredibly patient"*



## *Enhanced Notes:*

Good care records tell the story of a person's day, not just what happened, but how someone was, how they felt, and what the team noticed along the way.

Enhanced Notes are detailed progress notes that give a fuller picture of how a family member has been over the course of a day or night. They sit alongside standard progress notes and are written by the team when a richer level of observation is needed.

Enhanced Notes may capture:

- How a family member presented throughout the day - their mood, emotional state, engagement and interactions with others
- Any changes in wellbeing that may signal a risk or need such as withdrawal, confusion or signs of distress
- Physical care and presentation including mobility, personal care, medication and how support was received
- How the team responded, the approaches used, the length of interactions, and the number of team members involved

The detail in Enhanced Notes matters. It helps the team build a clearer picture of a family member's wellbeing over time, spot changes early, and make sure the support being provided continues to be the right support at the right time.

If you would like any further guidance on this, please speak with your line manager.



## *Care Plans:*

As Registered Manager, one of the things that matters most to me is making sure every person who lives with us is truly known, understood, and valued for who they are. We can only do this well when we work in genuine partnership with you, the people who know them best.

I warmly invite you to spend time with us, to read and talk through care plans, to meet with the team, and to share your loved one's life story, memories, routines, and what really matters to them. We also hold relatives and friends meetings every quarter, which we will always share with you in advance, and these can be another opportunity to come together, ask questions, or simply have a catch-up afterwards if that feels right for you.

We truly appreciate that this level of involvement isn't for everybody, and that is absolutely okay; there is no expectation and no judgement. What matters most is that you feel comfortable, supported, and confident that your loved one is cared for with dignity, compassion, and respect. Our door is always open, in whatever way works best for you, and we would love you to feel part of our home, our team, and our extended family.

If you would like to be involved in your loved ones care plans, please speak with Gayle.

# *Birthdays*



We have enjoyed celebrating some very special birthdays in the home. Family members were able to enjoy cake, music and time with friends and staff to mark their special day.

We would like to wish a very happy birthday to all of our family members who celebrated their special day with us over the last few months!

## *January*

Helen  
Lillian



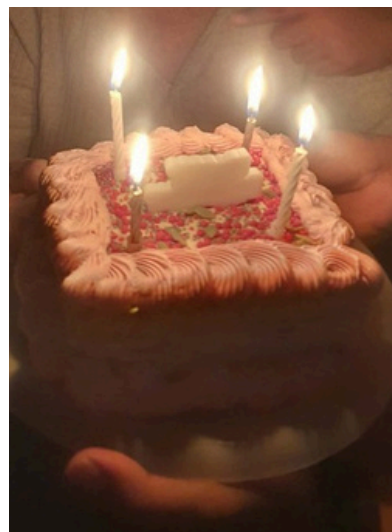
## *February*

Jacqueline  
Alwyn  
Anthony  
Jilian



## *March*

Janet  
Diana  
Susan  
Terence



# Upcoming Events & Activities

Over the coming months we are looking forward to more exciting activities and themed days. Plans include the following...

## April

- 3<sup>rd</sup> Good Friday - Fish & Chips in classic takeaway boxes 5:00pm
- 5<sup>th</sup> Easter Sunday - Easter bonnet making & Easter cookie decorating
- 8<sup>th</sup> Games 11:00am
- 10<sup>th</sup> DJ Jude - 1h of music and dancing
- 11<sup>th</sup> Grand National race day raffle 11:00am
- 13<sup>th</sup> Arts and crafts
- 15<sup>th</sup> Games 11:00am
- 17<sup>th</sup> Chair zumba 2:34pm
- 18<sup>th</sup> Ukulele Pluckers 2:00pm
- 21<sup>st</sup> National Tea Day - Vintage afternoon tea 3:00pm

## May

- 15<sup>th</sup> Chair Zumba 2:45pm
- 18<sup>th</sup> Eurovision celebrations
- 22<sup>nd</sup> DJ - 1h of music and dancing

## June

- 19<sup>th</sup> DJ Jude - 1h of music and dancing
- 21<sup>st</sup> Father's Day

More dates for May and June will be shared soon. If you have any questions in the meantime, please let us know.



Thank you for reading and we look forward to seeing you soon!