



Welcome To Our Newsletter



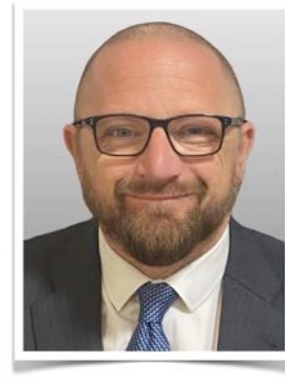
Welcome to our latest newsletter for October 2023. As the weather starts to cool down and the leaves on the trees are turning into beautiful shades of red, orange and yellow, it's clear that autumn is here. We're excited to bring you all the latest news and updates from our home.

Also, if you know someone who would like to receive our email newsletters/updates please just let us know, or forward them the newsletter sign up link below:

Newsletter Sign-Up

Best wishes,

Simon Paul
Home Manager



Poetry at The Hazelwell



Over the past few months, our residents have been asking our home's Activities Coordinator, Kathy, if she could organise a poetry reading and discussion group.

Kathy was more than happy to organise this for them and it quickly became a massive success. Each week, our library is full of residents and their loved ones where they can read poems and talk about them afterwards. To help everyone understand the context of these poems, we also play a documentary about the chosen poet for that week which our residents have found very informative and beneficial.

So far, each session that we have had has raised lots of laughter and provoked conversations between our residents. At our care home, it is important to us that all of our residents have the opportunity to socialise with one another, so they can form friendships. This is especially important for the elderly as isolation and loneliness can affect their mental well-being massively.



Participating in a group activity, such as a poetry group, can offer a multitude of benefits for elderly individuals, particularly in combating loneliness and isolation. Firstly, these gatherings provide a sense of belonging and social connection, offering opportunities to engage in meaningful conversations and build friendships. Not only this, poetry, can serve as a powerful medium for self-expression, allowing seniors to share their thoughts, experiences and emotions, thereby fostering a sense of validation and understanding among peers. Moreover, the structured nature of a poetry group can stimulate mental agility, enhancing cognitive function and offering a productive outlet for creative expression.

Time Flies

A poem by Rex, resident at The Hazelwell Care Home

*On the 20th March I had a new roof over my head
On how the last six months have sped
When all care homes are put to the test
The Hazelwell in Heswall must be up there with the best*

*This ancient old body you have been willing to tend
Each one of you is both a carer and also a friend
I am happy to be here, it's so warm and clean
And from my room window I have a very nice scene*

*Dog walkers and horse riders, all weathers brave
And pass by, stop, and give me a wave
The seasons are passing, the leaves starting to fall
It will soon be Christmas in no time at all*

*I have said it before, I will say it again, I know it's not a special refrain
My thanks go to ALL who work here, as I pass the second half of my first year*

Overall, such group activities not only alleviate the often overwhelming feelings of loneliness and isolation that many elderly individuals face but also promote mental and emotional well-being, contributing to a more fulfilling and enriched life in one's golden years.



Fitness Session



At our home, we understand the importance of promoting an active and healthy lifestyle for our residents. That's why we recently organised a fun and engaging fitness session.

The session was led by an experienced and enthusiastic online fitness instructor who kept everyone motivated and energised throughout the workout. With a lively soundtrack of upbeat tunes, including the classic hit "Build Me Up Buttercup", our residents were soon moving and grooving to the rhythm.

The exercises were tailored to suit the abilities and needs of our residents, ensuring that everyone could participate and benefit from the session. From gentle stretches to more challenging movements, the workout provided a full-body workout that left everyone feeling invigorated and refreshed.



Following the fitness session, our residents enjoyed an afternoon of quizzes and cakes, which provided a perfect opportunity for them to relax and socialise with one another. It was heartening to see how much they enjoyed the session and how it contributed to their overall well-being.

At our home, we are committed to providing our residents with a wide range of activities that promote physical and mental health. We believe that staying active and engaged is essential for maintaining a high quality of life and we are always looking for new and exciting ways to keep our residents healthy and happy.



Social Media



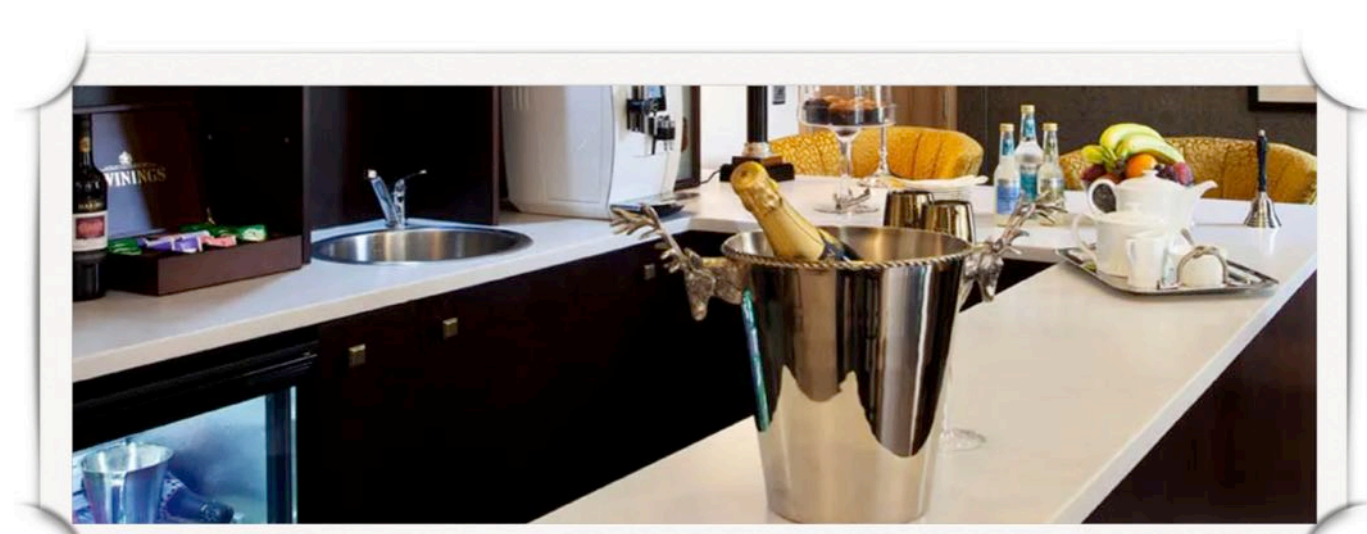
Facebook

Make sure to check out our Facebook Page and please give us a "Like" to keep up with all our news.

<https://www.facebook.com/hazelwellcare>



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