News from
ASHBROOK COURT
CARE HOME

Dear friends,
As a fresh new season unfolds, our home is brimming with joy and vibrant energy! Catch a glimpse of our delightful summer adventures in our latest newsletter.

Afternoon tea dance

Our summer party in July was a vintage affair with a 1940s-style tea dance. Residents and visitors enjoyed delicate sandwiches, homemade cakes, and plenty of tea while a local musician played classics from the era. Couples swayed, friends tapped their feet, and a few of us even tried a twirl or two!

The warm summer light streaming through the windows made it feel like we had stepped back in time. We are always delighted to welcome our neighbours and community friends, and I want to say a big thank you to everyone who attended and helped make it such a big success.

Heart of Gold

Our annual Heart of Gold ceremony is always a wonderful event, and this year was no different. Our Heart of Gold ambassador was the lovely Amy Morey, whose patience, humour, and willingness to go the extra mile is an inspiration to us all.

Residents shared heartfelt stories, with one gent joking that Amy "should get a medal for keeping up with us lot," which made the whole room laugh. It was a simple but powerful reminder of the affection and kindness at the heart of our happy home.

Summer of sunflowers

This summer, we shared a bit of sunshine through our Sunflower Challenge. Our residents teamed up with local children to plant seeds. Challenge packs were handed out across the community, and prizes were awarded for the tallest, tiniest, and most vibrant blooms. Our residents took on the role of official judges, and the flowers we saw were nothing short of spectacular!

All aboard

This August, we had the most heart-warming moment when our late resident Ron wished to be reunited with his beloved miniature trains. He had been a proud member of the Chingford & District Model Engineering Club since 1967 and built or rebuilt many miniature engines over the years.

His favourite was the Merlin Ambrosias, the very first he built entirely from scratch. After being out of service for a while, his family lovingly repaired it, in time for his visit. Watching his face as he saw the engine, driven by his grandson Ryan, steam into view was truly magical. Ron will be fondly remembered and we are so grateful that we got to make his precious wish come true.

With love,

Jonathane Ribeiro

Home Manager

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We always love reading your comments on Facebook! Here are a few recent ones:

"Thank you to the staff today and the brilliant singer. Mum had a great birthday and a lovely cake." Kim

"Wish all care homes were like this. Fantastic." Anne

"Thank you for making a fuss of my Dad." Julie

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