

# News from ASHBROOK COURT CARE HOME

Dear Friends

As Spring dawns and the country slowly emerges from lockdown, we wanted to share with you the good times we have enjoyed so far this year.



## Decorating Club

The new year has been a great time to freshen up our home with some DIY projects - something our residents love getting involved in as part of our decorating club! So these past few months we have been rolling up our sleeves and getting handy with the paint brushes; the ladies took charge of sprucing up the garden furniture, while the gents helped give the walls a new lick of paint. It was wonderful to see our residents gain such a marvellous sense of achievement and our team members were thrilled to have made this possible.

## Sweets for my sweet



It was important to us that we help our residents do something special for their families this year to celebrate Mother's Day, so we arranged for each resident to gift their children a personalised bar of chocolate with their smiling face on the wrapper along with a special message. Mothering Sunday itself began with a relaxing morning, where each resident received flowers and opened cards from loved ones. Our team members adorned the dining room with balloons and decorations while everyone dressed up in their Sunday finest. Then there were glasses of bubbly all round as we settled down for an afternoon cream tea! It certainly was a Sunday Funday!



# Many magical moments

2021 has been filled with Valentine's Day photo shoots, karaoke renditions of The White Cliffs of Dover and rock band performances featuring our array of musical instruments! But at Ashbrook Court we always like to balance our group activities with meaningful one-to-one time with residents in their rooms or our lounges. This can range from hand massages and reading together, to simply enjoying music or sharing memories. February's fall of snow gave us all a chance to be big kids once again as we brought in trays of fresh snow for sensory play from the comfort of our warm armchairs.



## A very happy Easter for all

Our Easter celebrations lasted all week long to the delight of our residents who had the time of their lives playing themed party games and making Easter crafts. On Easter Sunday itself our residents sat down to enjoy a delicious meal beautifully crafted by our in-house chefs, after which the Easter Bunny and Easter Chicken delivered chocolate eggs to everyone from our snazzy Easter trolley! We rounded off the week with a fundraising event, like no other! As myself and Eddie from our team had our arms and chests waxed in a bid to raise £1,000 for the Alzheimer's Society, a charity very close to our hearts. The smiles and tears of laughter were priceless! If you would like to donate, please visit: [www.justgiving.com/fundraising/ashbrook-court](http://www.justgiving.com/fundraising/ashbrook-court)



With love,  
**Jonathane Ribeiro**  
Home Manager

Ashbrook Court Care Home, Sewardstone Road, Waltham Abbey E4 7RG, Tel: 020 8016 3360

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

"You are all so precious, my Dad is so happy with you. He was speaking very highly of everyone on my visit and I can feel how much he is loved at Ashbrook Xxx" Julie

"Bless you all for the great work you do at Ashbrook!" Ruth

"So lovely to see these fabulous pictures of fun times being had and lovely to see the smiles and laughter. Thank you to our Ashbrook family for looking after those we love. Xxx" Amanda



If you don't wish to receive future newsletter updates from us, please email us at [marketing@carebase.org.uk](mailto:marketing@carebase.org.uk) and we'll of course, remove you from our list.