

# News from ASHBROOK COURT CARE HOME

Dear Friends

The glorious summer sunshine has brought our residents and team members many joyous days these past few weeks and we are delighted to share some of them with you here!



## Outdoor summer fun



Oh how wonderful it is to be back out in nature basking in the sunshine once again! We've been enjoying calming walks in the blissful surroundings of our local Pymmes Park, where residents had a lovely time feeding the ducks and having a spot of tea. We've ventured on thrilling outings to North Weald Air Field to see the airplanes take off and land. And we've spent many a sunny afternoon sharing a drink and lots of laughter in the beer garden at our local pub! Of course, we've been making the most of summer at home too with team members setting up lively games of cricket in the garden and keeping residents in a steady supply of colourful plants and flowers for a spot of gardening.

## Meaningful moments

It's the everyday activities that make Ashbrook Court a home. So alongside the fun and frivolity, our residents love to get involved in the everyday tasks too, like folding the laundry and having a quick dust round. Particularly when we pop on a bit of music and have a little boogie as we go! We find it's simple things like this that promote independence and bring back comforting memories of running their own home. Of course, our pet therapy dogs Rufus and Bailey help too in creating that homely feel, raising smiles and spirits whenever they visit. We also love to cultivate the beautiful inter-generational friendships made between our residents and our local Manor Park Primary School, who have been pen-pals for over a year now!



# A right Royal party



St George and his Knights made an appearance at Ashbrook Court back in April when our residents and team members decided to dress up and celebrate St George's Day. Our knights had a great time slaying paper dragons and donning costumes to play our favourite party games! The royal festivities then continued when we celebrated the Queen's birthday in June. This time our residents hit the dance floor as regal princesses while others wore the classic red blazers of the Irish Guards. Of course the day wouldn't have been complete without a little tippie, plenty of music and lots and lots of laughter!



## Ashbrook orchestra

As many of you know, back in lockdown we started hosting our own sing-a-long sessions as a way for residents to listen to and share music. We have so much fun when we sing together and it never fails to put a smile on everyone's face! More recently, this has developed into creating sounds ourselves when we introduced musical instruments. Without realising, we had formed our very own Ashbrook Orchestra and it has gone from strength to strength ever since! Now our group is such a hit, we decided to make it official by staging a press photoshoot and interview with the local paper, which residents had a brilliant time taking part in. Natural rock stars!



With love,  
**Jonathane Ribeiro**  
Home Manager

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

- "Fantastic place. I cannot express my gratitude for the love and care my Dad receives at Ashbrook Court" Julie
- "So, so lovely to see these pictures of time spent at the park. Thank you for making special days for special people xxx" Amanda
- "I love seeing your photos and what you've all been up to. You're always so busy! X" Pam

