

News from



ASHBROOK COURT CARE HOME

Dear Friends

Well, autumn is firmly here! We have been reflecting on all of the lovely things we've been up to in recent weeks and thought you'd like to see some of our photographs too.



Seaside adventures

Summer may be over but the mild autumn weather means day trips to our favourite Southend-on-Sea can continue for a while! After a relaxing stroll across the sand, we visited the arcades to try our luck on the slot machines! Our daring ladies even hopped on a motorbike racing video game! We then rode the train along the pier before taking in some imaginative art installations along the promenade. There was even time for some classic seaside nibbles; ice cream and fish and chips. Great fun!



Blooming marvellous

Our residents are a green fingered bunch who love potting and planting, and we like to encourage their passion as much as we can! So we set off on a trip to our favourite local nursery for a little garden inspiration. The breathtaking displays of colourful flowers did not disappoint, and we all came back bursting with ideas for what to do in the Ashbrook garden this season! We started by hosting a fun flower arranging session where our residents delighted in creating some beautiful bouquets to display around our home for all to enjoy. It was filled with the most wonderful scents for weeks to come!





Autumn entertainment

We recently visited Barnfields Stables, where everyone had a wonderful time petting and feeding the gentle horses. It was a delight to see the joy this brought! As you know, we like to keep our activities varied and so our next day trip was to the vibrant Rollerball Alley! There was much cheer and laughter as residents tried to outdo each other and get a strike! As for entertainment back home, we are happy to report that our Ashbrook Orchestra is still going strong, now with a karaoke machine added into the mix! Our most popular songs to sing include 'The White Cliffs of Dover' and 'Somewhere Over the Rainbow'!



Sharing Childhood Treats

Friends of Ashbrook Court will be familiar with our traditional sweet shop which is part of our indoor vintage high street scene. Here our residents get to joyfully share their beloved retro treats - everything from cola cubes to flying saucers - while serving their friends over the counter and enjoying a natter! The shop was designed to give residents a sense of comfort and security as they reminisce over happy memories. Residents have been busy taking it in turns to do the 'Sweet Trolley round', as a wonderful way for all to stay connected. More humbugs anyone?



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:**

"Lovely to see Mum having a day out. She always did love a day trip. Thank you." Linda

"How lovely to see happy residents enjoying their sing-a-long!" Pat

"I've said it many times that I think you're all fantastic. You show my Dad so much love, care and support. He loves his trips out. Thank you so much." Julie



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