



News from  
**ASHBROOK COURT**  
CARE HOME

Dear friends,

We enjoyed the Christmas festivities and have been reflecting on the love, laughter and memories made over the past year. We hope you enjoy our round up of the past few months.



## The magic of Christmas

Christmas is a very special time of year, and we always strive to make it as magical as possible for the team and our residents. We kicked off the festive season with our annual lights switch on, where the home was lit up in a beautiful light display which delighted our residents, their loved ones, and guests. The Christmas fair was pure magic thanks to a visit from several reindeer, plus lots of entertainment, mulled wine, hot chocolate, and mince pies. It was a Merry Christmas for everyone at Ashbrook Court!

## Man of the match



We were thrilled to organise a special day for one of our residents, former footballer Norman. Having previously played for Harlow Town, Norman was a special guest at the club's fixture against Clapton Community and was delighted with the experience and the hospitality of his former team. Friends and family of Norman were amongst the crowd as he returned to the hallowed turf he once called home to take a penalty on the pitch at half-time. Lacing up his boots, Norman slotted home his spot kick to the delight of the fans behind the goal.





## Time for tea

We are fostering community bonds one brew at a time with tea parties for our residents, their families, and local groups. Our first of many Making a Difference events welcomed children from High Beech Primary School, who had a great time engaging in activities with our residents. Every member of our team is committed to community engagement, by forging these connections with the wider community we believe it enriches the lives of our residents. The initiative extends beyond tea parties as we are forming a Friends of Ashbrook Court group to support charities.



## Sit back and relax

We pride ourselves on a vibrant atmosphere filled with fun, but equally we understand the importance of being able to sit back, relax and enjoy some pampering. Our regular pamper sessions include relaxing hand massages and manicures by members of our care team and are a great boost to our residents' wellbeing and confidence. Many of our residents love the one-to-one time, it's a nice time to chat and our team members love hearing their stories.



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 everyone looking happy and keeping busy” Kim

“You’re the best. Thank you Ashbrook Court for all you do and all you are” Amanda

“Thanks for taking good care of the residents” Toun

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