



# News from WATERMILLHOUSE 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.

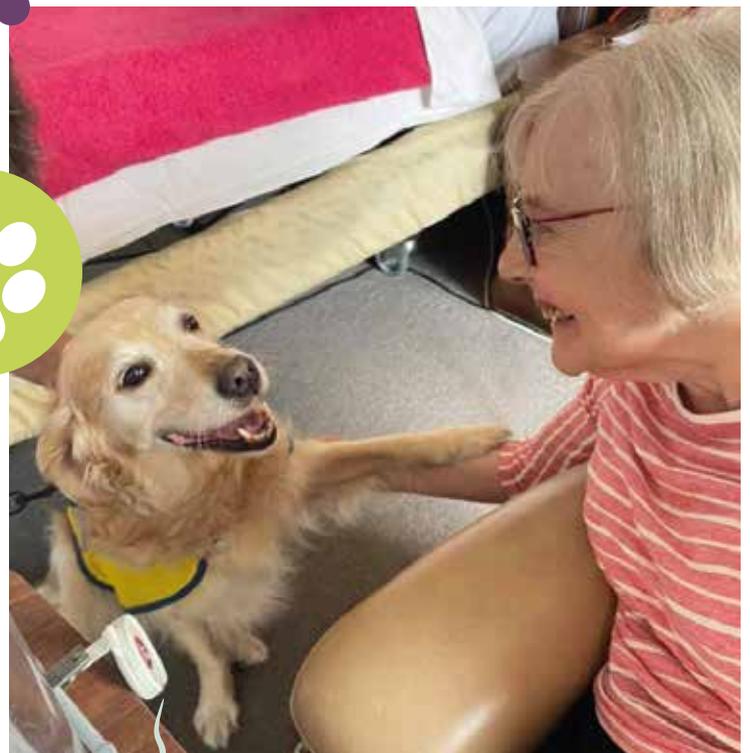


## Celebrating the new season

Autumn brings with it the perfect seasonal 'pub weather' and our residents love nothing more than a trip out to share a meal with their friends! While the ladies gathered in their local to enjoy a delicious glass of crisp white wine and a spot of lunch, the gentlemen got together for a fish and chips supper washed down with a hearty pint of beer! Later in the month, we came back together to make the most of the sunny September weather with a calming walk in the lush greenery of Gadebridge Park.

## Fun times with furry friends

We are lucky that we have so many loving pets that visit us at Water Mill House, making instant best friends with everyone they meet! Barley, the kind-eyed golden retriever, loves to pop by every few weeks and never fails to bring a smile to our residents' faces! As do the majestic Birds of Prey who captivate everyone whenever they visit! Pet Therapy has so many wonderful benefits; it's also bags of fun, which is why the ball of fluff that is Noah, the Pomeranian puppy, is never in need of a cuddle whenever he stops by!



# Macmillan Coffee morning

We recently hosted a Macmillan charity coffee morning and everyone had a brilliant time making scrumptious bakes to sell for the fundraiser! Our talented residents tried their hand at biscuit decoration, getting creative with multicoloured icing and all manner of stencils to create some beautifully intricate designs. On the day itself, everyone gathered in the bistro to sample the delicious cakes our star bakers had made! What a talented bunch!



## September silliness

We've had some excellent performances recently from visiting entertainers that have had everyone up, dancing and singing along! We are an energetic bunch here at Water Mill House, as our exercise instructor Daniel will attest. His popular workout classes keep our residents strong and agile, as they follow his gentle routines. Much laughter has ensued from recent themed days, including a September 'Back to School' special, where our team dressed up as schoolchildren! There is certainly never a dull moment in our home and we wouldn't have it any other way!



With love,  
**Victoria Forsythe**  
Home Manager

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Hemel Hempstead, HP3 9BP, Tel: 01442 952349

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

"I love seeing these pictures! Everyone looks so happy!" Natasha-Lea

"Ooh how fabulous. Looks like you all had a lovely time xx" Lyn

"How delightful to see how happy the puppy made everyone feel." June

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