

News from WATERMILLHOUSE CARE HOME

Dear friends

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



A cosy autumn

October brought lots of fun to Water Mill House. Our lively Halloween celebrations were embraced wholeheartedly by the team who dressed up in full costume, much to the amusement of our residents! While we dressed as garish ghouls and spooky witches, our residents opted for a more subtle look with spider hats and accessories and looked absolutely wonderful! When it came to carving pumpkins we decided to do something different this year and create vases out of them for an Autumnal floral display! The perfect colourful addition to our home. And the seasonal celebrations didn't stop there. When Bonfire Night rolled round a few days later, we snuggled under our blankets with cups of hot chocolate to watch the fireworks outside. Such a cosy time!

Big achievements

In November we celebrated with our resident David when he passed his scooter test! He was thrilled to receive his new set of wheels and to show his new motor off to all his friends. Helping our residents to maintain their independence is hugely important to us. We understand how engaging activities help to retain a sense of self, which can bring incredible benefits to a person's self-esteem and confidence. Mobility in particular is something we strive to improve for every one of our residents whether, like David, it is finding tools to aid them, or our weekly group exercises to maintain our resident's strength and movement. After all, happy bodies make happy minds.





Festive art

Our fabulous art teacher, Anna, has been working with our residents on a great festive project this year making our very own Christmas decorations. Using air dry clay, everyone cut out stars, snowflakes and hearts, and then got creative using different tools to design pretty markings and textures. Once dry, in the next session they were painted and glossed and ready to hang on the tree. These art classes bring such a sense of accomplishment for our treasured residents. And it is always a welcome opportunity to enjoy each other's company and catch up on what we've been doing in the week!



Step into Christmas

It's been a busy Christmas so far, filled with festive joy and cheer! As soon as December arrived we headed out to all our favourite local garden centres for some creative inspiration before transforming our home into a winter wonderland! Who needs Santa's Grotto when you live at Water Mill House, adorned with its glittering Christmas trees in every room and even a life sized Santa statue! Of course, we made sure there were plenty of celebrations too, with live performances from local entertainers who had us up on our feet dancing and singing along to get us in the spirit!



Wishing you a Merry Christmas and Happy New Year from our home to yours!

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:

"Ooh how absolutely wonderful to see your lovely residents looking so happy and having such a lovely time!" Lyn

"Lovely photos, everyone looks like they enjoyed the day." June

"Great pictures, looks like you're having a good time." Allyson

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

