

News from

WATERMILLHOUSE

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.



Festive fun

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.

It's a pirate's life for our residents!



At the start of autumn, residents enjoyed a day of pirate-themed fun aboard a canal boat cruising through Kings Langley. Members of our team dressed in full pirate costume for the voyage, and our motley crew of residents were in high spirits, wearing pirate hats and eye patches, as they waved their cutlasses and shouted 'ahoy' at passers-by. The residents loved the interaction it generated with the local community, as lots of people walking along the canal or over the bridges stopped to wave and say hello. A highlight was passing a boatload of school children moored at the side of the canal, who all cheered, which made everyone smile.



A purrfect visit

Everyone was completely in love with the three little kittens that came to visit recently. Pet therapy has lots of health and wellbeing benefits, especially for older people and those living with dementia. Some of our residents liked to just look at the little kittens, while others loved stroking their super soft fur. We hope to have another visit from these little darlings again soon.



Doll therapy

Candlesticks has had a makeover and now has lots of fabulous accessible activities. If you are visiting, then feel free to sit with your loved one at the table and choose from a range of activities to do together. Doll therapy is proving to be very popular with some of our ladies, as it supports an emotional need to nurture others. The sensation of holding a doll is often soothing, it can improve wellbeing and ability to communicate, and for some it reminds them of a time when they had young children.



With love,
Victoria Forsythe
Home Manager

Water Mill House Care Home, Rose Lane (off Red Lion Lane),
Hemel Hempstead, HP3 9BP, Tel: 01442 952349

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

“You always go above and beyond for [mum] with your kindness and commitment to her and the other residents. Thank you.” Allyson

“Thank you to all at Water Mill House Care Home for all you do.” Suzy

