



GROVELAND PARK

Issue. 01

Newsletter

March 2025

Refurbishment Update

The Bar Bistro is now complete and has truly become the heart of our home. Now twice the size, it provides a beautiful space for families to relax, enjoy a coffee and cake, or try something from our bistro menu. We've hosted many wonderful celebrations and intimate gatherings, with Martin and his team ensuring each occasion is special. Our refurbishment efforts continue, with work currently underway in the ground floor lounge. Once finished, we'll move on to the corridors, completing our planned improvements. Everyone is thrilled with the changes, and we can't wait to share the final results. Thank you all for your continued support!



Special Event



We had the pleasure of celebrating Tom's 107th birthday with him, joined by his family, friends, the Mayor of Bexley, Cllr Sue Gower MBE JP, and our MP, Daniel Francis. Tom, a local celebrity and believed to be Bexley's eldest resident, was honored with a recognition award for over 70 years as a Labour Party member. The milestone may even be longer! He credits his long life to living at Groveland Park, where he has happily resided for 13 years. It was a wonderful afternoon filled with joy and appreciation for Tom's incredible journey. We are privileged to have him as part of our community. Congratulations, Tom!

Falls Research Project

We are working on a research project with Bexley Local Authority focused on falls among the elderly. With many possible causes, our goal is to use the findings to explore effective ways to reduce falls among our residents. By identifying key risk factors and understanding the underlying causes, we aim to implement targeted interventions. This initiative is part of our ongoing commitment to enhancing safety and well-being for all residents.



We are always exploring new ways to enhance our residents' well-being, taking a holistic approach that addresses both physical and mental stimulation. Boxercise has become a huge hit, with residents eagerly participating in chair-based exercises led by Mark. His unique and fun approach helps improve balance and coordination while keeping everyone engaged. We also encourage residents to join trips out, whether it's for pub lunches, bowling, shopping, or visits to garden centres. Sometimes it's even a cheeky McDonald's or a stop at the Pie & Mash Shop for a treat. We are committed to supporting our residents in living life to the fullest and having fun!

Wellbeing



Nourishment



Our Nutrition Champion is collaborating with our Chef Manager to provide a varied and balanced diet, particularly for those with a higher BMI, focusing on healthier vegetable options. We're also working on drink shot supplements to boost iron levels, ease constipation, support kidney and liver function with protein shots, and provide higher calorie and fat content for residents needing extra nutritional support. Additionally, we've enhanced the diabetic diet with delicious options like diabetic chocolate truffles, cupcakes, individual desserts, birthday cakes, flapjacks, and more.

Each month, we'll be hosting a coffee and chat group for those living with or caring for someone with dementia. The goal is to offer advice, a listening ear, and a supportive, dementia-friendly environment. We'll provide helpful care-related information to assist the community. Come enjoy a coffee, a cake, and a relaxing time in our lovely Bar Bistro. This is a wonderful opportunity to connect with others who understand and share similar experiences.

Community Involvement



Spiritual Care



Spiritual well-being is deeply important to our residents. We host several weekly religious events, including Holy Communion and a gospel choir that is widely enjoyed. We are also expanding our community and church-based outings, with activities such as joining church coffee mornings and lunch groups. Our residents lead their own Sunday Service, singing hymns and conducting readings. We also welcome visits from local Priests, Vicars, and Ministers to offer support and connection.

Fun Events

At Groveland Park, fun continues into the evening with a different themed event each month. These events provide a great opportunity for the community, residents, and relatives to enjoy quality time together. From magicians and live bands to casino nights, there's something for everyone, along with our staffed bar and delicious food. It's always a lively and entertaining atmosphere. Be sure to keep an eye on our Facebook page for upcoming events!



Upcoming Events

St. Patrick's Day
17th March | 5.00pm



Easter Egg Hunt
20th April | 10.30am



St. George's Day
23rd April | TBD



What People Are Saying!

We're grateful for the wonderful reviews on Carehome.co.uk and Google. Your feedback is invaluable to us! Please take a moment to share your experience. Thank you for being a part of The Groveland Park community.



Groveland Park Care Home

Mum is very happy at Groveland and takes part in all the activities. The hair and nails facility is great for her and the dining is excellent. The home provided lovely food for my mum's birthday in the newly refurbished bistro. They laid it all out for the family so we could all relax with Mum. The two members of staff in the bistro are amazing - nothing is too much trouble. Mum is looked after very well and is always smiling. Thanks to all the staff.



- carehome.co.uk review