

GP

GROVELAND PARK

Issue. 02

Newsletter

March 2026

Spring at Groveland Park

Spring appears to have now sprung! We are so pleased to see that the additional plants that were planted last year are making a difference to the front and back gardens. Martin, Bistro Manager has worked hard to plant an array of bulbs and flowers that will provide us with a splash of colour after all the rain that we have had.



Refurb Update



We are really pleased with how our home is looking following the recent updates to our bedrooms, cinema, lounges, bar bistro and fine dining! We are moving into the next planned phase of our refurbishment, the communal toilets and bathrooms will be given a face-lift, we are looking forward to the ideas from the interior designers and are hoping to commence the work this year. We will keep you informed as this plan develops.

New Bistro Menu

Following the beautiful refurbishment of our Bistro, we have reviewed the menu, and we are really pleased to announce that we have created a true Bistro menu. This has been thought of and implemented to showcase our luxury service and offerings provided in our home for visitors and families to enjoy. These meals are a snack, hence the small plates. Having tried each one, I can assure you that they taste amazing and look very appetising! We will be adapting this menu each quarter for a new taste with diverse ranges from all corners of the world.



We have yet again had the immense pleasure of celebrating with Tom for his 108th birthday. He celebrated in style with an afternoon tea, he was joined by his family, friends, the Mayor of Bexley, The MP for Bexley Daniel Francis and members of the local team from Bexley Council. Tom even had a special mention in the house of commons! Daniel Francis mentioned the wonderful 92 years of service that Tom has given to this was posted online This very special mention is available on Facebook and was posted by Daniel himself. We went on to celebrate into the evening with a wonderful evening being entertained by one of Tom’s favourite entertainers, Andy Mace.

Big Events



Wellbeing



Overall wellbeing is essential for our residents, with regular exercise helping to maintain independence, improve mobility, and support overall health. Benefits include reduced fall risk, improved mental wellbeing, and stronger physical health.

We have enhanced our sessions to include Boxercise, Armchair Yoga, and archery with Kerry, where residents become very competitive!

We offer Rise seated sports programmes, meant to support both mental and physical wellbeing in a safe, inclusive and engaging way for all abilities.

Each week during term time we host a Songs & Smiles session which is managed by The Together Project. This is an hour-long session designed to bring generations together. The group is of Mum's and their pre-school children for musical activities and 'meet & mingle' time led by a trained professional Group Leader.

The sessions bring so much pleasure and joy to our residents the babies and toddlers. Songs and Smiles indeed!

Community Involvement



Facebook Competitions

We have a competition each month which we post out on our Facebook page, from our annual Groveland Park Christmas Card Competition to our Red Nose Day Competition, they are usually themed around the calendar of events and are a way of winning a little luxury treat for you or your family. Be sure to follow us to participate and enter for a chance to win, and please share.



Fun Events

Our Christmas Fayre at Groveland Park was a fantastic day! Together, we raised an incredible £258.00 for Cancer Research. Christmas Day itself was truly magical, with a special visit from Santa who brought joy and smiles!

The celebrations continued into the new year with Valentine's Day crafts, filling the home with colour and sparkle.

More recently, we enjoyed a great St Patrick's Day afternoon, complete with talented Irish dancers and a fantastic singalong session with Charles Antony.



Upcoming Events

Refurbishment Party
17th April | 3.00pm



May Day
May | TBC



Drag night for Pride
June | TBC



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

The care and kindness shown to our mum at Groveland Park, has truly exceeded our expectations. Every member of staff... has been compassionate, attentive and genuinely caring, giving our family enormous peace of mind especially as our part of the family live in Australia. Mum has... settled in beautifully and speaks so positively about the food, outings and friendships she has made. It has been especially heart-warming to know she has formed close friendships and feels such a strong sense of belonging... The warmth, professionalism and genuine respect shown to residents is evident every day, and we feel incredibly grateful knowing Mum is in such safe and caring hands.



- carehome.co.uk review