



GROVELAND PARK

Issue. 03

Newsletter

October 2026

A Message From Caroline

Welcome to our Autumn Newsletter, this year is going so quickly.

Autumn is a time of change, the weather, the leaves on the trees and for us at Groveland Park too. We are sad that Leanne, deputy manager has decided to move on to pastures new but celebrate and welcome new arrivals to our management team, both come with years of experience and I am sure that they will settle in well and provide support to us all.

We are progressing with our refurbishment of the toilets and communal bathrooms and I must say, they are looking spectacular. Due to unforeseen problems, this is running behind schedule but hopefully the rest of the programme will go smoothly.

Throughout this season, we will be celebrating a variety of international and national awareness and celebration days, with activities tailored especially for our residents to enjoy and of course, preparations for Christmas are underway.

We are further building our community links with some new projects on the horizon for interactive arts and more intergenerational activities with local schools and groups which are always welcome.

We also have had the arrival of our new minibus; it is brand new and has more seating capacity than the previous one allowing us to facilitate more wheelchair users for trips out.

We post our upcoming events on Facebook; please review this to see what fun our residents have and where we post all our invitations to join us for our themed events and to enter our monthly competitions.

As always, please feel free to contact me or a member of the team if you have any questions, suggestions, or feedback regarding our service.

Caroline Cheeseman

Home Manager

Supporting Physical Wellbeing

We continue to support residents with their physical wellbeing with our gentle but effective physical activities. We have added a new session to our programme, Just Dance, a lively seated, or standing, dance session to improve balance and stability, heart health and joint mobility. It's a great mood enhancer, releasing happy hormones and building confidence.

We continue with our regular sessions of Boxercise, Rise and Seated Yoga which are all much enjoyed. We thank our wonderful leaders of these sessions and can truly see the positive impacts on our residents. We have also included into our trips out, art studios and more places of interest.



Maintaining Memories & New Learnings

Our wonderful activities team have introduced many new activities.

Scrapbooking – This is a wonderful way for residents to create their own album of things that interest them, their pastimes, photos and memories which are reflective of their varied lives.

Dawson Talks – We have been lucky to have this interactive service for a few years now. Residents thoroughly enjoy the session which provide themed reminiscence with songs, talks and a visual slideshow.

We welcome Francesco and his amazing instruments from around the world. He fully interacts with residents, explaining each instrument and plays them all creating stimulation, relaxation and interest.



There is nothing like being hands on. We are introducing more Household chores which can be anything from pairing socks, folding laundry, even going to the post-box to post a letter. All day everyday things that we do not think about until we are no longer able to do them. Interactive therapeutic art sessions to come in October for 6 weeks. This is an exciting project which involves a team of specialists who bring art materials that can be used interactively with song and talks.

Celebrating Our Team

We are incredibly proud of our dedicated and compassionate team members and would like to take the opportunity to recognise some special achievements and contributions.

Congratulations to all those who were nominated by their peers for staff appreciation in recognition of their hard work, kindness, and continued support for both residents and colleagues and for going above and beyond.

We celebrated Ade who is supporting us, we are very lucky to be able to share Ade with The Bridge Care Home and has made a positive impact on nights.

We also want to celebrate Chrissie who was out and about helping with activities when she was approached about our home. Chrissie informed the prospective client about our home in a positive way which resulted in an admission.

Suzy from our domestic team, for generally helping out everywhere and spending time with residents.

Staff nominated Jemma from our catering team for picking up shifts and looking after the staff in the staff room ensuring that they are catered for.

Thank you to all of our wonderful team members for the care, compassion, and positivity you bring to the home, our residents and visitors each and every day.



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New Wheels

We welcome the new arrival to Groveland Park. Our lovely brand new minibuss. This can cater for up to 17 passengers or fewer with spaces wheelchair passengers. It is larger than the old one, which we still have and can use. We are sharing it with The Bridge alongside our wheelchair accessible vehicle. We look forward to many more trips out.



Community Events

Summer Fayre

We had an amazing Summer Fayre this year, very well attended and we raised £560 for Alzheimer's Research. Thank you to everyone who supported this day.



Hawaiian Afternoon

Cocktails were flowing and we had some steel band music. Lovely afternoon.

70's Party Night

We remembered the days of Disco and Abba! A fun night with everyone having fun.



Facebook Competitions

September

Win a Free Manicure

October

Spooky Snaps

November

Worst Haircut Photo

Upcoming Events



Psychic Night
30 October



Christmas Fayre
28 November



Christmas Party
23 December

What People Are Saying!



Groveland Park Care Home

"Staff & facilities are superb, comfortable, safe, extremely clean. A very caring environment. Proactive & extremely caring staff. Excellent party for our friend in the function room - superb food & drink provided with impeccable service. Nothing seems to be too much trouble..."



- carehome.co.uk review