

THE DOWER HOUSE

Residential & Nursing Care | WINCHESTER

MONTHLY NEWSLETTER

AUGUST

SHARING NEWS FROM OUR WONDERFUL HOME

Romeo & Juliet Open Air Performance.



Residents, families and members of the wider community gathered in our beautiful gardens to enjoy a wonderful open-air performance of Shakespeare's timeless classic, Romeo & Juliet.

The production was presented by Open Bar Theatre and The Dot Collective, who are touring the South of England this summer.

Cont. on Pages 2 & 3

BEN'S TALK AT TUESDAY'S PLACE

Our talented gardener, Ben, gave a wonderful talk on a guided tour of The Dower House gardens at St. Mary's Chapel in Kingsworthy. Ben shared his extensive knowledge and passion for horticulture.

Cont. on Page 4.

OUR SUMMER BBQ

Good food, great company and plenty of laughter. Max was our chef for the evening. What a great success! with 36 residents & neighbours coming together to enjoy good times.

Cont. on Page 5

LUNCH OUT AT LEPE BEACH

There is something incredibly special about spending time by the sea, seabirds soaring overhead or the ever-changing colours of the sea. The calming sound of the waves.

Cont. on Page 7

BRINGING NEIGHBOURS TOGETHER

Staff invited to attend a wonderful seaside-themed Garden Party hosted by Sue, the Estates Manager, at Headbourne Worthy House community.

Cont. on Page 8.

RESIDENT'S CARE HOME REVIEW

Mr Strutt shared his rehabilitation experience at The Dower House with carehome.co.uk It is a our privilege to support residents to regain Mobility.

Cont. on Page 9

Open-Air Performance of Romeo & Juliet in our English Garden



Residents, families and members of the wider community gathered in the beautiful gardens of The Dower House, to enjoy a wonderful open-air performance of Shakespeare's timeless classic, Romeo & Juliet.

The production was presented by Open Bar Theatre and The Dot Collective, who are touring the South of England this summer as part of celebrations marking ten years of bringing accessible outdoor theatre to communities far and wide.

Set against the stunning backdrop of our gardens, everyone was immersed in a vibrant performance filled with music, colour, drama and theatrical magic as Shakespeare's iconic love story came to life. Bringing live theatre directly to our residents is something very special.

While some still enjoy visits to the theatre, others are no longer able to attend performances in the traditional way, making events like this all the more meaningful. One resident, Mrs Read, experienced a truly unforgettable moment when several members of the cast surprised her with a personal visit to her room before the performance.

With a smile, Mrs Read recalled the experience:

*"This young, good-looking man came into my room, took hold of my hand and sang to me. I was so shocked! I've never had anyone sing to me that closely before.
He was very loud and had a beautiful voice!"*



As temperatures soared throughout the afternoon, everyone was kept cool with refreshing cold drinks and ice lollies. Residents relaxed beneath gazebos while enjoying the performance, with the stage just a few feet away, creating an intimate and immersive theatrical experience unlike any other.

The afternoon was filled with laughter, applause and unforgettable moments. Seeing professional actors perform so close to the audience brought Shakespeare vividly to life and created memories that will be treasured by residents, families and visitors alike.

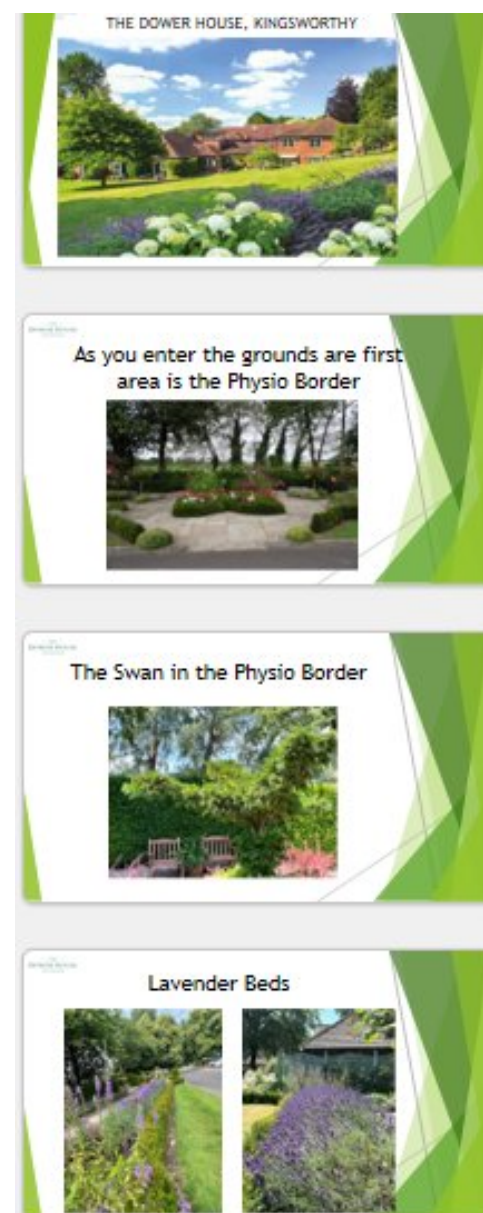
It was a wonderful reminder of the joy that live theatre, music and shared experiences can bring, and another very special day in the life of The Dower House.



Please do watch the video's of the show
<https://www.thedowerhousewinchester.co.uk>
 News & Events

BEN'S GARDEN TOUR AT TUESDAY'S PLACE

THE DOWER HOUSE



On the fourth Tuesday of every month, St Mary's Chapel in Springvale, near The Dower House, hosts a friendly gathering where old friends can catch up, new friendships are made, and everyone can enjoy delicious refreshments while listening to an interesting guest speaker.

Several of our residents from The Dower House regularly attend these gatherings and always look forward to spending time with friends, meeting new people, and enjoying the warm and welcoming atmosphere.

During our July meeting, we were delighted to welcome Ben, our Head Gardener from The Dower House. Ben's knowledge and passion for gardening are truly remarkable, and those attending were in for a real treat.

Through a fascinating slideshow displayed on the big screen, Ben took us on a virtual tour of The Dower House gardens. He shared the history of the beautiful grounds, highlighted many of the impressive trees, plants and flowers, and explained the care and dedication that goes into maintaining the gardens throughout the seasons. His enthusiasm was infectious, and everyone thoroughly enjoyed hearing about the work that makes our gardens such a special place for residents and visitors alike.

To make the afternoon even more special, everyone gathered together to sing "Happy Birthday" to our lovely resident, Mary Rose making her feel truly celebrated on her special day. The room was filled with smiles, laughter and warm wishes.

To round off a lovely afternoon, we were treated to a visit from the ice cream van. It was the perfect ending to a warm summer gathering, with everyone enjoying a refreshing ice cream while chatting and reflecting on another enjoyable get-together.

A huge thank you to Ben for giving such an informative and entertaining talk, and to everyone at St Mary's Chapel for making these monthly gatherings so welcoming and enjoyable.

Our residents are already looking forward to the next Tuesday's Place gathering.

SUMMER BBQ BRINGS NEIGHBOURS TOGETHER



Making the most of the glorious summer weather, we hosted a wonderful evening BBQ in the beautiful Dower House gardens for our residents and our neighbours from Headbourne Worthy House.

The evening was a great success, with 36 guests coming together to enjoy good food, great company and plenty of laughter. Max was our chef for the evening, serving a delicious menu of burgers, sausages, chicken kebabs, fresh salads, homemade coleslaw and pesto potatoes. Dessert was equally refreshing, with guests choosing between colourful fruit kebab skewers served with yoghurt and honey or a cooling sorbet.

A raffle added to the fun, with first, second and third prizes all being won by Dower House residents, no fixing, we promise!

One of the highlights of the evening came when Chris W. from the cottages at Headbourne Worthy House, stood up to thank everyone at The Dower House on behalf of her fellow neighbours. She spoke about how pleased they were to once again be part of our community events following the isolation of the COVID years, and how much these shared occasions mean to everyone.

To round off the evening, Chris, our COO, and Christine, Activities Organiser, were delighted to receive an invitation from Sue, Manager of Headbourne Worthy House, to attend their upcoming Beach Party. We are already looking forward to continuing our wonderful friendship and sharing many more memorable events together.





NEWS FROM CHRIS GOLDING CHIEF OPERATIONS OFFICER

The Dower House is a place where daily living is supported by good food, friendly conversation and compassionate care. But we are also a community, and July has shown exactly what community is all about.

Together, we have enjoyed a live open-air theatre performance in our gardens, a wonderful summer BBQ, a trip to the seaside, and we're delighted to have reconnected with Tuesday's Place, a local church group, as well as our fabulous neighbours at Headbourne Worthy House. These partnerships create even more opportunities to socialise, make new connections, and enjoy a wider range of activities. In short, they provide more choice, more people to see and more things to do.

In fact, I'm keen to challenge Headbourne Worthy House to a game of croquet on their beautiful historic croquet lawn – The Dower House residents and staff versus Headbourne Worthy House residents and staff! Who's in?

Perhaps what I am most proud of this month, however, is seeing how residents, relatives and staff came together when we spent two weeks without our call bell system when the supplier unexpectedly went into administration. In modern care settings, the absence of an electronic call bell system has significant implications. However, the calmness, patience and teamwork shown by everyone played a huge part in ensuring we got through the situation safely and without any major incidents.

A big thank you to everyone involved, and especially to our dedicated Intentional Rounds teams, some of whom recorded more than 16,000 steps during a single 12-hour shift!

Finally, I am in a privileged position and have the opportunity to hear wonderful feedback from residents and their families. Thank you to Mr Strutt, who stayed with us following an operation and kindly agreed to share his rehabilitation experience on video before returning home. You can read more on page 9 and watch his story on our website.

It is moments like these that remind us that whilst buildings, systems and processes are important, it is people who truly make The Dower House special.

My very best wishes,
Chris

A SEASIDE TREAT AT LEPE BEACH



Making the most of the glorious summer sunshine, our residents recently enjoyed a wonderful day trip to the beautiful Lepe Beach on the Hampshire coast. There is something incredibly special about spending time by the sea, and from the moment we arrived everyone was able to relax and take in the stunning coastal views.

Residents enjoyed watching the colourful sailing boats gently gliding across the Solent, while the windsurfers skilfully made the most of the fresh breeze. There was always something to see, whether it was families enjoying the beach, seabirds soaring overhead or the ever-changing colours of the sea. The calming sound of the waves, the fresh sea air and the warm sunshine created the perfect atmosphere for a truly relaxing day.

For many of our residents, the visit brought back fond memories of childhood holidays, family outings and happy days spent on Britain's beaches. It was lovely to hear everyone sharing stories and reminiscing about seaside adventures from years gone by, with plenty of laughter along the way.

As lunchtime approached, we treated ourselves to a true British seaside tradition – delicious fish and chips. Freshly cooked and enjoyed overlooking the sea, it was the perfect meal and certainly went down well with everyone. There were plenty of smiles around the table as residents and carers shared lunch together, enjoying each other's company and making new memories.

The day wasn't just about the scenery or the food; it was about spending quality time together. The outing gave residents the opportunity to get out into the community, enjoy the beautiful weather and experience all the sights, sounds and smells that make the seaside such a special place. These moments help stimulate conversation, encourage reminiscence and bring a wonderful sense of wellbeing.

Everyone returned to The Dower House with happy memories, plenty of photographs and stories to tell. Both residents and carers thoroughly enjoyed every moment of the day, and we are already looking forward to planning another seaside adventure.

VISIT TO HEADBOURNE WORTHY SEASIDE PARTY

THE DOWER HOUSE



Sue, the Estates Manager, and the Headbourne Worthy House community kindly invited Chris G and our Activities Organiser to a delightful seaside-themed garden party held in the beautiful grounds of Headbourne Worthy House.

It was wonderful to meet so many of our neighbours in such a relaxed and welcoming atmosphere. Every detail had been thoughtfully planned to create a true seaside experience, with themed table decorations, plates, cups and a wonderful coastal feel throughout. Many of the staff embraced the occasion by wearing fun seaside-themed tops, adding even more colour and character to the celebration.

There were even two unexpected guests! Two mischievous "penguins" made an uninvited appearance and were spotted lingering around the food, much to everyone's amusement, adding plenty of laughter and fun to the afternoon.

Guests enjoyed delicious hot Cornish pasties served with refreshing elderflower juice, followed by a classic Magnum ice cream – the perfect treat on a summer's day.

Chris G thanked everyone for their warm hospitality and generous invitation. Events like these are a wonderful reminder of the importance of reconnecting with our local community. The COVID-19 pandemic changed the way we all lived and socialised, making opportunities to rebuild friendships and strengthen relationships with our neighbours more valuable than ever.

We look forward to many more occasions like this in the future.

A RESIDENT'S RECOVERY JOURNEY



Mr Strutt - As featured on [carehome.co.uk](https://www.carehome.co.uk): Overall Experience *** (5 star)!**

"After spending four months in hospital following major lung surgery, I needed time to rebuild my strength and regain my independence before returning home. Choosing The Dower House proved to be one of the best decisions I could have made.

From the moment I arrived, every member of staff was kind, professional and always had a wonderful sense of humour. The beautiful gardens and well-maintained pathways encouraged me to walk each day, helping me gradually regain my fitness. After three months of being tube-fed, the delicious meals at The Dower House helped restore both my appetite and the weight I had lost.

My room was comfortable and welcoming, making it easy to feel at home.

I was so well cared for throughout my stay, and thanks to the support, encouragement and rehabilitation I received, I was able to return home independently. I will always be grateful to everyone at The Dower House who helped make my recovery possible."

carehome.co.uk is a very useful site for families who are trying to find the right care home. Reviews can help a family understand what relatives and residents think about the home, rather than simply reading the home's own description.

See more about post hospital stays at The Dower House and watch his video online at:
<https://www.thedowerhousewinchester.co.uk/care/post-operative-care-winchester>

NOTES FROM BEN

**WHATS BEEN HAPPENING IN THE GARDEN**

What wonderful weather we have enjoyed over the past few months! While we've all been making the most of the sunshine, the prolonged dry spell has certainly taken its toll on the lawns—and I must admit, I'm feeling it too!

As the summer heat continues, the garden is bursting with colour. Hot pink hollyhocks, vibrant magenta poppies and fiery heleniums are providing a spectacular display, while many of our perennials have now reached their full height.

Normally, the borders would be at their very best at this time of year, with lush foliage and an abundance of blooms. They are waiting patiently for some much-needed rain to bring them back to their full glory. In the meantime, we have been working our way around the borders, keeping them tidy, well-maintained and free from weeds.

One of this month's highlights is the beautiful rambling rose along the drive wall. When in full bloom, it is covered with masses of delicate pink flowers and is well worth stopping to admire. Over the coming weeks, we will continue our summer tasks of weeding, deadheading and caring for the gardens to keep them looking their best.

As the seasons change, I'll continue to share highlights from around the grounds, pointing out plants and areas of special interest so you'll know what to look out for during your strolls around our beautiful gardens.



A HEARTFELT THANK YOU FROM UKRAINE

Last year, the residents, relatives, staff and friends of The Dower House came together to donate clothing for families in Ukraine. The response was truly wonderful, and thanks to your generosity, much-needed items reached people living through unimaginable hardship.

Recently, we received a deeply moving thank-you from the families we were able to help. Despite the poverty and challenges they continue to face every day, they found the time to express their gratitude in the most touching way. The children lovingly created beautiful handmade thank-you cards, each one a heartfelt reminder of the difference your kindness has made.

Along with the cards, they sent us a handmade motanka doll. This thoughtful gift has touched us all and serves as a lasting reminder that even the smallest acts of kindness can bring hope, comfort and friendship across many miles.

To everyone who donated clothing, offered support or helped in any way, thank you. Your compassion has meant far more than you may ever know. Together, you have shown that even in the darkest of times, kindness can shine brightly and bring people closer together.



WHAT IS A MOTANKA DOLL

The motanka doll is not just a toy, but a profound symbol of Ukrainian culture, dating back to pre-Christian times. It was created without a face, believing that the soul could be “infused” through facial features.

Instead, a cross was often depicted on the face, a symbol of the sun and harmony. Also, it could be - a Goat. It turns out that the goat attracted wealth to the house, was a symbol of a rich harvest.

These dolls served as amulets, they were made with love and faith in the protection of the family, home and well-being. Each motanka is unique, handmade from natural materials, it carries the energy and wishes of the craftswoman.

It is a profound symbol of Ukrainian culture, spirituality and the connection of generations.

Its meaning goes far beyond the boundaries of a decorative or toy object - it is an amulet, a symbol of female strength, family memory and ancient tradition.

MRS READ CELEBRATES HER 103RD BIRTHDAY



We were delighted to celebrate a very special milestone as our wonderful Mrs Read reached the incredible age of 103! It was a lovely occasion shared with staff and fellow residents, who gathered together to sing Happy Birthday and celebrate this remarkable achievement with her.

Mrs Read is a great asset to The Dower House and continues to impress us with her enthusiasm, wonderful sense of humour and sharp mind. She is a much-loved member of our community and enjoys taking part in many of our activities.

One of her favourites is our weekly 'Word Game', where Mrs Read selects a word containing all the vowels, and the challenge is then set to see how many other words we can make using the letters. It is always a great source of fun, conversation and friendly competition, with everyone putting their thinking caps on! Mrs Read is often quick to come up with words and enjoys watching everyone else try to beat her.

Her 103rd birthday was made even more memorable by an unexpected appearance in the Hampshire Chronicle. Mrs Read had recently been involved in the excitement surrounding our Romeo & Juliet performance in the garden, which attracted plenty of attention.

Unfortunately, on the day of the performance, the weather proved a little too much for Mrs Read, so she sensibly remained in the comfort of her room. However, this certainly didn't mean she was going to miss out on all the excitement.

In a truly wonderful and unexpected gesture, several members of the Romeo & Juliet cast took time out before the performance to visit Mrs Read personally in her room. Dressed in their seaside-themed tops and ready for the afternoon ahead, they brought the performance to her, giving her the opportunity to meet some of the cast and share in the excitement without having to brave the heat.

It was a wonderfully thoughtful surprise and created a truly unforgettable moment for Mrs Read. Moments like this are what make life at The Dower House so special — ensuring that everyone can be included and enjoy the magic of our events in their own way.

103 years young, still enjoying a good word game, making the headlines and receiving visits from Shakespearean actors — what a wonderful way to celebrate Mrs Read! ❤️



THE DOWER HOUSE

WHAT'S ON IN AUGUST

Every Monday at 10.30 Knit & Natter with our ladies from Inner Wheel

Every Tuesday morning Keep Fit

Sunday afternoons 'Film Club'

Monday 3th

3pm Marc Davies Singing

Tuesday 4th

3pm Quiz Time

Wednesday 5th

11am Morning Chats

3pm Armchair Travels

'Walking tour of Winchester'

Thursday 6th

11am The Word Game

3pm Crafts 'Making Braclets'

Friday 7th

11am Games of legs

1.30pm Craft Afternoon with Christine

4.30pm News hour with Chris Golding

Monday 10th

3pm Pippa on the Violin

Tuesday 11th

3pm Jonathan Pragg

Wednesday 12th

11am Team Crossword

3pm Quiz Afternoon

Thursday 13th

11am The Word Game

3pm Indoor Boules (Teams)

Friday 14th

11am Ben playing the Piano

1.45pm **OPEN GARDENS & FARM
AFTERNOON IN AID OF HIOWAA**

Monday 17th

3pm Board Games

Tuesday 18th

3pm Pottery with Painted Dragon Fly

Wednesday 19th

10am Walks to Cobbs for Coffee

3pm Armchair travels

Thursday 20th

11am The Word Game

3pm Lets Make Cheese Twists

Friday 21st

11am Team Crossword

3pm Brian Budden on the Piano

Monday 24th

3pm Crafts making items for our
Christmas Fayre

Tuesday 25th

3pm Carol with her slide show

'Road to the Rockies'

Wednesday 26th

11am Holy Communion

2pm Tour & Tea at St. Swithuns Church

Thursday 27th

The Word Game

3pm Matrons Meeting

Friday 28th

11am Ben on the Piano

3pm Craft Time

4.30pm Chats with Chris

Monday 31st

3pm Games of Jenga

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