

THE DOWER HOUSE

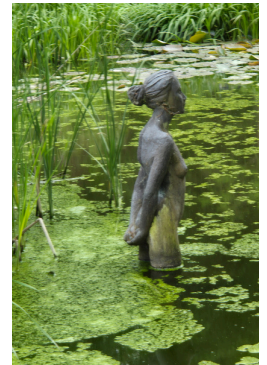
Residential & Nursing Care | WINCHESTER

MONTHLY NEWSLETTER

JUNE

SHARING NEWS FROM OUR WONDERFUL HOME

HILLIER ARBORETUM TOUR



A group of residents enjoyed a delightful visit and tour of Hillier Arboretum, guided by the lovely Penny a dedicated volunteer.

Penny led us through beautiful Peony borders boasting over 70 varieties and breathtaking wisteria in full bloom, the colours were so vibrant!

On the day, the group had an extraordinary encounter when a volunteer discovered a Great Crested Newt, a rare and protected species that had to be logged. We admired so many fantastic plants and trees, even a grand champion and a majestic swamp cypress that thrives in water.

Not far off, a magnolia bloomed, this has been cultivated, its rarity is that it flowers all summer long!

Having made our way around a small portion of the gardens we stopped at Jermyn's House a site with rich history. Penny explained that it was built in the 18th century and used as a smallpox hospital, it became a family home to Sir Harold Hillier in 1953. Today, it stands as a hub for administration and hosts a charming tearoom and restaurant.

The day was a celebration of rare plants, rich heritage and beauty that lies on our doorstep.

Alpacas Bring Joy to Residents and Local Families

Residents were delighted to welcome very special visitors from Solomon Alpacas, creating smiles, laughter, and plenty of memorable moments for everyone involved. The afternoon was opened up to local children and families, giving the wider community the opportunity to meet the friendly alpacas alongside our residents.

To support a cause close to residents' hearts, entry to the event was just a £1 donation, with all proceeds going to Hampshire & Isle of Wight Air Ambulance. We would like to thank everyone who attended and contributed so generously to our charity.

Throughout the afternoon, children had the chance to gently stroke the alpacas, learn more about them, and take part in colouring activities with alpaca-themed pictures. There was a lovely atmosphere as residents chatted with visiting families, watching the alpacas explore, and enjoyed seeing the excitement on the children's faces.

The alpacas, Echo and Rosie, were wonderfully calm and friendly, quickly becoming the stars of the afternoon. There were plenty of funny moments too, with residents teasing Chris, our COO, that he shared a very similar haircut to 'Echo' much to everyone's amusement! To help everyone stay cool in the 30 degrees summer heat, refreshments including cold drinks and delicious cake were served throughout the event and were enjoyed by residents and visitors alike.

Many residents spoke afterwards about how much they had enjoyed the visit, with several saying they were sad to wave goodbye to Echo and Rosie at the end of such a wonderful day. Events like these are a fantastic way to bring residents, families, and the local community together, creating meaningful experiences and lasting memories for everyone involved. We would also like to extend a big thank you to Solomon Alpacas for bringing such joy to our home and helping to make the day so special for everyone who attended.





NEWS FROM CHRIS OUR CHIEF OPERATING OFFICER

It's June, and how fortunate we are to be able to enjoy the beautiful gardens and wonderful wildlife here at The Dower House.

Thank you to our Head Gardener, Ben, and Terry for their craftsmanship and attention to detail, which make the grounds so spectacular. Some of you may have noticed that local publications such as Hampshire Life and the Hampshire Chronicle have recently recognised just how special our gardens are – even featuring a photo of Ben and Mrs Jackson admiring the cherry blossoms in bloom. If you would like to see a copy, please do ask.

In other news, it was great to hear such positive feedback about the food here at The Dower House during Matron's Afternoon Tea. This feedback, along with new ideas, helps us to continue delivering a varied, healthy and, of course, nutritious menu.

It was also lovely to hear how well received the recent private tour at Hillier Gardens was, expertly organised by Christine and Sara.

The alpaca visit was equally popular.

A special well done to our fantastic fundraisers, led by Activities Coordinator Christine, who raised over £500 for the Hampshire and Isle of Wight Air Ambulance by taking on the Watercress Way in a day of walking.

Finally, last but by no means least, it has been wonderful to hear independent five-star feedback from residents who have recently stayed with us. Examples include:

“First class in all respects” – Giles R.

“Excellent care following a hip replacement operation. Friendly and caring staff” – Ian P.

This is a testament to the hard work that the whole team at The Dower House puts in every single day. We look ahead to the rest of June together and hope this lovely sunny weather continues, as we make the most of everything The Dower House has to offer.

**My very best wishes,
Chris**



NOTES FROM BEN



June brings the promise of summer, as we say goodbye to the spring and head onto warmer days where we can walk out into the garden and see all the summer blooms.

Over the last month Terry and I have been busy with border work, the weeds have gone into overdrive as has the growth in shrubs and perennials. We have started back at the car park and are working towards the patio gardens weeding, edging, and tying in and staking up all the new tall growth, and tying up the hedges & shrubs.

Ben is so very pleased with the wildflower bed its come into full bloom, take a look at the photos below or visit the wildflower bed yourself.

During June and when the birds have fled, we will be working on the patio gardens, planting up the pots with summer bedding and pruning the hedges & shrubs.





**HIOWAA
(AIR AMBULANCE)
CHARITY WALK**

We are thrilled to share the news of an incredible day that 8 staff members had. Together, we walked a whopping 11 miles along the Watercress Way, from The Dower House to Sutton Scotney and return.

The route was simply stunning taking us past peaceful farmland, and even a slice of history along a disused railway line. Of course, we didn't go alone! our furry companions, Buddy and Bitpop, joined us, bringing extra fun and wagging tails! Most importantly, it was all for a fantastic cause our residents' chosen charity, Hampshire & Isle of Wight Air Ambulance.

Thank you to everyone who took part and supported this amazing day, it was an inspiring step for a life saving service.



Chris, taking a moment to present flowers to some of the fabulous nurses on duty here at The Dower House today, in recognition of International Nurse Day 2026.

We have two ex-nurses living here at The Dower House, Mrs M said: "The nursing care honestly is superb. As a good old-fashioned registered nurse many years ago myself, I couldn't fault the nursing care, I really couldn't, and I think it's very unusual for a nurse to say that!" And the Mrs J's daughter said, "If Mum says the nursing care is good, then the nursing care really IS good – she did the best training in the World – she's a nightingale nurse!"

A REFRESHING AFTERNOON OF CIDER TASTING



One of our residents mentioned during a previous minibus trip to Haskins how much she loved cider, so we decided to make the most of the warm weather with a lovely afternoon cider tasting session in the gardens alongside fellow residents. Everyone enjoyed sampling a variety of ciders, including Sheppy's Vintage Reserve, Strongbow Triple Vintage, Inch's Reserve, and Thatcher's Blood Orange. There was plenty of laughter, conversation, and shared memories as residents compared their favourites and enjoyed the relaxed summer atmosphere. Our lovely residents thoroughly enjoyed the experience, and it was wonderful to see everyone smiling and socialising together.

MEET OUR FAMILY



ANJU

I proudly work as a Deputy Matron at Dower House. Nursing is not just my profession, it's truly a part of who I am, I have a bachelor's degree in nursing. I am dedicated to supporting others was basically born with a caring with kindness, compassion and understanding, helping other feel valued, and cared for everyday. Hobbies riding motorbikes. I love the sense of freedom, adventure, and confidence that comes with being on the road.



SUE

As Accounts Administrator, I manage the day-to-day accounts and financial operations, including invoicing, payroll, and resident financial support. I take pride in ensuring everything runs smoothly and efficiently while always being approachable and happy to assist residents and their families with any questions or queries they may have. Outside of work, you'll most likely find me at the beach, no matter the season or weather enjoying the fresh air and peaceful surroundings.



BETH

My role is Administration/Receptionist helping to support the smooth day-to-day running of the home. I enjoy being one of the first points of contact for residents, families, and visitors, and take pride in creating a warm and welcoming environment. No two days are ever the same, which is something I really enjoy. Hobbies, travelling & experiencing new cultures and food, spending time with family and friends.

WHAT'S NOT TO MISS THIS MONTH?

Flower arranging with Stem & Green a local flower farm
A Cathedral Memory Tour
Minibus trip to our local church for afternoon tea
Winchester College Entertainers
New! Ben on the Piano
Making Home made Scones
Chapter & Verse 'Reciting from a Play on Animal Antics'
Carol Watson slideshow on Napal
Hannah Spires on the Saxophone



GARDENING CLUB

Our gardening club enjoyed another interesting and informative session with Ben.

There was plenty of positive news about the gardens this season. Ben is especially pleased with the wildflower bed, which is thriving, Ben had his doubts about a wildflower bed but Mrs Lywood knew it would be great once established! Ben shared how mulch has made and generated on site the last four years, helping to enrich the gardens naturally and sustainably - a fantastic achievement.

Residents asked questions about the ages of some of the large trees, the magnificent Indian Bean Tree, which has proudly stood in the gardens for around 70 years. Equally impressive is the towering scots pine, now reaching around 100 feet tall and taking a full century to achieve such grandeur. Mrs Jackson asked about the pond and water lilies, Ben explained that the pond will soon be drained and cleared out to help restore the ponds balance this will enable the lilies to recover. Mrs Evans raised a question about caring for roses and how best to deal with green and blackfly, Ben suggested soapy water is one option that he prefers to use.

The Gardening club continues to be a much-enjoyed gathering, bringing together residents, nature, and plenty of gardening wisdom.

WHAT'S ON IN JUNE

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

Every Tuesday morning Keep Fit

Sunday afternoons 'Film Club'

Monday 1st	10.30am Knit & Natter	3pm Crafts with Christine
Tuesday 2nd	11am Keep Fit	2.30pm Ipad Assistance one to one
Wednesday 3rd	10.30am Car Trip to Cathedral Memory Tour	3pm Quiz time 4.15 Winchester College Entertainers
Thursday 4th	11am The Word Game	3pm What did the papers say n 1960 - 1970?
Friday 5th	11am New! Ben playing the piano	3pm Games of scrabble & Rummikub
Monday 8th	10.30am Knit & Natter	3pm Pod Cast - See weekly sheet
Tuesday 9th	11am Keep Fit	3pm Crafts with Christine
Wednesday 10th	11am Games of Legs	3pm Hannah Spires playing the Saxophone
Thursday 11th	11am The Word Game	3pm Stem & Green teaching 'Flower Arranging'
Friday 12th	11am Music Club	2.30pm Garden Walks 4pm Olga & Lorna Therapy Dog visits in Rooms
Monday 15th	10.30am Knit & Natter	3pm Solving Crosswords together
Tuesday 16th	11am Keep Fit	3pm Reading Poetry
Wednesday 17th	11am Podcast - See weekly sheets	3pm Sarah Hobbs singing our favourite songs
Thursday 18th	11am The Word Game	3pm Making Scones
Friday 19th	11am Music Therapy	3pm Brian Budden on the Piano
Monday 22nd	10.30am Knit & Natter	2pm Minibus Trip - Please Read Weekly Sheets
Tuesday 23rd	11am Free Time	3pm Carol Watson slideshow on Napal
Wednesday 24th	11am Holy Communion	3pm Chapter & Verse 'Animal Antics'
Thursday 25th	11am The Word Game	3pm Memorial Service for bereaved families 3pm Games of True or False
Friday 26 th	11am Games of Legs	3pm Target Practice & Ball Games
Monday 29 th	10.30am Knit & Natter	2.30pm Walks to Cobbs for afternoon tea
Tuesday 30th	11am Keep Fit	3pm Craft Time With Christine