

THE DOWER HOUSE APRIL

MONTHLY NEWSLETTER

SHARING NEWS FROM OUR WONDERFUL HOME



INTRODUCING OUR NEW CHIEF EXECUTIVE OFFICER

We're delighted to welcome Chris Golding as our new Chief Executive Officer. Chris brings a wealth of experience from his time with Colten Care and Care South, and will be working closely alongside Celia, Ellie and the whole team to take The Dower House from strength to strength.

If you haven't already met Chris but would like to, please don't hesitate to get into touch, just pop into the office, ask one of the team or just say hello as he will often be walking around the home!

"From the moment I walked through the door, I was struck by the warmth and the exceptional level of care at The Dower House. I've seen a lot of care homes over the years, and The Dower House is a special place, which I'm proud to be joining. I have very much enjoyed meeting everyone over the last week and look forward to working with the team here to continue to enrich the lives of those who live here, provide reassurance to family and friends and raise the profile of The Dower House."

- Chris Golding



WINCHESTER COLLEGE SINGERS

Once a week Winchester College Entertainers visit local care homes. Last month it was singers and prior to this musicians playing the Cello & Piano. We love seeing them and look forward to their next visit, our piano also enjoys being kept in tune with being regularly played.



REFURBISHMENT

We are making some updates to the communal areas of our home. We're replacing carpets, painting, renewing curtains, installing new lighting & acoustic improvements in the dining room for residents to enjoy. We thank you for your patience and apologise for any inconvenience.

THE ROTARY TEA PARTY



It gave us great pleasure to once again attend the Winchester Rotary Club tea party at Weeke Community Centre on Saturday 21st March. We thoroughly enjoyed the afternoon, we made new friends and got to know those we see daily a little more.

Over 60 people attended from the local community, Care Homes in and around Winchester. They, just like us enjoyed the wonderful entertainment from Dancers, a comedian and the Ukrainian Singers. We even met the Mayor!



We commenced the afternoon with games of bingo, guess the faces of famous actors, followed by games of dingbats. Having put on our thinking caps together we scored quite highly! By this time we had built up quite a hunger and were invited to tuck in to the delicious homemade sandwiches, selection of cakes and chocolate biscuits! The afternoon ended with a raffle and a thank you from the Rotary.

The Mayor Sudhakar Achwal said “the senior citizen lunch has been going for approximately 15 years”.

A big thank you from us to all at Winchester Rotary for a splended afternoon.

The President of Winchester Rotary said “We’re really pleased with this annual event” It brings the community closer together.



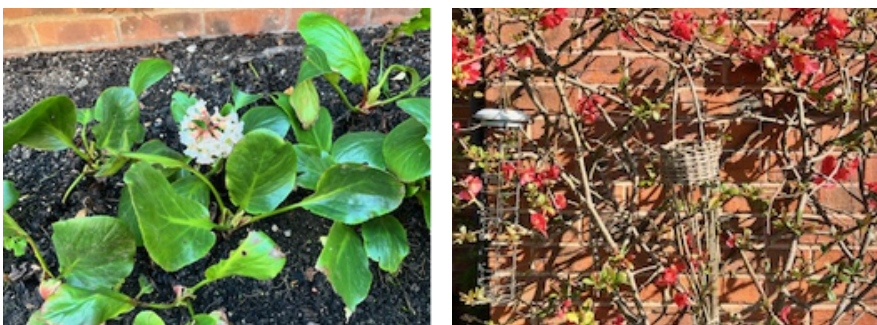
NOTES FROM BEN



April is here and if you wander around the garden, you will see everything greening up and plants you had forgotten about are sprouting up through the fresh layer of mulch. The trees and shrubs too are budding up waiting for some sunshine to help them burst into life!

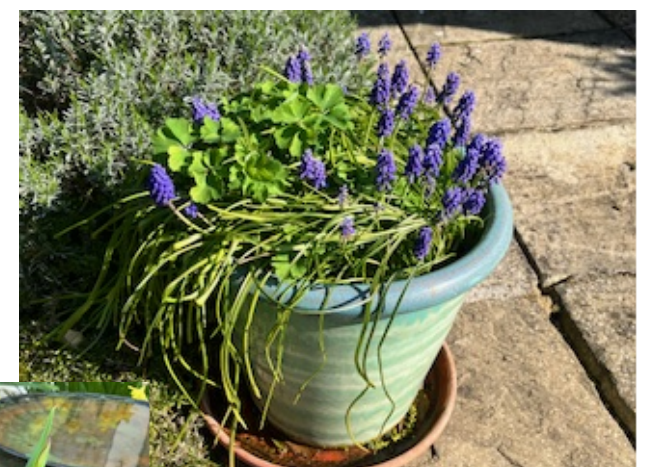
WHAT'S BEEN HAPPENING IN THE GARDEN

Over the last month Terry and I have finished a lap around the grounds weeding & edging, tidying the borders ready for our next lap of feeding new and tender plants and putting up supports for the tall perennials and framework for the climbers. We have also scarified the lawns and have done the first couple of cuts in preparation for the lawn feed at the end of the month. All the bird boxes have been emptied and the camera box is back up and running, hopefully you all will be able to see the bluetits nesting.



OUR WILD FLOWER BED

I will soon be looking at the wildflower bed, and this will become a mixture of perennials and wildflower so watch this space.



WHAT'S HAPPENING THIS MONTH?

Speaker, Ruth Kerr with her Artefacts

Music Club - New!

Speaker, Carol Watsons slideshow an interesting look her journey in Australia

Singer Sarah Hobbs

Quiz Time

Kate, artistic director of the Winchester Chamber Music Festival playing the Cello & Julian playing the Piano.

Jonathan Pragg playing the spanish guitar

Cheese Tasting

Speaker, Freda Bates Van Eyk in Ghent



MINIBUS TRIP TO HASKINS GARDEN CENTRE ON TUESDAY 14TH

The Dower House

THE DOWER HOUSE

Residential & Nursing Care | WINCHESTER

Come and join us for a fun-filled **EASTER EGG HUNT** in the beautiful gardens of your local residential and nursing home!

Monday 6th April, 2-4pm
The Dower House, Springvale Road, Headbourne Worthy
£1 donation per child
(All proceeds go to Hampshire & Isle of Wight Air Ambulance)



We'd love to see you there!

www.thedowerhousewinchester.co.uk

MEET OUR FAMILY



SARA

As Wellbeing Co-ordinator I provide 1 to 1 support. This includes helping residents adjust to living here, listening to any concerns and supporting them in continuing hobbies. I also co-ordinate the non clinical aspects of End of Life Care.

I love hearing about all the achievements and mischief that our residents have got up to in their lives. Hobbies: Crafting, gardening and being by the sea.



CHRISTINE

Christine, our Activities Co-ordinator provides & arranges all our in house entertainment. I enjoy my role, its wonderful to see residents recapture their skills that they thought would never return. We frequently take our activities outside into the beautiful gardens, our residents really enjoy this.

Hobbies: Improving my golfing handicap.



DARREN

I'm Darren, Head of Maintenance in charge of all of the building needs from weekly checks, fixing faults. Carpentry is my speciality. I enjoy project work, such as renewing and modernising areas of the home. I very much love my role where no 2 days are ever the same. Hobbies: Riding my motor bike, playing snooker and spending time with my partner Sarah, we love the coast.

ENCOURAGING WILDLIFE INTO OUR GARDENS



Birds love scratching at mulch and leaf litter. Rotten wood and bark are perfect for a host of insect species which are food for many birds.

A garden for birds must have cover, this will provide nesting places, sign post, protection from predators and food. The cover can range from grass a few inches long to a 500- year old oak tree and ever thing growing in between, but hedges are especially valuable. Any hedge is good including deciduous ones of which Hawthorne Beech and Hornbeam are ideal. Deciduous and evergreen shrubs also are good.



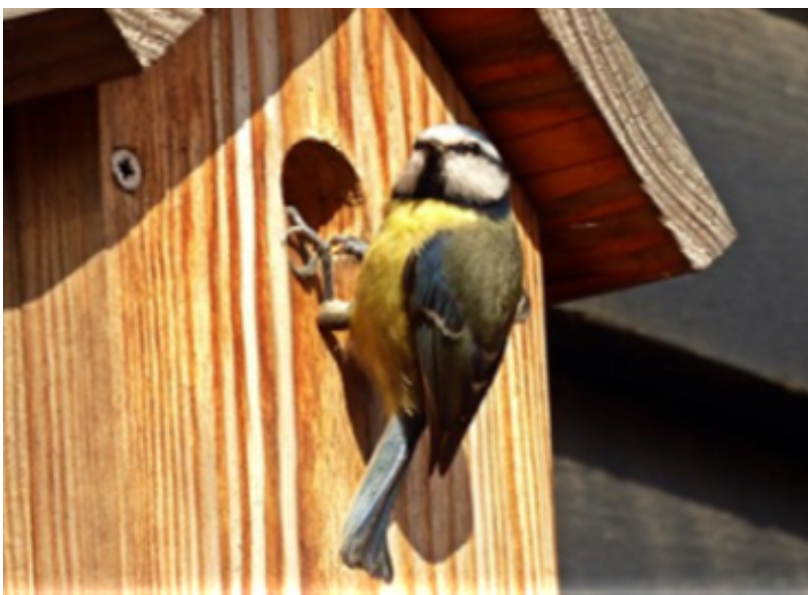
The latest report on the state of Britain's hedgehogs shows that after several years of decline, urban hedgehogs populations are showing signs of recovery Making small (CD sized) gaps in fences helps hedgehogs travel in search of food.

The song thrush loves areas of damp woodland. By meeting these birds basic needs for food, water, shelter , and nesting sites, it is possible to attract thrushes and enjoy their amazing company all year round.



A single family of tiny nesting blue tits can devour hundreds of caterpillars in one day. Slugs and snails are a nuisance but without any in your garden you would have fewer song thrushes.

Blue tits are one of the most welcome and frequent visitors to garden bird feeders, especially for peanuts but also seeds and fat balls.



WHATS ON DURING APRIL

Wednesday 1 st 11am The Word Game	2pm Room Visits 3.30pm Music Club
Thursday 2 nd 11am What the Papers Say	3pm Ruth Kerr Reminiscence with Artefacts
Friday 3 rd 11am Morning Chats	3pm Garen Walks
Monday 6 th 10.30 Knit & Natter	 2pm EASTER EGG HUNT
Tuesday 7 th 11am Keep Fit	3pm Watercolour Paintng
Wednesday 8 th 11am The Word Game	3pm Target Practice & Ball Games
Thursday 9 th 10.45 Scrabble & Rummikub	3pm Carol Watson - Australian slide show
Friday 10 th Games off Legs & Chats	Walks in the garden & Our Therapy Dog
Monday 13 th 10.30 Knit & Natter	3pm Quiz Time
Tuesday 14 th 11am Keep Fit	2pm Minibus Trip to Haskins Soton
Wednesday 15 th 11am Gardening Club	3pm Sarah Hobbs Singing
Thursday 16 th 11am The Word Game	3pm Gin Tasting Afternoon
Friday 17 th 11am Music Club	3pm Craft Afternoon
Saturday 18 th	3.30pm Katie & Julian playing the Cello
Monday 20 th 10.30 Knit & Natter	3pm Jonathan Pragg - Spanish Guitar
Tuesday 21 st 11am Keep Fit	3pm Cheese Tasting - Come and join me!
Wednesday 22 nd 11am Music Class NEW!	3pm Quiz Time
Thursday 23 rd 11am The Word Game	3pm Brian Budden on the Piano
Friday 24 th 11am What the Papers Say	3pm Sip & Paint
Monday 27 th 10.30 Knit & Natter	3pm Podcast History Hero's
Tuesday 28 th 11am Keep Fit	Garden Walks
Wednesday 29 th 11am Holy Communion	3pm Speaker Freda Bates - see weekly sheet
Thursday 30 th The Word Games	3pm Matrons Afternoon Tea