

THE DOWER HOUSE

Residential & Nursing Care | WINCHESTER

MONTHLY OCTOBER NEWSLETTER

SHARING NEWS FROM OUR WONDERFUL HOME

GOLFING MEMORIES REVISITED



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Ian, who once played off a handicap of 12 and spent countless weekends on the course with his close friends, was warmly welcomed by Men's Captain John Quinn and Ladies' Captain Sheena Quinn for an afternoon of reminiscence, friendship and golfing memories.

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CLASSIC CAR MEMORIES REVIVED

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A FOND RETIREMENT FAREWELL TO MARY

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37 years of dedicated service, we said a fond farewell to Mary, who retired from her role as Cook. Mary has been part of The Dower House family from the very beginning, having worked here since the doors first opened.

A TRIP OUT ON THE SOLENT BOATS

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As the boat made its way along the water, Jill exclaimed, "I'm absolutely loving this!!" The trip brought back many happy memories for Jill, who enjoyed sailing in her younger years with a relative in Guernsey.

NEWS FROM CHRIS OUR COO

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During September, we've seen the lawn return to its usual glorious green and, whilst doing my daily walk around the grounds, I found myself thinking about what actually makes a good day at The Dower House.

UKRAINIAN CHOIR "KALYNA"

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GOLFING MEMORIES REVISITED DURING SPECIAL RETURN TO ROYAL WINCHESTER



A lifelong passion for golf was brought back to life recently when Dower House resident Ian enjoyed a special VIP visit to his former golf club, Royal Winchester Golf Club.

Ian, who once played off a handicap of 12 and spent countless weekends on the course with his close friends, was warmly welcomed by Men's Captain John Quinn and Ladies' Captain Sheena Quinn for an afternoon of reminiscence, friendship and golfing memories.



As a former member of the club, Ian was delighted to return to familiar surroundings. Accompanied by John on a buggy tour of the course, he enjoyed seeing how the club had evolved over the years and sharing stories from his own golfing days. Reflecting on the changes to the course, Ian noted:

"There are perhaps fewer bunkers and little less rough now. It's a tricky course that requires great respect!"

While he proudly recalled scoring a hole-in-one during his golfing career, Ian remained characteristically modest.

"It was a complete fluke," he laughed. "Driving wasn't usually my strong point. I preferred putting, using the 9 iron and pitching wedge and, of course, the electric trolley!"

The visit also included an enjoyable putting session on the practice green outside the clubhouse, where John brought Ian up to date with the latest club news and developments.

Ladies' Captain Sheena Quinn, who is actively involved in the club's community and charitable activities, was delighted to host Ian's visit. "Having Ian visit was an absolute pleasure. It was lovely to hear his stories and see just how much returning to the club meant to him. Golf creates friendships and memories that last a lifetime, and it was wonderful to be able to be part of rekindling those memories."

For Ian, the afternoon was about much more than golf.

"It was fantastic to be back. So many happy memories came flooding back as we went around the course. Everyone made me feel incredibly welcome and it was wonderful to talk golf again with people who share the same passion. I thoroughly enjoyed every minute of it."

Christine Farmery, Activities Co-ordinator at The Dower House, said the visit was a perfect example of the personalised experiences the home aims to create for residents. "We knew how much Ian loved golf, but it wasn't until he returned from the trip that we realised just how many wonderful stories and memories the game held for him. Experiences like this are exactly what person-centred activities are all about. By taking the time to understand each resident's interests and life experiences, we can create meaningful opportunities that reconnect them with the things and places they love. Seeing Ian's enjoyment throughout the day made it incredibly special for all of us."

The visit highlights The Dower House's commitment to creating enriching experiences that reflect residents' individual interests, helping them revisit treasured memories, maintain connections with their communities and continue enjoying the passions that have shaped their lives.

The Dower House would like to thank John, Sheena and everyone at Royal Winchester Golf Club for their warm hospitality and for making Ian's return such a memorable occasion.

Classic Car Memories Revived Through Special Community Connection



Residents at The Dower House enjoyed a wonderful afternoon of nostalgia, storytelling and shared passions recently, thanks to the kindness of local supporters who invited a small group of residents to view a cherished 1953 Morgan Plus 4 and hear the remarkable story behind it.

David and Trica have a very special connection with their 1953 Plus 4 2088 cc Morgan. When they married in 1970 they used it to drive away from their wedding. Over the years it took them on many wonderful adventures and journeys to destinations around the world, including the unforgettable experience of travelling to Mongolia.



For our residents, the visit was a wonderful opportunity to see this magnificent Morgan and hear about the memories and adventures that came with it. Patricia enjoyed reminiscing about happy days spent in the countryside, with her sister driving her Morgan but it was for on sunny days only

Patricia, Allen, David and Ian were absolutely thrilled to see the car, where they recalled their teenage years. For David and Ian in particular, their shared passion for beautiful cars made the afternoon especially enjoyable. Ian found it absolutely fascinating listening to David and Patricia talk about the Morgan and their travels. He was simply delighted to have been invited and thoroughly enjoyed every moment.

David and Trish made everyone feel incredibly welcome, and nothing was too much trouble. It was lovely to see the enthusiasm and joy that the Morgan brought to our residents, proving once again that special memories can be brought back to life through the things we love.

We were delighted when David and Trish invited us to return again, and we very much look forward to another visit — and perhaps hearing a few more stories from the Morgan's many adventures!

A fond Retirement Farewell to Mary - 37 Years of Dedicated Service



After an incredible 37 years of dedicated service, we recently said a fond farewell to Mary, who retired from her role as Cook. Mary has been part of The Dower House family from the very beginning, having worked here since the doors first opened.

Over the years, Mary became well known and loved for her wonderful culinary skills and the many delicious meals and desserts she created. Some of her most memorable dishes included her famous Bobotie and, of course, her legendary Diplomat Pudding – which was always made with a very generous amount of rum! Mary has seen many changes during her time at The Dower House and worked through periods of expansion and development within the home. At one point, the kitchen team had to move out into a portakabin while building work was taking place – certainly a challenge, but one which Mary took in her stride!

To mark this very special occasion, Chris, our COO, presented Mary with a wonderful garden voucher in recognition of her remarkable loyalty and commitment to The Dower House. Meryl, our Head Cook, also gave a touching speech and presented Mary with a beautiful array of gifts. One gift held a particularly special meaning – a spectacular climbing rose named 'Dancing Queen', chosen in recognition of Mary's love of ABBA!

Naturally, no celebration would have been complete without playing the famous song during the presentation... although we have to admit it didn't go quite to plan!

Mary leaves behind an incredible amount of happy memories. Her dedication, hard work and contribution to The Dower House over the past 37 years have been truly exceptional.

Mary will be greatly missed by all the staff and residents, who have shared so many happy memories with her over the years. We would like to thank Mary for everything she has done and wish her a very long, happy and well-deserved retirement.

Congratulations Mary, 37 years is truly an amazing achievement!

Solent Boat trip from Hythe Marina



During the wonderful summer weather, we enjoyed a delightful boat trip departing from Hythe Marina aboard the Alison McGregor.

Amongst our enthusiastic sailors was Jill, who at the remarkable age of 101 was certainly making the most of the experience! As the boat made its way along the water, Jill exclaimed, “I’m absolutely loving this!!” The trip brought back many happy memories for Jill, who enjoyed sailing in her younger years with a relative in Guernsey. Her relative had ordered a new boat, a Lymington slipway 5, which provided Jill with many wonderful sailing holidays and adventures. Jill took the tiller herself, meaning that the destination was quite literally in her hands!

On the day of our trip, the winds were light and the sea was wonderfully calm, making for a gentle and relaxing journey. We sailed past an impressive line of enormous cruise ships before continuing towards Totton.

During our time on the water, we enjoyed cups of hot tea accompanied by some delicious biscuits — the perfect refreshment whilst taking in the sights. Everyone was fascinated by the enormous cargo ships and towering cranes, many of which we had never had the opportunity to see so close before.

It was a truly memorable day, filled with fresh air, wonderful scenery, happy memories and plenty of smiles. For Jill, it was particularly special to be back on the water again, reliving some of the adventures and freedom that sailing had brought her throughout her life.

A wonderful day was enjoyed by all, and one that we will certainly remember for a long time to come!





NEWS FROM CHRIS GOLDING CHIEF OPERATIONS OFFICER

During September, we've seen the lawn return to its usual glorious green and, whilst doing my daily walk around the grounds, I found myself thinking about what actually makes a good day at The Dower House.....

Whilst we are fortunate to enjoy and host community events, more often it is the smaller things that make the difference: enjoying lunch with friends, spending time in the garden, taking part in an activity, receiving a visit from family, sharing a smile with a member of the team, or simply feeling safe, comfortable and well cared for.

Looking around the home, I see these moments happening every day. In fact, this month's newsletter seems to reflect exactly that. They are made possible by the dedication of our staff, the support of relatives, and the positive outlook of everyone who lives here.

Whilst we are always striving to improve our services, it is important to pause occasionally and appreciate the many small moments that contribute to life at The Dower House. Together, they create the sense of community that makes this such a special place.

As we move into autumn, our focus remains the same: providing excellent care, creating opportunities for friendship and enjoyment, and ensuring that The Dower House remains a place where people feel safe, valued and supported.

After all, whilst the seasons may change, the things that matter most do not.

My very best wishes,
Chris

Did you know??

We have some lovely pigeons nesting in our courtyard, and each year they return to the very same corner to make their nest. What a delightful spot they have chosen! Our courtyard is a peaceful little haven, complete with a charming water feature where they can enjoy a fresh drink whenever they need one.

It is wonderful to see them returning year after year, bringing a little extra life and nature into our surroundings.



Jenga Challenge!

We are always looking for new ideas and activities to challenge our residents, so one afternoon we decided to put everyone's skills to the test with a game of Jenga!

As you can see from the photographs, there was plenty of fun and laughter to be had, with everyone keen to have a go. The challenge certainly brought out everyone's competitive side!

Kathy showed absolutely no fear and simply went for it! On many occasions she was very lucky that the tower didn't come crashing down around her.

There were lots of tense moments as each resident carefully considered which block to push or pull from the tower. We soon discovered that standing up gave us a much steadier hand and a better view all around the tower, making it slightly easier to choose the perfect brick!

It was a wonderful afternoon filled with concentration, anticipation and lots of laughter. We all thoroughly enjoyed the challenge and look forward to another game of Jenga in the near future!



NOTES FROM BEN



WHATS BEEN HAPPENING IN THE GARDEN DURING SEPTEMBER

Autumn has arrived and leaves are starting to fall. At this time of year, it can be difficult to know how best to care for your garden. The temptation is to take the 'less is more' approach, especially when there's a nip in the air. There is, however, much you can do to stay ahead.

Over the last month Terry and I have started the annual cutting of the boundary hedges and shaping the shrubs. We have begun with the Autumn tidy up, cutting back and dividing the perennials making a fuller display for next year. We have placed the order for our winter bulbs which hopefully will arrive next week so that we can clear all the pots in preparation for planting. You will see me tidying up the patio gardens ready for the season ahead.

I do love the start of Autumn, once the leaves start to fall it is time to get the garden tidied up and get it ready for its winters rest.

During the coming months please come and enjoy the seasonal change of colour to the grounds and don't forget to look at the wildlife & blackbirds as they enjoy the crab apples and berries from the cotoneasta, squirrels carrying and hiding the acorns and the robins calling out protecting their territory.



Wonderful Visit from the Bird of Prey and Owl Rescue



We were delighted to welcome Colin from the Bird of Prey and Owl Rescue to The Dower House recently. It was wonderful to meet such beautiful birds and see first-hand how well cared for they are. Colin knew each bird's individual personality and shared fascinating stories about them with us, making the visit both enjoyable and informative.

Colin is a dedicated volunteer, and together with his team, provides help and support for sick, injured and vulnerable owls and birds of prey. Their work includes expert care, rehabilitation, aftercare and rehoming, and over the years they have helped countless birds.

Whenever possible, once wild owls and birds of prey have recovered and are fit and healthy, they are released back into the wild. For birds with disabilities that mean they cannot return to the wild, the team works hard to find them suitable, caring homes.

The rescue also supports captive-bred owls and birds of prey, who can sometimes need assistance for many different reasons. This may include birds that have become lost or found, require rehoming, or need help being reunited with their owners or keepers.

Colin also reminded us of the importance of taking great care when encountering a young bird during the breeding season. It is quite common for fledglings to be found on the ground while learning to fly, and they should not automatically be taken from the wild. If you come across an owl or bird of prey that appears to need help, it is always best to seek expert advice before taking any action.

We would like to thank Colin for bringing his wonderful birds to visit us and for sharing his knowledge and passion. It was a truly fascinating afternoon, and our residents thoroughly enjoyed meeting these magnificent birds!

A Wonderful Return Visit from the Ukrainian Choir “Kalyna” – UK



We were delighted to welcome the Ukrainian choir “Kalyna” – UK back to The Dower House again this year. Having visited us many times over the past three years, it was wonderful to see them return, bringing with them not only their beautiful choir but also a talented group of dancers!

The performance was led by Helen Popova, and what a fantastic afternoon it was! The dancers looked magnificent in their traditional Ukrainian costumes, and their energy and enthusiasm were simply amazing. The combination of beautiful singing and lively dancing created a truly memorable experience for our residents.

It is wonderful to see how music and dance can bring people together, without the need for a common language. The afternoon was about so much more than the performance. Afterwards, the choir spent time meeting and chatting with some of our residents. Helen explained how relaxed they felt seeing so many familiar faces again, which made their visit even more special.

A heartfelt thank you to Helen and everyone from the Ukrainian choir “Kalyna” – UK for sharing their wonderful talents, warmth and friendship with us once again.

We look forward to welcoming you back!



A Sunny Afternoon at The King Charles



On a beautiful sunny afternoon, our residents enjoyed a lovely outing to The King Charles Public House in Kings Worthy, accompanied by Celia and Matron Ellie.

It was the perfect opportunity to relax, enjoy the sunshine and, of course, indulge in a favourite tipple or two! There was plenty of laughter and conversation as everyone enjoyed spending time together in such a welcoming setting.

A wonderful afternoon of good company, refreshing drinks and happy memories! 🌞🍷

WELCOME TO OUR NEW COFFEE CORNER & HYDRATION STATION!

You'll find us in the Conservatory.

Please feel free to help yourself to a selection of hot and cold drinks, & biscuits whenever you visit.

Sit back, relax and enjoy!



THE DOWER HOUSE

WHAT'S ON IN OCTOBER

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

Every Tuesday at 11am Keep Fit

Sunday afternoons at 3pm 'Film Club'

Thursday 1st

11am The Word Game
3pm Armchair travels - The Heart of England

Friday 2nd

11am Morning Chats & Pod Cast
3pm Group Jenga
4.30pm News hour with Chris Golding

Monday 5th

2 -3.15pm Room Visits
3.30pm Lorna & Olga Therapy Dog

Tuesday 6th

3pm Quiz with Prizes

Wednesday 7th

3pm What the Papers Say

Thursday 8th

11am The Word Game
3pm Making Cup Cakes

Friday 9th

11am Ben Playing the Piano
3pm Assisting with mobiles & Ipad session
4.30pm News hour with Chris Golding

Monday 12th

3pm Target Practice

Tuesday 13th

3pm Music Appreciation Therapy

Wednesday 14th

11am Games of Legs

6pm Harvest Festival Supper

Thursday 15th

11am The Word Game
3pm Minibus Trip - See the board

Friday 16th

11am Morning Chats
3pm Cheese Tasting

Monday 19th

3pm Rummikub Competition - Prize
for the winner

Tuesday 20th

3pm Flower Arranging

Wednesday 21st

11am Team Crossword
3pm Sarah Hobbs - singing our favorite
songs

Thursday 22nd

11am The Word Game
3pm Group Jenga

Friday 23rd

11am Ben on the Piano
3pm Quiz Time
4.30pm News hour with Chris Golding

Monday 26th

3pm Crafts - come & see

Tuesday 27th

10.30am Car trip to Winchester Cathedral
3pm Cobbs Trip for Coffee

Wednesday 28th

11am Holy Communion
3pm Matrons Meeting

Thursday 29th

11am The Word Game
3pm Hannah Spires on the Saxophone

Friday 30th

11am Halloween Facts
3pm Brian Budden on the Piano
4.30pm News hour with Chris Golding