

THE DOWER HOUSE

Residential & Nursing Care | WINCHESTER **JULY**

MONTHLY NEWSLETTER

SHARING NEWS FROM OUR WONDERFUL HOME

RESIDENT REACHES 130MPH IN THRILLING ASTON MARTIN EXPERIENCE



A former British Aerospace employee and resident at The Dower House in Winchester, Miss Patricia Elliott, relived her love of fast cars - reaching speeds of over 130mph in an Aston Martin at Thruxton Race Circuit.

"I don't think we even had 130mph on the speedometer in my day!" said Miss Elliott. "I've been around for quite a long time now, but this is one of those memories that will really stick with me - it's not something I'll ever forget."

A lifelong enthusiast of sports cars, Miss Elliott didn't hesitate when offered the opportunity to get back on the track. "She has always been a huge fan of sports cars, and when we asked if she'd like to experience it again, she jumped at the chance," said Sara, our Well-being Co-Ordinator.

The special day was made even more meaningful with the presence of Miss Elliott's cousin, Susan, who travelled from Scotland to see her take on the track.

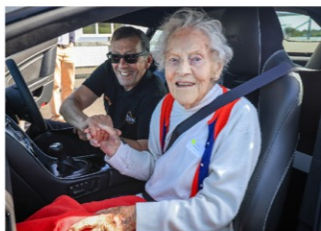
"We couldn't believe our eyes when we received the email saying Patricia was thinking about getting back into a racing car at the age of 98 - it's quite something," she said. "But at the same time, we weren't surprised at all. It's very Patricia!"

Miss Elliott was one of only two women working at British Aerospace nearly 70 years ago, where her passion for cars first began. She fondly recalls her father gifting her a Wolseley Hornet sports car for her 21st birthday, which she used to drive colleagues to and from work.

"The journey took us along winding, hilly country roads," she said. "We used to build up speed going up a hill, switch off the engine, and then coast down the other side to save petrol!"

Chris Golding, who attended the event, said: "We are passionate about supporting our residents to continue living life as fully and independently as possible. Today has been incredibly special - seeing Miss Elliott relive something she truly loves.

"I would also like to thank the team at Thruxton Race Circuit for helping make this experience possible in such a safe and enjoyable way."



Memory Walk Around Winchester Cathedral



**JILL INSPECTING THE FINE
EMBROIDERED CUSHION
WHICH WAS MADE IN 1932**



Residents recently enjoyed a wonderful Memory Walk around Winchester Cathedral, accompanied by volunteers from the Winchester Rotary Club. The tour was led by Pam, a Cathedral guide, and Diana, who together provided a fascinating and engaging experience.

Pam shared the story of the beautiful embroidered cushions within the Cathedral, which were created in 1932. Each cushion is individually designed, making them a unique and remarkable collection. We learned that the cushions were designed by Sybil Blunt, whose creativity and attention to detail are still admired today.

The visit sparked many cherished memories and lively conversations. Mary Rose shared memories of her time working at the Heralds' Office in London, where she assisted with arrangements for Sir Winston Churchill's funeral. She also spoke proudly of being honoured with an MBE for her service.

Jill recalled a particularly special moment when she met the Queen at Westminster Abbey during the distribution of Maundy Money. It was wonderful to hear these personal stories and see how the Cathedral's history inspired such meaningful reminiscence.

We would like to thank Pam, Diana, and the volunteers from the Winchester Rotary Club for leading such an enjoyable and informative Memory Tour.

The outing provided a fantastic opportunity for gentle exercise, social connection, and the sharing of treasured memories.



NEWS FROM CHRIS GOLDING

THE DOWER HOUSE

What a month June has been! Alongside daily life, varied activities, good food and friendly conversation, we've enjoyed a wide range of moments – from fast cars to peaceful garden walks, as well as a respectful afternoon of remembrance and reflection, kindly hosted by Reverend Paul Bradish

Last month we focused on the food here at The Dower House, whereas this month we are highlighting the compassionate care provided by our core care teams each and every day – and night, 24 hours a day, seven days a week.

You can read interviews with some of our care team members in this newsletter and on our website.

Of course, it is the wonderful community we have at The Dower House that makes all of this possible. It simply wouldn't happen without strong teamwork and communication, so thank you to everyone – both staff and residents – for your fantastic spirit.

It is this fantastic spirit that helped us through the recent heatwave. While it did get rather warm (!), we kept calm, supported one another, and continued to give our very best – a real credit to you all.

While Wimbledon is in full swing (which I'm delighted to hear so many of you are enjoying), there is plenty to look forward to in July, including a summer BBQ, a trip to the beach, and a talk from Ben, our Head Gardener, at Tuesday's Place

(a local community group), sharing more about our wonderful gardens.

Finally, it has been fantastic to see that we received more five-star reviews in June. These are especially meaningful as they are independently verified by carehome.co.uk. We look ahead to July with lots to enjoy together and hope the summer brings many more opportunities to spend time outdoors, connect, and enjoy life at The Dower House.

My very best wishes,

Chris



Friday's POSITIVE NEWS HOUR!

Join **Chris Golding (COO)** in the Conservatory for a drink and nibbles as we chat about the week's headlines.

♥ *There's just one rule:*
no negativity allowed!

Together we'll find the good news, the funny news, the inspiring news, and put a positive spin on the stories everyone is talking about.

♥ *A short and uplifting fun end to the week.*

 Friday's at 4:30pm

 Maximum 30 mins



THE DOWER HOUSE
Residential & Nursing Care
WINCHESTER

♥ GOOD COMPANY | ♥ GOOD CONVERSATION | ♥ A POSITIVE END TO THE WEEK

OUR CELEBRATION TO INTERNATIONAL CARERS WEEK, SHARING STORIES OF A FEW OF OUR TEAM MEMBERS

THE DOWER HOUSE



MEET ALFRED:
HEALTH CARE ASSISTANT



At The Dower House, our carers play a vital role in creating meaningful connections with residents - and Alfred is a great example of this in action.

Alfred's journey into care began through family, inspired by a sibling working as a nurse. What he values most is the opportunity to work with people, learn from different experiences, from both residents and colleagues alike and build genuine relationships.

For Alfred, care is about making an impact. "Knowing my work has an impact on other people's lives" is what he finds most rewarding.

He believes it's the small things that matter most - taking time to listen, offer reassurance, and show compassion. Known by residents as approachable, professional, and full of personality, Alfred also brings humour, storytelling, and even a helping hand with technology into daily life.

His advice for others considering care?

"Be open-minded, be present, and make a difference to others' lives."



MEET TONI
SENIOR HEALTH
CARE ASSISTANT



Our carers are at the heart of everything we do - and Toni is a wonderful example of the difference they make every day.

Toni's journey into care began with supporting her own family, and she has been working in care since the age of 18. Now a Senior Health Care Assistant, she says the best part of her role is "making residents happy and being there for them."

Toni believes it's the small moments that matter most - taking time to chat, listen, and ensure residents feel valued and understood. Her compassion and energy have not gone unnoticed, with residents describing her as caring, approachable, and always ready for a conversation.

For Toni, care is more than a job: "You need to have a caring heart - it's not just a job."



MEET JULIE
SENIOR HEALTH
CARE ASSISTANT



At The Dower House, our carers are at the heart of everything we do - and Julie is a shining example of the compassion and resilience this role requires.

With over 22 years in care, Julie began her journey after arriving in England. What started as an opportunity quickly became a vocation. "You make a real difference every day," she reflects.

Working nights, Julie ensures residents feel safe, comfortable, and supported when they need it most. She believes it's the smallest gestures - listening, offering reassurance, and simply being present - that make the biggest difference.

Julie also speaks openly about the realities of care, highlighting the strength, patience, and skill the role demands. For her, caring is never "just a job" - it's about dignity, kindness, and connection.

Her advice?

"Treat people like your family."



MEET LEXIE
SENIOR HEALTH
CARE ASSISTANT



At The Dower House, our carers play a vital role in creating meaningful, person-centred care - and Lexie is a fantastic example of this in action.

Lexie joined the team following a college placement and quickly knew care was the right path for her. "Seeing residents smile and knowing I've helped them feel safe and valued is the best part of my job," she shares.

Passionate about person-centred care, Lexie takes pride in building relationships and adapting support to each individual's preferences, routines, and personality.

She also recognises the emotional depth of the role, explaining how supporting residents through change has strengthened her resilience and understanding.

For Lexie, it's the small moments that matter most - taking time to listen, chat, and ensure residents feel seen and respected.

Her advice?

"It's not always easy, but it's one of the most rewarding jobs you can do."

We're proud of you all.

A BLOOMING WONDERFUL AFTERNOON WITH STEM & GREEN



Our residents recently enjoyed a truly delightful afternoon of flower arranging, hosted by James, owner of Stem & Green, a local flower farm and floral studio dedicated to growing exquisite, sustainable, and beautifully scented cut flowers. All of their flowers are grown naturally and seasonally using organic methods on their Hampshire farm.

James brought along an array of vibrant, freshly cut blooms and guided residents through the art of creating their own floral arrangements. Following his expert instructions, everyone had the opportunity to design a unique display, carefully selecting and arranging flowers to create a beautiful masterpiece of their own.

The afternoon was filled with creativity, conversation, and plenty of smiles as residents worked together and admired each other's creations. The bright and colourful flowers brought a wonderful sense of joy to the room, making the experience both relaxing and rewarding.

Once completed, the stunning arrangements were taken back to residents' rooms, where they can continue to be enjoyed and admired over the coming days.

We were also delighted to welcome Mary a local Journalist, who captured some wonderful photographs of the afternoon, helping us preserve these special memories.

Following the success of the event, we are excited to be planning a visit to James's flower farm in the near future. This will give residents the opportunity to see first-hand how these beautiful flowers are grown and to experience the sights, scents, and atmosphere of a flower farm right on our doorstep.

A huge thank you to James and Stem & Green for providing such an enjoyable and memorable afternoon.

We look forward to visiting the farm soon!

NOTES FROM BEN



WHAT'S BEEN HAPPENING IN THE GARDEN

July is the height of summer, the garden is full of blooms, sweet peas, roses and all the bedding plants in the pots are at their peak and not forgetting all the perennials in the borders that bring us colour and interest. All of these flowers bring a rainbow of colour for us all to enjoy so please come and take a stroll and see the joy of summer.

Over the last month Terry and I have been trying to get on top of the front of house tidy and we are working our way around the patio gardens towards the shrubbery. We have now also got the pots planted up for the summer and the wildflower border is bedding in nicely and the two new trees in the old Orchard are finding their feet.

We will soon have all the patio gardens nice and tidy and the pond the garden will be back in top condition. Over the next month we will continue our loop round and we will keep everything watered when the weather is hot and sunny.



NEW! BEN ON THE PIANO

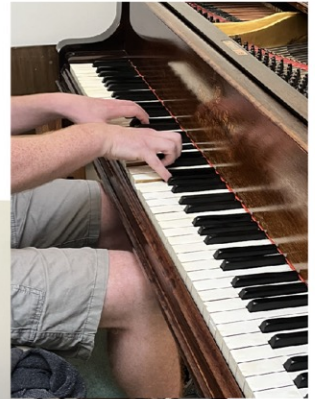
Residents enjoyed a lively music session with volunteer Ben, who played a selection of well-loved songs from Elvis Presley, The Beatles, Billy Joel, Elton John, and the theme from Notting Hill ("She").

The performance brought back many happy memories, with residents singing along and thoroughly enjoying the afternoon.

Ben shared that he used to play in a band when he was younger and has a particular passion for classical music. His talent and enthusiasm were greatly appreciated by everyone.

At the end of the session, residents presented Ben with a small token of thanks for his kindness and entertainment. He received a warm round of applause as he left, and we are delighted that he will be returning in two weeks' time for another musical afternoon.

We look forward to welcoming him back.



HANNAH OF THE SAXOPHONE

Hannah Spires played the saxophone for the residents at the Dower House. She was both entertaining and informative, sharing fascinating insights into the instrument and how it works.

Hannah shared with us her work performing on P&O cruise ships, where she plays both as a solo musician and as part of various bands.

The saxophone is a beautiful instrument, admired for its elegant shape, shining brass finish, and rich, expressive sound. Although it appears graceful and simple, it is also highly complex.

Speaking with Hannah today, we learned that every part of the saxophone—including the mouthpiece, reed, and ligature—has an impact on the sound it produces.

The strength of the reed affects how hard or soft it is. A harder reed requires more breath support to vibrate freely and produce a clear sound. The ligature helps to keep the reed firmly in place while the musician plays.

Every saxophonist has their own preferred tone, and there are many different ligatures available to help players achieve the sound they are looking for.

Hannah's presentation was both educational and enjoyable, and the residents greatly appreciated the opportunity to learn more about this remarkable instrument and hear it played so beautifully.



WHATS HAPPENING THIS MONTH

PLEASE SEE WEEKLY
SHEETS FOR
DAILY ACTIVITIES

**WIMBLEDON ON THE BIG
SCREEN DAILY
FROM 29TH JUNE - 12TH JULY
PIMMS, SRAWBERRIES &
CREAM WILL BE SERVED!**

13TH JONATHAN PRAGG ON THE
SPANISH GUITAR

14TH MATTHEW ON THE UKEULELE

15TH SARAH HOBBS SINGING

16TH BRIDGE CLUB

17TH NAME THAT TUNE, 50'S & 60'S
NEWS HOUR WITH CHRIS GOLDING

20TH WALKS TO COBBS FOR
AFTERNOON TEA

22ND BBQ EVENT

23RD MINIBUS TRIP TO THE BEACH FOR
FISH & CHIP LUNCH

24TH BRIAN BUDDEN ON THE PIANO
NEWS HOUR WITH CHRIS GOLDING

28TH BEN SPEAKING AT TUESDAYS
PLACE

29TH HOLY COMMUNION
HANNAH SPIRES ON THE SAXOPHONE

30TH MATRONS MEETING



MINIBUS TRIP TO
'BEACH FOR
FISH & CHIPS'
ON THURSDAY 23RD

WE LISTENED,
WE SORTED

At the heart of what we do is listening to our residents and responding wherever possible to their feedback and suggestions.

A recent example of this can be seen in our garden area, where a bespoke bench has been installed following feedback from some of our taller residents. Standard benches can sometimes be uncomfortable or difficult to use, so the new bench has been specially designed to provide better support and a more comfortable place to rest.

Positioned halfway around our beautiful garden walk, the bench offers residents the opportunity to pause, relax, and enjoy the surroundings while making the route more accessible and enjoyable for everyone.

This is a great example of how resident feedback helps shape improvements across our community. When we listen and work together, even small changes can make a big difference.

A special thank you goes to Terry for safely modifying and installing the bench. Your efforts have helped turn a suggestion into a practical solution that will benefit many residents for years to come.



CHAPTER & VERSE AMATEUR PERFORMERS



Chapter and Verse a group of amateur performers presented to us a light-hearted look at Animal Antics in an afternoon of sketches, prose and poetry.

These lovely people kindly give up their time and donate all monies raised to

'The Beacon Homeless Shelter' in Winchester. The charity has been providing a vital lifeline to people in crisis since 1988 and have raised over £23,000.

HOMEMADE SCONE BAKING FUN

Our residents enjoyed a wonderful baking session making homemade scones. Before getting started, everyone followed good food hygiene practices by washing their hands and wearing gloves.

Meryl, our cook, prepared all the ingredients, and residents enthusiastically took part in adding, mixing, rolling out the dough, and cutting out the scones. There was lots of teamwork and enjoyment throughout the activity.

The following day, everyone had the opportunity to taste the finished scones. They were light, delicious, and thoroughly enjoyed by all.



VISIT TO THE NEW AIR AMBULANCE BASE AT SOUTHAMPTON AIRPORT

Matron Ellie and Christine, Activities Co-ordinator, recently attended the official opening of the new air ambulance base at Southampton Airport.

Upon arrival, they witnessed the helicopter returning from yet another emergency call, highlighting the vital and demanding work carried out by the crew every day. Guests were warmly welcomed by CEO Richard Corbett, who spoke about the significant impact the new facility is already having on emergency response services across the region.

Richard said "I am incredibly grateful to each supporter, volunteer, crew member and colleague for their dedication in orchestrating this move. It has been a tremendous effort while also focusing on our primary mission of bringing exceptional critical care to people in Hampshire and the Isle of Wight."

Since operations began from the new base, doctors, pilots and paramedics have responded to around 120 emergencies. Early indications show that response times have improved, enabling crews to reach patients more quickly than ever before.

The impressive two-storey airbase has been purpose-built to support the growing needs of the service. Facilities include a helicopter hangar, helipad, crew accommodation, office space, aftercare facilities, training and briefing rooms, and a garage for the fleet of emergency response vehicles.

The visit provided a fascinating insight into the life-saving work of the air ambulance team and the importance of having a modern, well-equipped base to support their operations. Matron Ellie and Christine were delighted to attend on behalf of the residents chosen charity and learn more about the incredible service that continues to make a difference to so many lives.





THE 2026 WIMBLEDON CHAMPIONSHIPS WILL BE THE 139TH EDITION

For the first time Wimbledon will use video review technology.

The technology will be available on Centre Court, No. 1 Court – the club's second-biggest stadium – plus four other show courts.

CENTRE COURT

Monday 29 June 2026 - Gentlemen's and Ladies' Singles First Round, matchups TBC

Tues 30 June - Gentlemen's and Ladies' Singles First Round, matchups TBC

Weds 1 July - Gentlemen's and Ladies' Singles Second Round, matchups TBC

Thurs 2 July - Gentlemen's and Ladies' Singles Second Round, matchups TBC

Fri 3 July - Gentlemen's and Ladies' Singles Third Round, matchups TBC

Sat 4 July - Gentlemen's and Ladies' Singles Third Round, matchups TBC

Sun 5 July - Gentlemen's and Ladies' Singles Fourth Round, matchups TBC

Mon 6 July - Gentlemen's and Ladies' Singles Fourth Round, matchups TBC

Tues 7 July - Gentlemen's and Ladies' Singles Quarter Finals, matchups TBC

Weds 8 July - Gentlemen's and Ladies' Singles Quarter Finals, matchups TBC

Thurs 9 July - Ladies' Singles Semi Finals plus Mixed Doubles Final, matchups TBC

Fri 10 July - Gentlemen's Singles Semi Finals, matchups TBC

Sat 11 July - Gentlemen's Doubles Final plus Ladies' Singles Final, matchups TBC

Sun 12 July - Ladies' Doubles Final plus Gentlemen's Singles Final, matchups TBC

NO.1 COURT

Monday 29 June 2026 - Gentlemen's and Ladies' Singles First Round, matchups TBC

Tues 30 June - Gentlemen's and Ladies' Singles First Round, matchups TBC

Weds 1 July - Gentlemen's and Ladies' Singles Second Round, matchups TBC

Thurs 2 July - Gentlemen's and Ladies' Singles Second Round, matchups TBC

Fri 3 July - Gentlemen's and Ladies' Singles Third Round, matchups TBC

Sat 4 July - Gentlemen's and Ladies' Singles Third Round, matchups TBC

Sun 5 July - Gentlemen's and Ladies' Singles Fourth Round, matchups TBC

Mon 6 July - Gentlemen's and Ladies' Singles Fourth Round, matchups TBC

Tues 7 July - Gentlemen's and Ladies' Singles Quarter Finals, matchups TBC

Weds 8 July - Gentlemen's and Ladies' Singles Quarter Finals, matchups TBC

Thurs 9 July - Matchups TBC

Fri 10 July - Matchups TBC

Sat 11 July - Matchups TBC

Sun 12 July - Matchups TBC

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