

AMICA CARE TRUST

A Monthly Newsletter for Exmouth House Residents



Macmillan Coffee Morning

On Friday 29th September at 10:30 am Exmouth house will be hosting a Macmillan coffee morning.

The money raised with the cakes you bake will support Macmillan's vital work. It helps us fund the amazing Macmillan nurses, answer calls on their Support Line, give financial support, and more.

Please feel free to join us.

September 2023

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OUR UPCOMING ACTIVITIES

Our Activities Team has planned a fun-filled month of activities.

Keep an eye on our Facebook page for the latest photos.



[Facebook.com/ExmouthHouseCareHomeExmouth](https://www.facebook.com/ExmouthHouseCareHomeExmouth)



Exercise Sally: Sally will be hosting armchair exercise every Thursday afternoon.

Hairdresser: Annabel will be at the home every Wednesday



Church service: On the first Friday of the month the local Church will be joining us for a service and hymns

Art in care homes week: This starts the week commencing 18th



Ice cream taster afternoon: On Tuesday 19th we are having an afternoon of ice cream tasting



ART IN CARE HOMES WEEK



Arts in Care Homes is a five-year NAPA programme which aims to highlight the wellbeing benefits of arts, creativity and cultural engagement in care settings. We want to promote the beneficial outcomes for care recipients, staff teams and relatives, champion good practice and encourage care settings to develop more creative activities and opportunities.

The theme this year is #Reflections



WHAT WE HAVE BEEN UP TO

Birthdays



We had a very special birthday party in August
Happy 101st Birthday

Joy



WHAT WE HAVE BEEN UP TO

Cameron Lemmur

We were joined by singer Cameron, he treated us to a variety of classic songs



WHAT WE HAVE BEEN UP TO



WHAT WE HAVE BEEN UP TO

We had a party at the home to celebrate Exmouth House as the winners of care home of the year.



WHAT WE HAVE BEEN UP TO

As the weather has been so nice we have spent a lot of time in the garden



Staff member of the month



Congratulations to Roy

Roy was voted this months staff member of the month by his colleagues

Well done Roy and thank you for all your hard work.



BIRTHDAYS



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September Birthdays:

Wednesday 6th Rita

Thursday 21st Barbara

Happy Birthday from everyone at Exmouth house.

