### **AMICA CARE TRUST**

A Monthly Newsletter for Exmouth House Residents





#### Macmillan Coffee Morning

On Friday 29<sup>th</sup> 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.

#### **STORIES INSIDE THIS ISSUE**

Macmillan Coffee morning

Upcoming activities

Art in care homes week

What we have been up to

Staff member of the month

Birthdays

Please feel free to join us.

September 2023

## **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



**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 18<sup>th</sup>

**Ice cream taster afternoon:** On Tuesday 19<sup>th</sup> 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



Birthdays



#### **Cameron Lemmur**

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



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





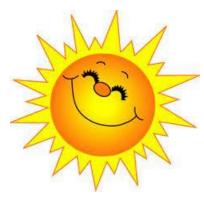


As the weather has been so nice we have spent a lot of time in the garden









# 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**



The ancient Greece, royals were convinced that blue sapprines protected their owners from envy and harm. During the Middle Ages, people thought the gem attracted heavenly blessings. Others instilled sapphires with the power to guard chastity, make peace between enemies, influence spirits, and reveal the secrets of oracles.





September b

September Birthdays:

Wednesday 6th Rita

Thursday 21st Barbara

Happy Birthday from everyone at Exmouth house.

