

AMICA CARE TRUST

A Monthly Newsletter for Exmouth House Residents



Garden contest

Exmouth House has been working hard to get ready for this years garden contest, we are competing against the other homes in Amica trust.

The theme was 100 years of the BBC, we chose to celebrate The Wombles.

The Wombles are pointy nosed, furry creatures who live on Wimbledon Common, they like to help the environment by collecting, recycling and planting.

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Care Home Open Week 2023

We used the open week as a way of showing our appreciation to our families, friends and local community, we had a wonderful week filled with activities

26th June- 3rd July

Afternoon cream tea

Family and friends joined us for a cream tea and Quiz

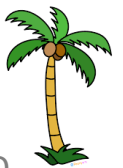


July 23



Tropical BBQ

Exmouth Court joined us for a BBQ and limbo contest



Sports day

St Joseph's primary school v Exmouth house



OUR JULY 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 Tuesday morning and Thursday afternoon.



Hairdresser: Annabel will be at the home every Wednesday



Motor Bike Club: On Friday 7th a local motorcycle club are bringing their bikes to show us



Beach wheelchairs: On Thursday 13th we have hired special wheelchairs that are able to go onto the beach and into the water, we will be having an afternoon paddle



World Ice cream Day:

Sunday 16th July is world ice cream day, we will be having some ice-cream based activities and of course

A Day out at Ocean:

On Friday 21st we have a trip planned to Ocean, on Exmouth seafront for an afternoon cream tea

WHAT WE HAVE BEEN UP TO

Birthdays



We had four birthday parties in June
Happy Birthday

Helen S

Jean L

Marguerite D

Michael B



WHAT WE HAVE BEEN UP TO

Exmouth House Trust Awards



The winners were....

Care Hero- Kinga

Support Colleague of the Year- Charlotte

Leader of the Year- Kat

Positive Attitude- Gemma

Always Growing- Claire

Newcomer of the Year- Julia

Thank you
everyone
who voted



Exmouth House

Fun Games



The Parachute game

Each group works together to toss the ball from their own side of the Parachute to that of the other group. The groups toss the ball back and forth. The object of the game is to successfully catch the ball using the Parachute



Pamper sessions

*Treat
yourself*



RESIDENT AND RELATIVE MEETING

What was discussed?



Meet the new activities co-ordinator

1. The new activities co-ordinator Liz introduced herself to the group, she gave a brief overview of what we had been up to and what we had planned.

Ideas and suggestions

2. The group came up with some excellent suggestions and ideas for activities that we are looking into arranging, if you have any ideas please let us know.

Volunteers wanted

3. Families have been asked if they would be free to support us with trips out, if you are able to provide support we would be grateful, if you are interested please see a staff member.

Family support

4. Kat asked if the families would like social evenings to get to know one another, it was agreed, we will arrange a cheese and wine evening-date to be confirmed

THIS MONTHS BIRTHDAYS



July birthdays:

6th July: Sally C

11th July: Christine L

18th July: Ann B

20th July: Jean K

