

AMICA CARE TRUST

A Monthly Newsletter for Exmouth House Residents



GLAD TO CARE

Exmouth House took part in #GladtoCare Week 2023 – a national awareness week dedicated to celebrating those who work in the care sector, which has returned for its fourth year. With the 2023 theme being 'Wellbeing' all part of Person Centred Software's OOMPH Wellbeing and Activities Platform, participants will be invited to join in with a variety of fun and innovative activities throughout the week, designed to get the entire care community and its residents involved.

STORIES INSIDE THIS ISSUE

Glad to care

Care Home open week

Upcoming activities

What we have been up to

New staff



Care Home Open Week 2023

26th June- 3rd July

Care Home Open Week 2023 is an opportunity to connect care homes across the country with their community.



What do we have planned?

26th June: An afternoon cream tea and Quiz with friends and family at 14:00

27th June: A day of games we have invited the students from Bicton college, starting at 10:00

28th June: An afternoon of mocktails and cocktails we have invited Devon county council and the District nurse team, starting at 14:00

29th June: An afternoon tropical themed BBQ with Exmouth Court 12:30

30th June: TBC- Sports day morning we have invited St Joseph's primary school 10:30

OUR JUNE 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



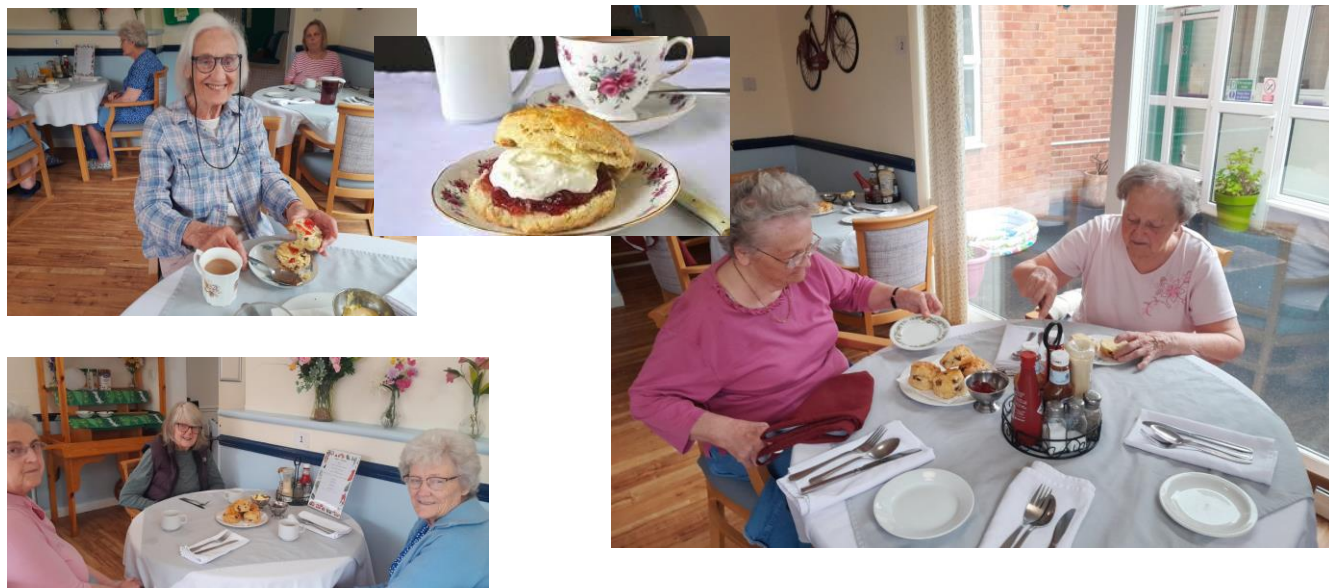
Music with Naomi: On Wednesday 28th Naomi will be joining us for Music speaks

Care Home open week: We have a host of activities planned for the last week of June

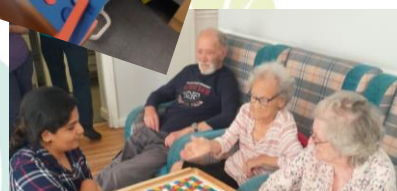


WHAT WE HAVE WE BEEN UP TO

Afternoon cream tea



Games



WHAT WE HAVE WE BEEN UP TO

Spending time in the garden



Art



Exmouth House



Kat Langdon
Home
manager



Claire Guest
Deputy
Manager

Care Leaders



Kinga



Gemma



Siji



Vera



Liz
Activities



Charlotte
Home
Administrator

Care Staff



Agetina



Anju



Chelsea



James



Jojini



Lyndsay



Ola



Ola



Roland



Roy



Rubeena

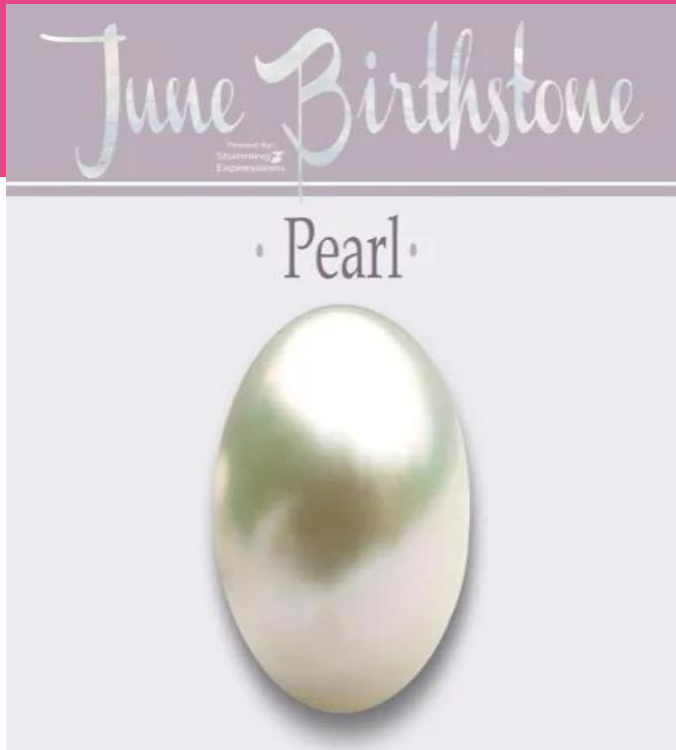


Tinu Rose

Exmouth House would like to welcome Rochelle who has joined us as a care assistant and new senior care staff Liam and Jenshy to the team



BIRTHDAYS



Pearls have long been associated with purity, humility and innocence. So it may be said that the meaning of the June birthstone is "sweet simplicity".

June birthdays:

4th June: Michael B

7th June: Marguerite D

16th June: Jean L

20th June: Helen S

