

Welcome to
Catherine House Care Home's
Edition 3 2025 Newsletter

EXCELLENCE * PEOPLE-DRIVEN * INTEGRITY * COMPASSION



EDITION 3

Hello from Sherin Anup

Welcome to the third edition of our newsletter! We've had so many wonderful things happening in our home this summer that have kept us busy, and we're excited to share them with you throughout this edition. It was lovely seeing so many of you at our recent relatives and friends meeting. Take a look at what events and activities we have coming up as we prepare to step into Autumn. Thank you for your continued support, and we hope you enjoy reading!

Sherin

This quarter's features:

- Hello from our Care Home Manager, Sherin Anup
- Our Moments Shared
- Recent Events
- Feedback
- What Does Occupation Mean?
- Birthdays
- Upcoming Events and Activities – Dates for your Diary

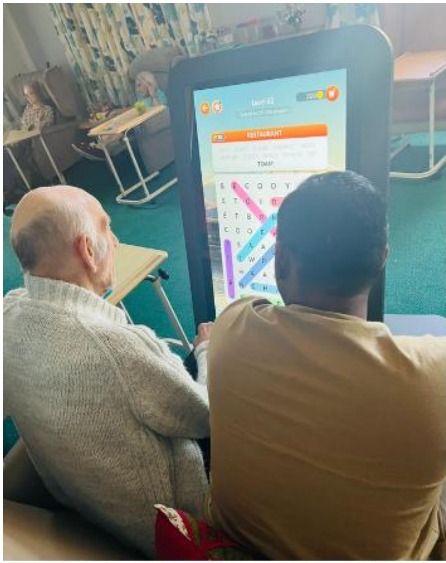
Thank you for allowing us to share these special photos



When people outside our community see photos of you or your family member enjoying activities like flower arranging, gardening, days out, painting ... it can gently attract others who share those same interests to feel this could be the right home for them or their loved one.

Most importantly, this helps bring like-minded people together, so you or your loved one can share hobbies and interests, build friendships and feel a true sense of belonging.

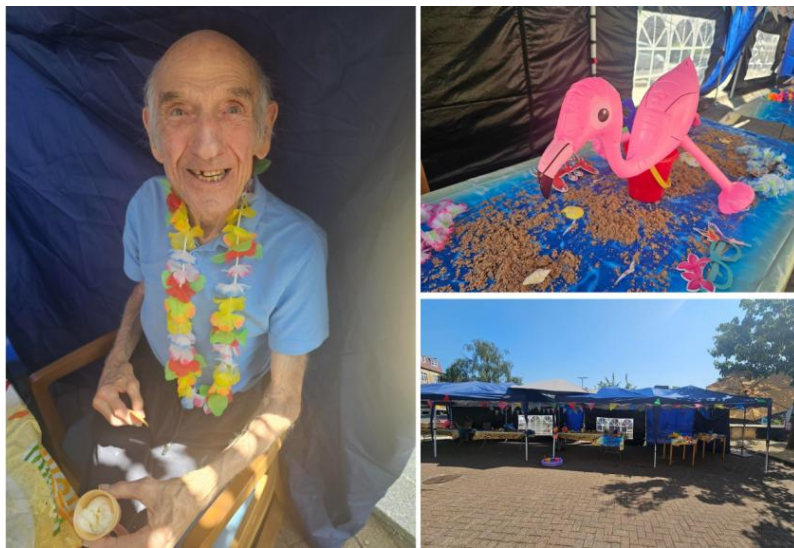
Thank you - your support makes a real difference.



Recent Events:

Beach Themed Party

We enjoyed a beach-themed day bringing everyone together for fish and chips, ice cream, and live music in the sunshine. We decorated with sea-themed table covers, inflatable beach balls, bright lei (Hawaiian garlands), mini buckets and spades, and even scattered sand and shells. One family member, Alan, shared “That was the best fish and chips I’ve had in a long time, and the ice cream went down well too.” Another family member, Janet, commented on the music saying, “She’s got such a beautiful, clear voice,” while family member Monica added “Can we have her back again?”



Mini Glastonbury

We hosted our own Glastonbury-inspired celebrations, with live music, colourful decorations, and plenty of food and laughter shared among family members and visitors. This local festival-style gathering is unique in that it brings the atmosphere of Worthy Farm straight to the doorstep of Catherine House. The event featured familiar entertainer Danny Dukebox. The food included a delicious spread of potato pots, egg, strawberries with cream, and ice cream for dessert.



Westonbirt Arboretum

We headed out to Westonbirt Arboretum recently for a guided visit, exploring the national tree collection with one of the Arboretum's friendly volunteers. They spent time outdoors, taking in the sights, smells and sounds of the trail, and even brought back a few samples to share back at home. The visit gave everyone the chance to go at their own pace. Monica and Sheila were full of questions, and the guide was happy to stop, chat and pass around bits of bark and leaves to touch and smell.

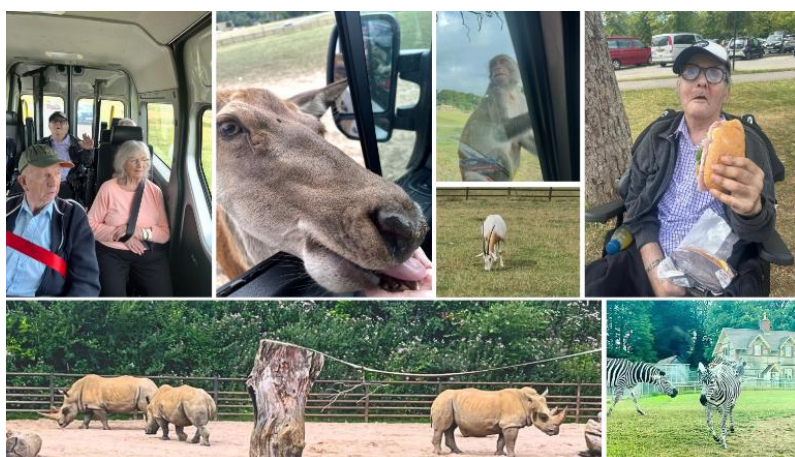


Maintenance Training Day

Our maintenance team had a day out to our central support office for a hands-on maintenance training day from plumbing repairs to fire safety checks. The guys enjoyed their day looking at different techniques they can use within the home and sharing with other homes what works well for them.



Longleat



Everyone truly enjoyed their day out to Longleat, for some, even though it is so local, they had never been before. Laughter was heard all day especially whilst driving through the monkey enclosure! We enjoyed feeding the deer and commented on how it tickled their hands. Sharon often got told to slow down or stop so they could, in Alan's words, "have a proper look at the animals."

Canal Boat

We stepped back in time with a traditional horse drawn boat trip! The barge is completely drawn by horse and there is no engine on board. The horse was called Monty which is a cross Shire horse. It brought back lovely memories for Barbara from when she used to visit a different canal when she was younger. The others enjoyed talking to members of the public as they cruised down the river taking in the gorgeous surroundings.



August Fayre

Thank you to all who made it to our summer fayre, we had such an amazing turn out and Sharon and the team were busy from the moment we started to the moment it finished. Days like these cannot go ahead without all our lovely helpers like Jan our volunteer and the support of the families willing to run stalls for us, and of course your donations towards the tombola and raffles. For this we thank you all!



Care Home Cricketers



Paul, one of our maintenance team, recently organised a cricket match where members of our team and Frome Nursing Home joined forces as well as some of the team's partners to take on Frome Red Stars (Frome's local team). They had a friendly game. Red Star unfortunately won by just four runs, with four overs un-played but for everyone involved the evening was less about winning and more about enjoying time outside of work together.

Sunflower Nursery

Sunflower nursery continue to visit us in the home and when they are here the room is full of so much cheer and laughter playing games, singing songs and listening to stories. On their recent visit they had created some beautiful canvases to display within the home.



Scrapbooking with Margo

On one of our volunteer Margo's recent visits to the home they decided the weather was too nice to stay indoors and decided they would like to do scrapbooking in the garden. We are very lucky to have not just Margo but also Jan and Susan who volunteer with us. Giving up there time to engage with family members in group events or just a simple chat.



Afternoon Tea

For afternoon tea week we celebrated with our afternoon tea garden party. Everyone enjoyed the afternoon in the garden listening to Henry our entertainer for the afternoon playing his keyboard and singing. Each table had a different theme - even a Christmas themed table!

Henry sent a message after the event saying “thank you having me to your garden party, what a lovely occasion seeing all your residents enjoying the ambience and enjoying the afternoon high tea”



Football Club Sponsor

Catherine House, along with other companies around Frome, have sponsored the local Football team The Robins. If you are a fan and watch the home games you will see our banner on display as well as in the match day programme you will see our logo. As a thank you for sponsoring them we were given 5 tickets to use so some of our family members have chosen to go watch The Robins against Falmouth Town on Sunday 11th October at Frome's local football grounds. We wish The Robins good luck for the upcoming seasons.



Feedback:

"Mum was moved after a stressful few months to Catherine House. They made the move, communication and mum's transition smooth and friendly. Their communication over any issues or concerns is great; they never hesitate to resolve any issues we mention when we visit. Mum loves it here. They even include us in meals if we like. Great home from home."

"I highly recommend Catherine House, they have been nothing short of amazing with my mum. She's been there almost a year now and I honestly wouldn't want her anywhere else. The love and care they show my mum and all the other residents is heartwarming. My Mum is settled, happy and taken care of."

"I was very impressed as all the Staff that I have met today were very pleasant and helpful. Thank you for helping make their 63rd wedding anniversary celebration happen and allowing them to have lunch together and the beautiful bouquet, it meant a lot."

"Good feeling when you walk in. Had excellent viewing on first visit with everything shown and explained. Pleased to be able to take my husband's personal things in before he arrived as helped him to settle. All the team friendly and very helpful, nothing too much trouble. Felt they spent time getting to know my husband's way. Lounge and dining room have a nice relaxed feel, no pressure to use. Excellent care home."

What does Occupation Mean?

We believe that meaningful daily activities, what we call “occupation” is central to life here.

This approach is inspired by Professor Thomas Kitwood, a pioneer in dementia care, who showed that wellbeing comes from living with purpose, connection and identity, not just from meeting physical needs.

So a big thank you to Claire, one of our incredible carers, who shares with us what occupation means to her:

“Meaningful occupation at Catherine House enhances family members’ quality of life, promotes dignity, and supports emotional wellbeing. It’s not just about keeping busy, it’s about engaging in activities that matter to each person, in a home that feels like their own.

Even a small, everyday activity like washing up can have a powerful impact on a family member’s wellbeing. At Catherine House, when a family member participates in washing up, it’s more than just a chore, it’s a meaningful occupation that supports a sense of purpose, engaging in familiar tasks helps family members reconnect with roles they held earlier in life, such as being a parent, homemaker, or caregiver. It reinforces their identity and gives them a sense of usefulness and contribution to the household. You will often find Jean in Harmony’s dining room washing the dishes and unloading the dish washer.

Offering opportunities to participate in daily routines or hobbies empowers people to make decisions and stay involved in their own lives. Even small choices like what activity to do or when can restore a sense of control.”

Claire Tate - Care Assistant

Birthdays

Here are the birthdays we’ve celebrated over the past few months:

June Birthdays	July Birthdays	August Birthdays
Nichol Rama Apruva Patrycja	Jamie Theivani Usha	Aleena Ali Claire Paul

Date for your Diary

Please note that the trips are subject to change depending on the weather ♥

September	October	November
2 nd – Shearwater Picnic 16 th – Southwick Animal Park 25 th - WSM 30 th - Tenpin bowling - Longwell Green	2 nd – Otter Garden Centre 7 th – Petting Farm 16 th – Chew Valley Lake/Cheddar Gorge 21 st – Bitton Railway 30 th – Hayes Motor Museum 31 st – Halloween Party 🎃	12 th - Shepton Mallet Carnival 20 th – Clarks Village in Street 25 th - Longleat’s Festival of Lights