

Welcome to
Catherine House Care Home's
Edition 6 2026 Newsletter



EXCELLENCE * PEOPLE-DRIVEN * INTEGRITY * COMPASSION

newsletter

EDITION 6 2026

EDITION 6

Hello and Welcome to Edition 6 of Our Newsletter!



We're delighted to bring you the latest edition of our newsletter and to share some of the wonderful moments we've enjoyed together recently.

The last three months have been incredibly busy and full of joy, with many amazing outings and a variety of fantastic entertainers visiting us here in our home. From engaging activities out in the community to lively performances and special events within our walls, it's been a pleasure to see so many smiles, laughter, and memorable experiences created for everyone.

As many of you will know, we are still continuing with our refurbishment journey and we've been concentrating with the garden's most recently to make them summer ready . With a home of this size, these improvements take time, but we are making steady progress. We truly appreciate everyone's patience and support during this process, and we're excited about the positive changes these updates will bring to our environment.

We hope you enjoy reading this edition of the newsletter and reflecting on the highlights we've shared. Thank you, as always, for being part of our community.

Sherin Anup, Registered Manager

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Recent Events



A visit to Bath took us to the Jane Austen Centre, where we chose to slow the pace and truly take it all in. Rather than rushing through, we paused whenever something caught our attention. Each exhibit sparked conversation about daily life in Austen's time, and the places that inspired her writing. One wall hanging in particular drew us in with its intricate stitching. It became a shared focal point prompting discussion and reflection, making the experience all the more engaging and memorable.



We celebrated Easter with a lively fair that brought together family members, loved ones, and the local community. Stalls offered handmade crafts and baked treats, while a Punch and Judy show and BBQ lunch added to the fun. Highlights included a visit from Twinnies Petting Farm with lambs, chicks, a pony, and Wilma the donkey, as well as an appearance by the Easter Bunny handing out eggs. With balloon modelling and handmade bonnets on display, it was a community filled day enjoyed by all.



Family members visited Shepherd's Retreat Farm during lambing season. They enjoyed feeding baby lambs, exploring the pens, and taking in the atmosphere of the busy yard. The lambs were the highlight, described as "gorgeous," with their playful nature. There were plenty of light-hearted moments, alongside a relaxed lunch afterwards, back at the home, the visit remained a fond talking point long after the trip had ended.



Avon Valley Railway in Bitton offered a chance to sit back, relax, and enjoy the journey together. Family members sat in the carriage, watching the countryside pass by while chatting and taking in the views. Afterwards, some spent time near the engine on the platform, enjoying a closer look and a breath of fresh air. A simple train ride, good company, and a day well spent.



We enjoyed a trip out to Catley's Garden Centre in Frome, exploring the wide range of plants. Everyone immersed themselves, especially Janet, who impressed with her gardening expertise, and Ruby, whose humour kept spirits high throughout. The outing ended with a well earned stop at McDonald's, where the group sat together chatting and enjoying their meals. To top off the day, the team at Catley's kindly gifted sunflower plants, much to Ruby's delight, making the trip one to remember.



A lovely day out together was had with our sister home, Frome Nursing Home joining forces for a trip to the Somerset Rural Life Museum, followed by lunch in Glastonbury. A special highlight came from family member Philip, who shared memories of visiting the museum with his late wife and had always hoped to return. We're so glad we could help make that happen.

What a wonderful way to welcome summer! We celebrated May Day with fantastic performances from Continental Journey and The Pom Pom Lady, alongside a delicious BBQ and chips, creating a brilliant atmosphere for everyone. A special highlight was our very own maypole, crafted by our maintenance team from a trimmed Christmas tree, alongside beautiful maypoles made by family members last year.



For more recent events, don't forget to follow our [facebook page](#) and look on our [website](#)!

Why Everyday Activities Matter in Care Homes

When people think about activities in care homes, they often picture big events like parties or entertainers. While these are important, it is often the smaller everyday moments that can be just as meaningful for family members.

Simple tasks like laying the table, helping with washing up, reading, watering plants, or sharing a cup of tea help create a real sense of home. These familiar routines can give family members purpose, independence, and a feeling of belonging. For people living with a dementia, everyday activities can be especially comforting. Familiar routines often bring reassurance, encourage conversation, and help people feel calm, connected and valued.

While big celebrations bring excitement, it is often the quieter moments and everyday routines that make the biggest difference, helping a care home feel warm, welcoming and full of life. [Click here to read more about activities in care.](#)



Garden Refurbishment

We've been busy refreshing our gardens ready for summer, planting seeds, tidying flower beds and creating a sensory space for everyone to enjoy. Following a trip to Catley's, family members helped choose a variety of plants with different colours, textures and aromas, all chosen to encourage sensory engagement and bring the garden to life.

We've even been invited by Frome in Bloom to enter our courtyard into this year's annual competition, after they spotted our garden on our [Facebook!](#) Update to come in our next edition!



Life Histories

The team have really enjoyed getting to know every family member's life history. Knowing a family member's life history is invaluable in providing meaningful, person-centred care in the home. A person's past experiences, routines, relationships, work, hobbies, and values all shape who they are, even as their needs change. When we understand someone's story, we can tailor care in ways that feel familiar, respectful, and comforting whether that's choosing music they love, supporting daily routines they've always valued, or understanding triggers that may cause anxiety or distress. Life histories help the team connect on a deeper level, turning care tasks into moments of genuine interaction and trust. It also supports dignity, promotes emotional wellbeing, and helps family members feel seen as the individuals they are, creating a home where people feel understood, valued, and at ease.

Please click on one of the following names which is linked to their story.

[Nora's Story](#)



[Collin's Story](#)



[Paul's Story](#)



Feedback

"Thanks for allowing me to join you. Volunteering is my way of repaying the love that mum was given in her 8 years at Catherine House."

"I am very impressed!"

"The staff are lovely, very happy."

"Absolutely fantastic. I am so impressed, dad is thriving."

An Introduction from Neil Whalen, Our New Group Catering Lead

“Here's a little about me and the work we've been doing”

I've been a chef for over 30 years, starting out as a commis chef and working my way through the ranks to Development Chef and Support Catering Manager. My career has taken me through some of the biggest names in contract catering - Baxter Storey, Compass, Sodexo, and Aramark, before finding my true passion in care catering, which I moved into in 2013 with Barchester in Bristol.

That move changed everything for me. Care is where food really matters on a personal level. You're not just feeding people, you're supporting their health, their dignity, and their happiness every single day.

When it came to developing the new menus at Evolve Care Group, I focused on four things above everything else: seasonality, nutritional balance, familiarity, and clinical need. I wanted menus that felt like proper home cooking, food our family members recognise and love, while also working hard nutritionally, supporting those who may be at risk of malnutrition, recovering from illness, or living with conditions like dementia.

Contrast and variety were equally important. Colour on a plate, a mix of textures, familiar favourites alongside the occasional something new, these details genuinely make a difference to whether someone eats well or not.

My vision going forward is simple: that every family member across our homes sits down to a meal that nourishes them, comforts them, and that they genuinely look forward to. Food should never be an afterthought in care - it is care.



To view our complete Summer menu, please visit our [website](#).

Recent Team Members Birthdays

April

Jack
Wynona
Becky
Eldho

May

Priyanka Joshi
Saumyamol Palden
Annamma Jisha
Panchamy Mary
Debbie Cher
Jyothi

June

Juhi
Apruva
Nichola
Ram

We'd like to wish the following team members the very best as they move on to their next adventure. Thank you for everything you've brought to the home and for the part you've played while being with us. You will be greatly missed, and we wish you all the very best for the future.



Upcoming Events

July

Outings

9th July Crockerton Garden Centre
15th July Whitehall Garden Centre
21st July Bitton Railway
28th July Southwick Animal Park

In House Events

7th July Music by Sentimental Journey
9th July Music by Joe Bampton
27th July Music by Danny Jukebox
7th - 19th July World Cruise - visiting different cities without leaving the home
30th July Sports Day

August

Outings

11th August Shearwater Lake Picnic
24th August Dobbies Garden Centre
18th August Haynes Motor Museum

In House Events

9th August Beach Themed Lunch with Music by Chris Auburn
26th August Music with Joe Bampton
28th August Catherine House Festival with Music by Danny Jukebox

September

Outings

2nd September Ten Pin Bowling
10th September Rural Life Museum
21st September Haynes Motor Museum
30th September Weston Super Mare

In House Events

6th September Summer Fete
14th September Country and Western music by Sentimental Journey
16th September Music by Sue Lords
26th September Music by Chris Auburn
29th September Music by Danny Jukebox

Thank you for reading and we hope to see you very soon!