

Welcome to
Catherine House Care Home's
Edition 7 2026 Newsletter

EXCELLENCE * PEOPLE-DRIVEN * INTEGRITY * COMPASSION



EDITION 7

Hello and Welcome to Edition 7 of Our Newsletter!

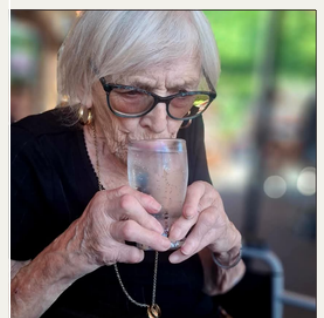
It's wonderful to look back on everything we've enjoyed since our last edition. We have been incredibly lucky with the lovely weather, which has meant we could spend much more time outdoors making the most of the sunshine. One of our highlights was a fantastic trip to Longleat, where some of our family members even had the amazing opportunity to feed the giraffes!

We were also proud to take part in Frome in Bloom, celebrating our community and enjoying the beautiful surroundings. As we share Edition 7 of our newsletter, we would like to say a heartfelt thank you for your continued support. We have received so much lovely feedback recently, which means a great deal to us and motivates us to keep creating enjoyable experiences for everyone. We truly appreciate being part of such a supportive community.

Sherin Anup, Registered Manager

This Quarter's Features

- Welcome from Sherin
- Recent Events
- Birthdays
- Frome in Bloom
- Feedback
- Wiki, Test Your Knowledge
- Upcoming Events



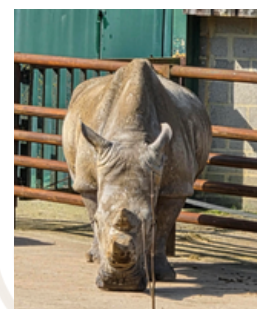
Longleat Safari Park

Word's from one of our relatives, Heather, after enjoying a trip to Longleat Safari Park with us.



A minibus full of people eager to see “the animals” set off from Catherine House this morning, headed for Longleat. A quick stop at the car park and off to the Safari Park, where giraffes were to be fed. Leaves bought and held out for beautifully marked creatures of shades between light tan and dark brown. My goodness! A long tongue curled around a branch and a hefty pull, saw the leaves disappear rapidly. They are strong, large creatures, but to have a head at touching distance was amazing! Back to the bus and past a large collection of ostrich eggs on the side of the path, all dated in the hope that some might hatch. And now the monkeys - within seconds one was sitting on the wing mirror, probing for weaknesses. across the windscreen, up onto the roof, bums exposed and little fingers hanging on. Best count, three on board at one time, including babies. The camels blocked the road, lolloping unsteadily and wobbling their humps, deer pushed through windows to be fed, nibbling fingers and nudging with velvety covered antlers. Rhinos stared, unimpressed, then on to the big stuff. Tigers, hard to see amongst the greenery, lions casually lying in groups, lifting an occasional paw, but watching, just in case we ignored the notices about NOT LEAVING YOUR CAR.

Cheetahs lying so flat they were almost impossible to spot and oops, did anyone other than Paul spot a hyena? Then wolves, shaded under a tree, but behind them three small cubs, tumbling together safe from the attention of the Alpha male. Comments about all we had seen, about the last or previous times people had visited, about bicycles ridden and ponds fallen in, earlier days recalled, mixed with air con, relief at being able to open windows again and a healthy desire for lunch! Picnic time, crowded tables, but we found a spot. A nosy mallard and numerous sparrows were as interested as us in the spread Sharon had provided. Rolls and crisps, cakes and drinks, all devoured with healthy appetites- people to watch, the outside world in its busyness around our little oasis of calm and deliciousness. Plenty of choices, the naughtiness of sticky buns, licked fingers, crumbs for the birds, fresh air, coolness after last week's heat, just being outside.



Then the last part - Jungle Kingdom! Otters so close through the glass partition, the GIANT anteater, what a size, a laid back armadillo scrunched in a corner, the “retirement group” of meerkats, fewer than before and almost one less as it skittered in front of the wheelchair. The oppressive heat of the crocodile pool, beady eyes watching every move, then Giant Otters, faces to the glass at eye level as they swam past. Finally, the koalas, all four snuggled into individual tree branches, upright, totally relaxed and fast asleep. Then back to the bus for home. Tired faces, lively minds, reviewing sights and sounds of the day spent outside in good company. Thank you.

Recent Events



We brought a little Wimbledon magic to the garden, with Pimms, strawberries and cream, music and plenty of tennis spirit! A special thank you to Danny Jukebox for joining us once again. Family Members enjoyed the sunshine together, with singing, dancing and plenty of smiles, while others relaxed indoors watching the match.



A big thank you to Tina Smith Blackwill, The Pom Pom Lady, for visiting us once again and entertaining everyone in our Nightingale Garden. The colourful pom poms were soon being passed around, with lots of smiles and laughter along the way. One very furry visitor even joined us at the table!



Our lounge was transformed for communion this week, with prayer books, hymns and a peaceful afternoon service. Some joined in with every word, while others simply enjoyed listening with a cup of tea. For many of our family members, church and communion have been part of their lives for many years.

Our Summer Sports Day was full of fun, laughter and friendly competition, with beanbag tossing, tin-can targets, ball games, Splat the Rat and flying ducks. Betty was the star of the day, catching seven ducks! We finished with an egg-and-spoon race. The men's race ended in hilarious controversy when all four competitors were caught holding their eggs with their thumbs!



We all enjoyed a special treat from the local fish and chip shop, and there were clean plates all around! The delicious smell of fish and chips filled the home and had everyone's tummies rumbling. Paldens' homemade virgin mojitos were the perfect accompaniment to a very tasty afternoon!

We enjoyed celebrating Onam, harvest festival from Kerala. We created a beautiful flower arrangement together and enjoyed some delicious traditional Onam food. It was a lovely opportunity to learn about and celebrate the culture and traditions of our team



A big thank you to Danny Jukebox for entertaining us at our Midsummer Night's Dream party! The lounge was transformed into a magical woodland wonderland, complete with some very special furry and feathered visitors. It was a wonderful afternoon filled with music, laughter and a little bit of magic!



Disney favourites came to life in our garden, with Mickey and Minnie ears, and a visit from Snow White! A big thank you to Sentimental Journeys with Nicki for a wonderful afternoon of singing and happy memories. Monica sang along, Barbara shared her love of Disney, and Kim proudly wore her Mickey ears from her own Disneyland trip. A truly magical afternoon, finished perfectly with Sheila leading a round of applause for the team who made it happen.

We enjoyed coffee and cake surrounded by some very friendly donkeys! Everyone had the chance to feed, stroke and groom them, with plenty of smiles and laughter along the way. Dorothy loved feeding the donkeys, while Royston was fascinated to learn more about them. With lots of lovely chats, new faces and even requests to go again.



Our recent Summer Fete was a fantastic day enjoyed by family members, team, and visitors. Family members enjoyed spending time with some special animal visitors, which sparked many lovely conversations. Barbara especially enjoyed reminiscing about her younger days living on a farm, sharing stories about the animals she used to care for and life in the countryside. The fete also gave family members the opportunity to get involved and support the various stalls. Nora proudly helped her daughter Sally run a popular bric-a-brac stall, welcoming visitors and chatting with everyone throughout the day.

Barbara was also delighted to help her daughter Sue at Sue's stall, which featured a beautiful selection of homemade jewellery that attracted plenty of interest from guests. Paul ran a selection of traditional fete games, including some familiar favourites from Sports Day. Children and families enthusiastically joined in, with everyone having a chance to win a sweet treat. The games certainly provided lots of entertainment. Visitors also enjoyed exploring the various stalls, including the popular book stall where Jackie and Ruby ran together. Thank you to everyone who attended, helped organize the event, and contributed to making it such a special day.



Recent Team Members Birthdays

July

Luke
Jamie
Pat
Usha
Theivanai

Leela
Venkata
Lanie
Amalu

Aug

Sharon
Jineesh
Ali
Paul

Claire
Aleena
Augustine

Sept

Mandy
Anns
Emmie
Ashwathy
Dhrutiben



Frome in Bloom

More Than a Garden – A Story of Home



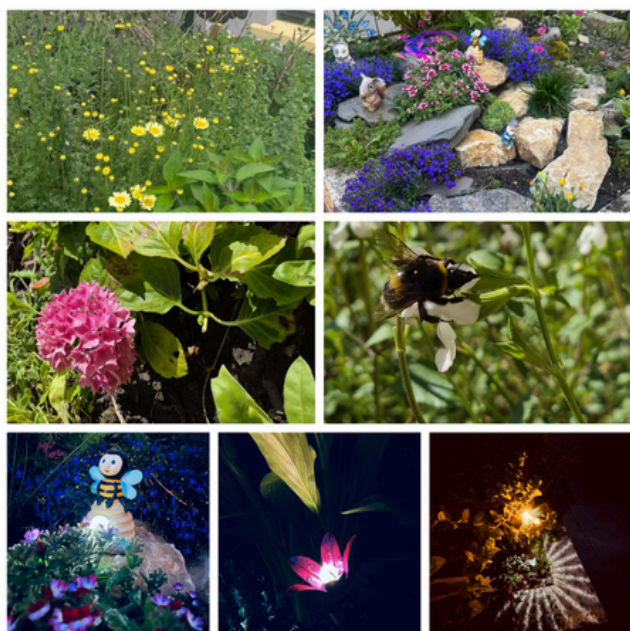
As you enter our courtyard, we invite you to see more than the flowers and plants before you. This is not a garden that has been created especially for a competition, nor have we transformed it into something it is not. The flowers and green spaces you see were already part of our home. We have simply come together to care for it, tidy it, and add a few thoughtful touches so that it reflects the pride we feel in Catherine House.

At Catherine House, our residents are known as family members, because that is exactly what they are to us. This courtyard belongs to them. It is a place where they sit and chat, enjoy visits with loved ones, watch the changing seasons, and spend peaceful moments outdoors. In preparing for Frome in Bloom, team, family members, relatives, and friends worked together to refresh the space. What mattered most was not creating the most impressive display, but ensuring that our family members felt proud of the place they call home. This courtyard tells a story. It tells the story of people coming together, supporting one another, and creating a sense of belonging. It represents friendships, conversations, laughter, memories, and quiet moments of reflection.

For some family members, this garden brings back memories of gardens they once cared for themselves. For others, it is simply a place to enjoy fresh air and companionship. Whatever their reason for visiting, it remains an important part of daily life at Catherine House.

The true beauty of this courtyard is not found in the flowers alone. It is found in the people who enjoy it, care for it, and share it with one another every day.

We are proud to share our courtyard with you, not because it is perfect, but because it is loved. - Aaron Pascual



Aaron and Kim at Frome in Blooms presentation evening collecting our first place trophy and certificate for our courtyard. Thankyou to our teams hard work and now we need to start getting ready for next year!

Feedback

My father has Alzheimer's and moving him into Catherine House was one of the hardest decisions our family has had to make. The care he receives has exceeded all our expectations. Every member of team, the cleaners, caregivers, medical team, catering team and the management team, treat him with genuine kindness, compassion and respect. They have taken the time to understand not only his condition but also his background, personality, likes and dislikes, and they adapt their approach to suit his mood each day. There is an excellent range of activities and outings, with seasonal events and day trips that provide real mental stimulation and enjoyment. Since moving to Catherine House, both his physical and mental wellbeing have improved noticeably. It is clear that this is more than just a care home - it is a place where people are truly cared for, and we cannot thank the team enough.

This is a wonderful achievement! Thank you for sending me the article and sharing the good news with me. Congratulations to the entire team at Catherine House Care Home. It's great to know our Frome residents are being so well cared for. Thank you again.

Lisa Merryweather-Millard,
Frome Town Councillor

Thank you so much for getting in touch and for sharing Kim's inspiring story. It's wonderful to hear about her journey over the past 17 years and how she has developed her career at Catherine House. Stories like Kim's really highlight the value of supporting people to grow and develop, and it's lovely to see the impact this has had across generations of her family. Thank you again for thinking of us, and we wish Kim continued success in her role.

Sarah Walton,
Key Centre Coordinator

The Key Performance Indicators (KPI's) were recently reviewed for the twelve-month period, and we wanted to write to congratulate you and the team for the excellent quality standards achieved across the KPI's we have set. We recognise that providing consistently good standards of care is complex as well as rewarding, and we hope you will have the opportunity to share our thanks with the team in recognition of the standards of care being delivered. Please feel free to share this with CQC, if you wish, as an example of external feedback on the quality of your service.

Clare Woodhead,
All Age Continuing Care Quality and Care Sector Manager
NHS Somerset



The WIK Game: Test Your Knowledge

Think you know care inside and out? Prove it!

Learning doesn't have to feel like learning, and that idea began during a family game night when Shrien and Eve saw how much fun everyone was having while playing a trivia card game. It sparked a thought - why not create something just as enjoyable for social care?

From that spark of inspiration, Evolve's WIK board game was born. WIK (world of inescapable knowledge) covers six areas for those working in care. It's a great way to continue testing your knowledge while enjoying a little friendly competition!

We have all played the WIK game during our training days at the Evolve Care Academy, with some of you walking away with cash prizes of up to £100! Now available on Moodle so you can regularly test your knowledge and beat your last score!

The leaderboard is where it gets competitive. Shrien and Eve created the game, but they are no longer top the leaderboard, let's keep it that way! Bravo to Aswathy Ashokan, who is currently Catherine House's highest scorer as we go to print. Well done, Aswathy!



Blue Light Discount £

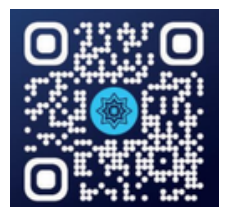


Did you know that working in social care means you're eligible for a Blue Light Card? For £4.99, the card gives you two years' access to thousands of discounts across more than 13,000 retailers, including Jet2Holidays, Nike, Apple, Schuh and Hotels.com.

Whether you're planning a holiday, treating yourself to something new, heading out for a meal or simply doing the weekly shop, download the app and see what's up for grabs! Members can also access ticket ballots and launches for gigs, festivals, sporting events and attractions.



Register now at www.bluelightcard.co.uk
or scan the QR code.



Upcoming Events

October

Entertainers

- 2nd - Sing a Ling (Baby Group)
- 9th - Pom Pom Lady
- 14th - Music by Joe Bampton
- 20th - Pom Pom Lady
- 26th - Music by Chris Auburn
- 29th - Music by Danny Jukebox - Halloween Party

Trips

- 5th - Witchmark Whiskey Distillery
- 13th - Rockaway Park in Temple Cloud
- 19th - Rural Life Museum
- 27th - Farrington Farm Shop Pumpkin Picking

Other Activities

- 1st - Coffee Morning
- 6th - Bingo at the South Parade Club
- 28th - Pumpkin Giveaway and Halloween activities
- 31st - Halloween Fancy Dress and Kareoke



Entertainers

- 6th - Sing a Ling (Baby Group)
- 6th - Pom Pom Lady
- 18th - Music by Chris Auburn
- 20th - Music by Danny Jukebox
- 29th - Concert by Radkevans



November

Other Activities

- 1st - Harvest Mini Market
- 3rd - Bingo at the South Parade Club
- 9th - Slime Making for World Science Day
- 11th - Remembrance Day in the Home
- 27th - Catherine House Extrangansa (Mini Market and Christmas Light switch on)
- 30th - St Andrews Day Celebrations

Trips

- 7th - Westonbirt Arboretum
- 8th - Remembrance Service at Memorial Theatre
- 10th - Whitehall Garden Centre
- 16th - Noahs Ark Festive Extravagansa
- 18th - Shepton Mallet Canival

December

Trips

- 7th - Crockerton Garden Centre
- 10th - Clarks Village
- 15th - Whitehall Garden Centre

Other Activities

- 1st - Bingo at the South Parade Club
- 6th - Santa's Toy Shop Mini Market
- 9th - Mince + Mingle



Entertainers

- 1st - Pom Pom Lady
- 4th - Sing a Ling (Baby Group)
- 16th - Music by Chris Auburn
- 17th - Pom Pom Lady
- 22nd - Christmas Party with Danny Jukebox
- 31st - New Year Party with Chris Auburn

As always, thank you for reading and for your continued support. It is truly appreciated by everyone involved, and we look forward to staying connected with you in the months ahead.