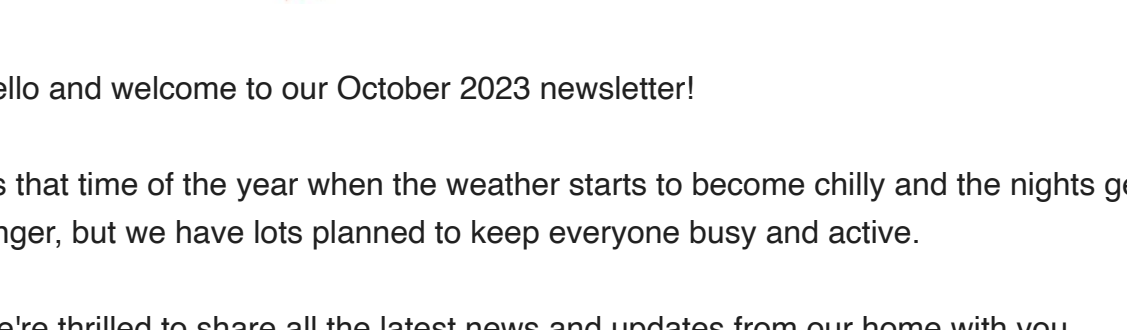




## Welcome To Our Newsletter



Hello and welcome to our October 2023 newsletter!

It's that time of the year when the weather starts to become chilly and the nights get longer, but we have lots planned to keep everyone busy and active.

We're thrilled to share all the latest news and updates from our home with you.

If you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

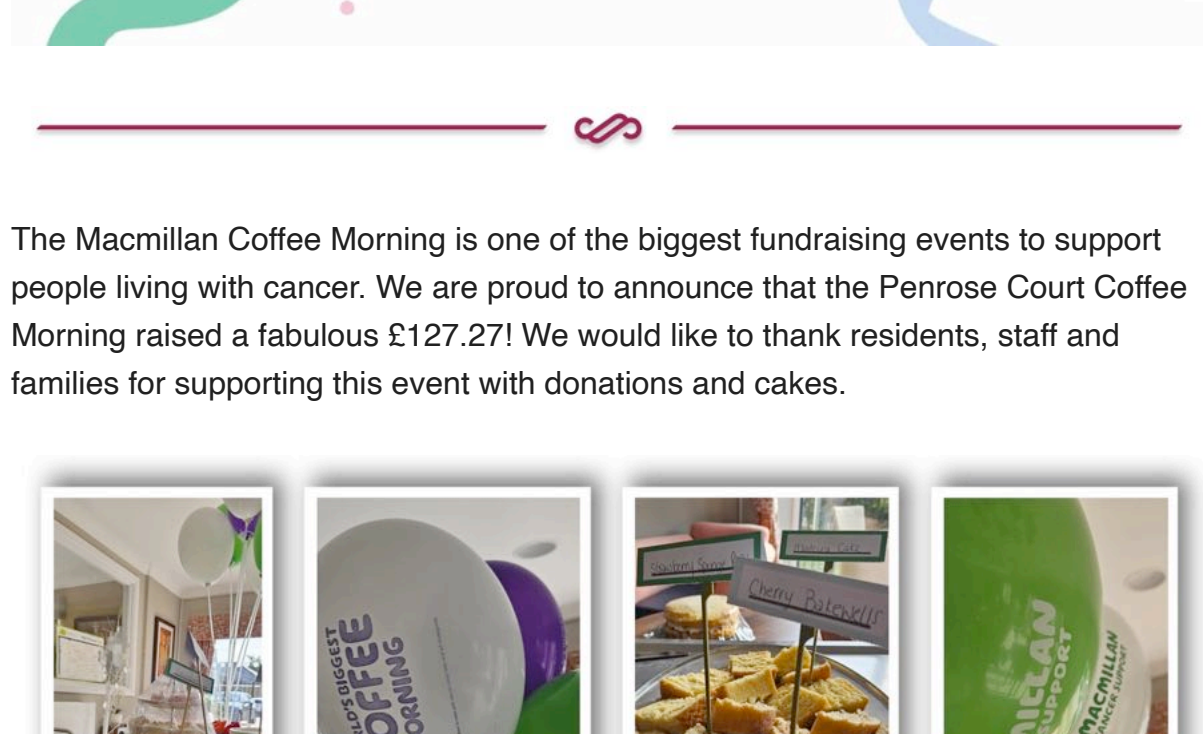
[Newsletter Sign-Up](#)

Best wishes,

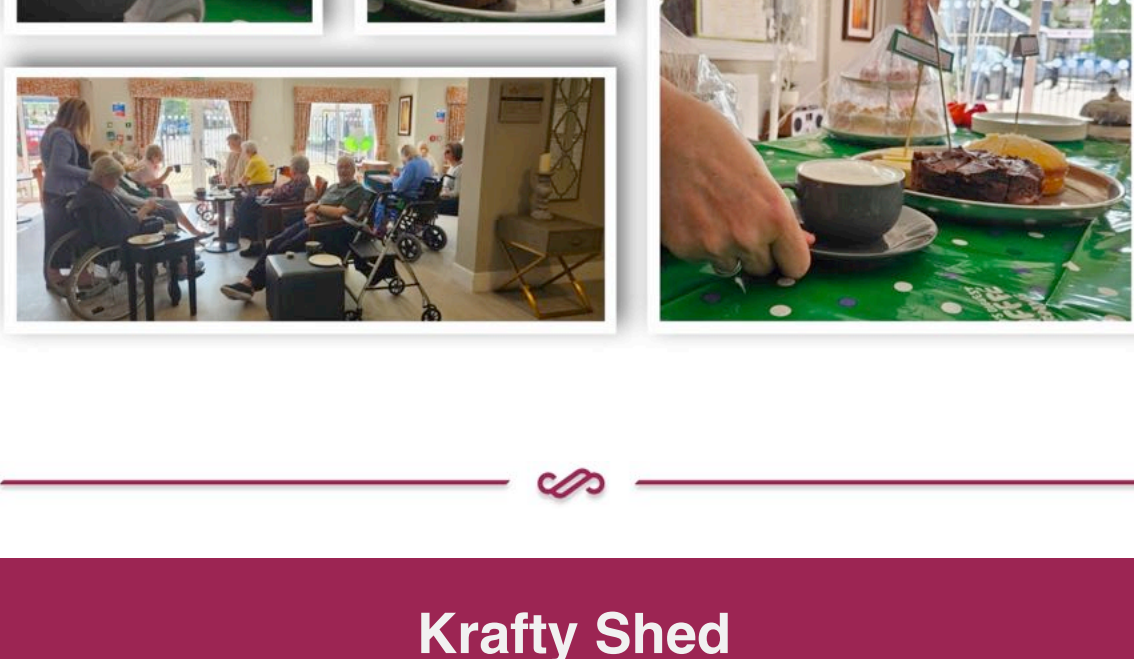
Mary Tolladay  
Home Manager



## Macmillan Coffee Morning



The Macmillan Coffee Morning is one of the biggest fundraising events to support people living with cancer. We are proud to announce that the Penrose Court Coffee Morning raised a fabulous £127.27! We would like to thank residents, staff and families for supporting this event with donations and cakes.



## Krafty Shed



## Arts & Crafts

Our residents are fond of arts and crafts, which is a popular activity. Our Art classes motivate them to express themselves through art and we are amazed by their impressive talent. Some of our residents went over to the local Krafty Shed. They were given ceramics to paint of all different shapes and sizes. They are then fired and given back to our residents a week later.

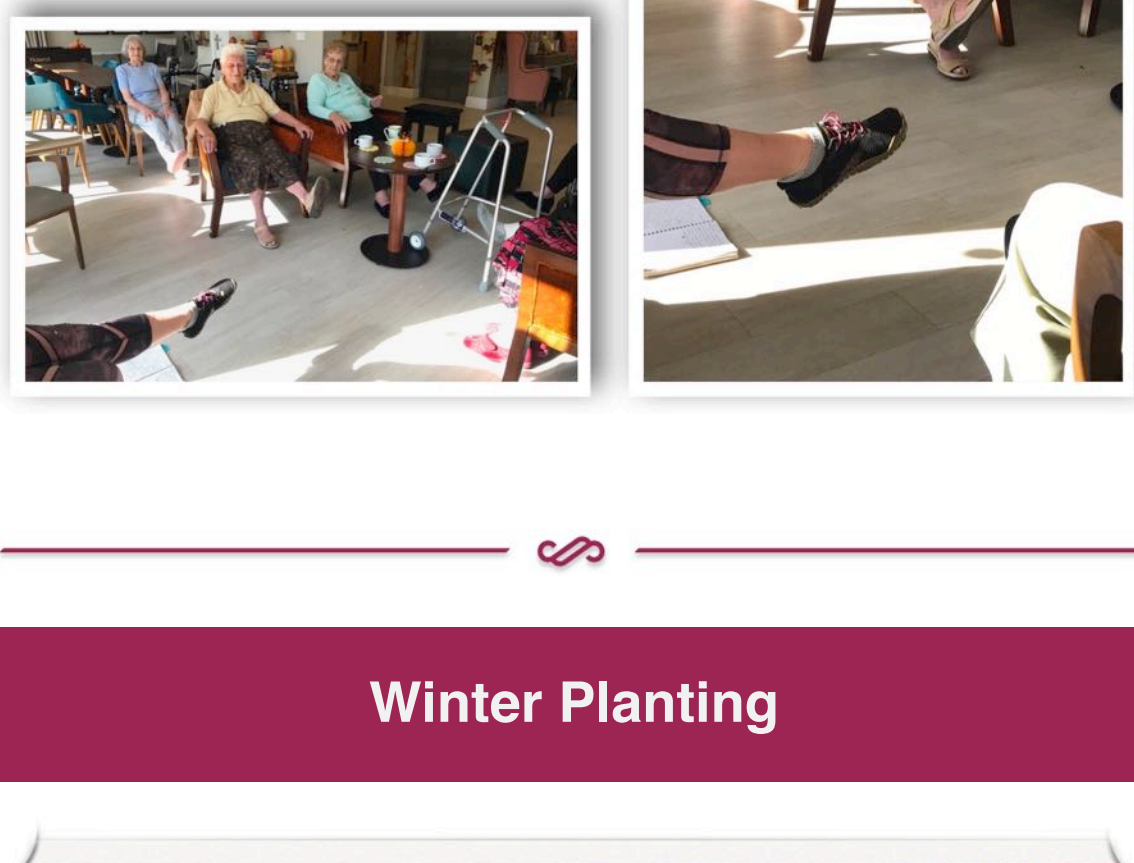


## Keeping Fit



## Staying Active

At our care home, we prioritise the importance of promoting an active and healthy lifestyle for our residents. That's why we organised our fun and engaging Pilates classes which continue with more and more of the residents getting involved.



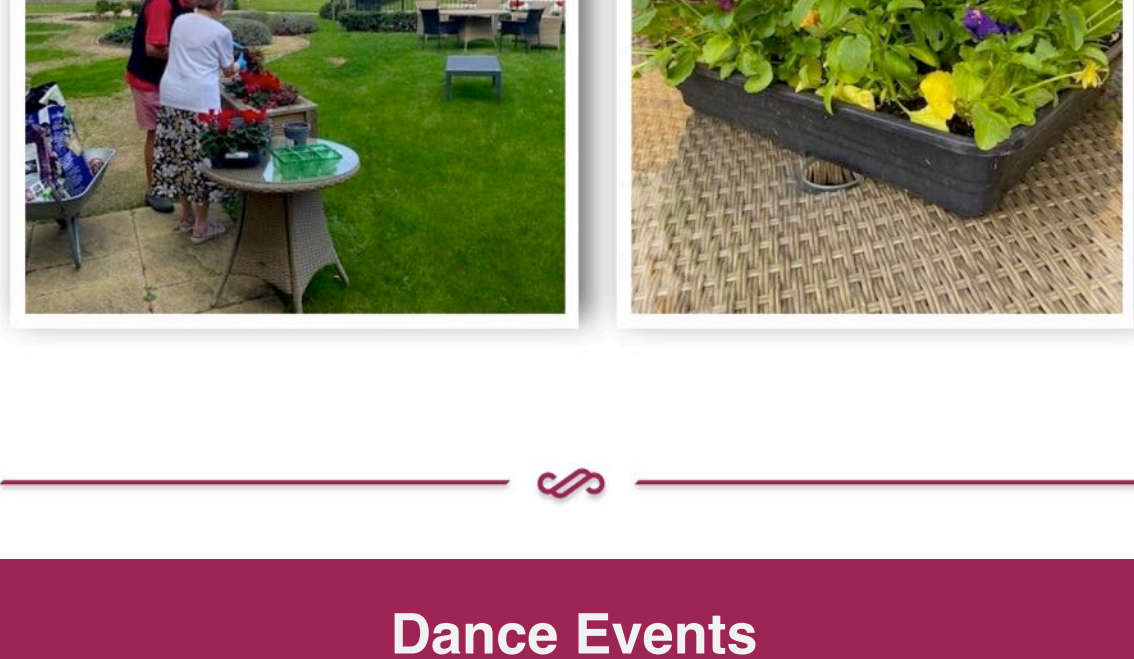
## Winter Planting



## Getting Prepared...

We have green-fingered volunteer relatives to help some of our residents with the winter plants to bring colour to our gardens.

Also one of our residents has prepared his raised garden beds in readiness for Remembrance Sunday.



## Dance Events

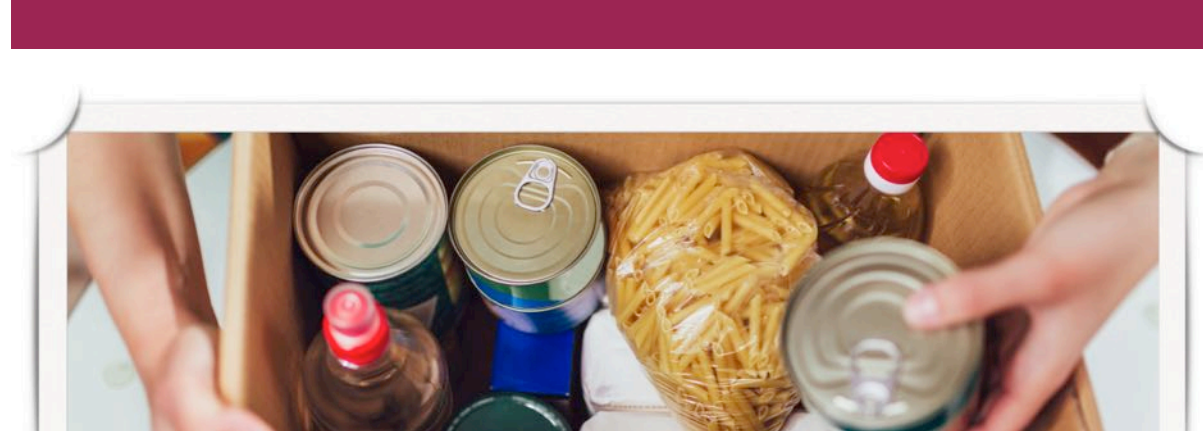


We have a resident who was a dance teacher for 40 years and she misses it so much. She contacted a local dance group and they gave a performance for us recently. Our residents thoroughly enjoyed themselves and were full of amazement as they watched the sequence dancing.



We are planning a Strictly Come Dancing afternoon. Our dance teacher will be the head judge along with other residents and staff/relatives can enter the competition. The date is still to be finalised.

## Harvest Festival Food Bank Donation

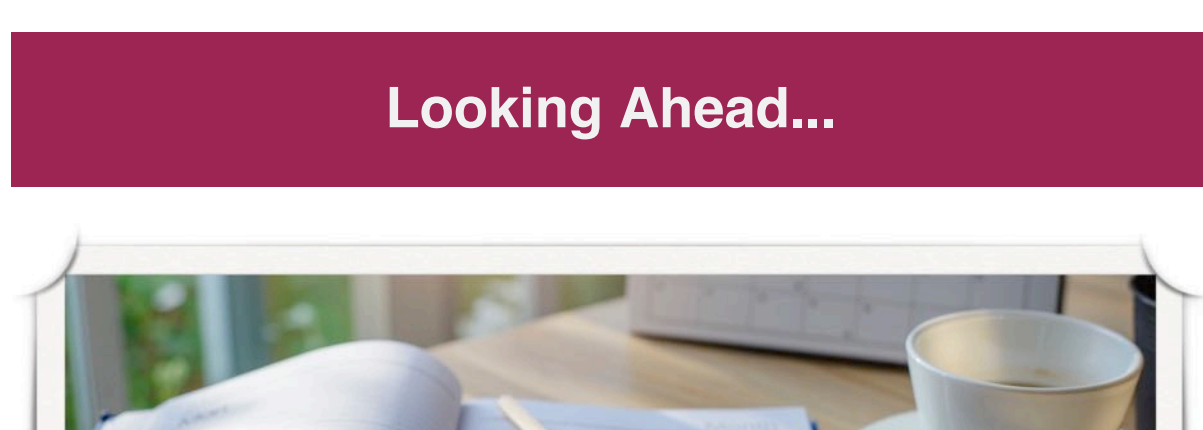


## We are so grateful!

During the Harvest Festival, residents, relatives and staff donated to the local food bank. Our activity person then brought the donations to Presn, our local food bank and this was greatly received.



## Looking Ahead...



## Busy Times

Some upcoming events in November that we are looking forward to...

- We are having a visit from an after school group
- Jukebox Legend to return
- We have a ukulele performance one evening
- Our Christmas Fair with a visit from Santa

## Staff News

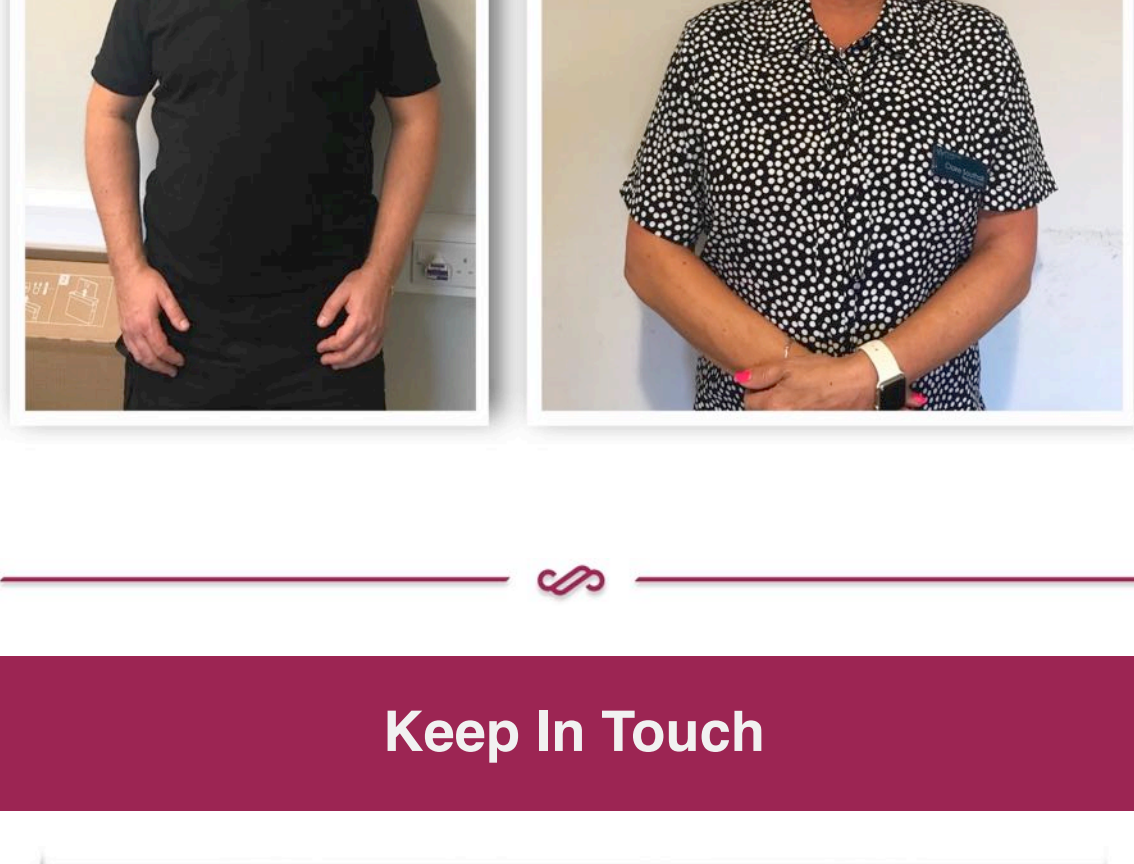


## Warm Welcome

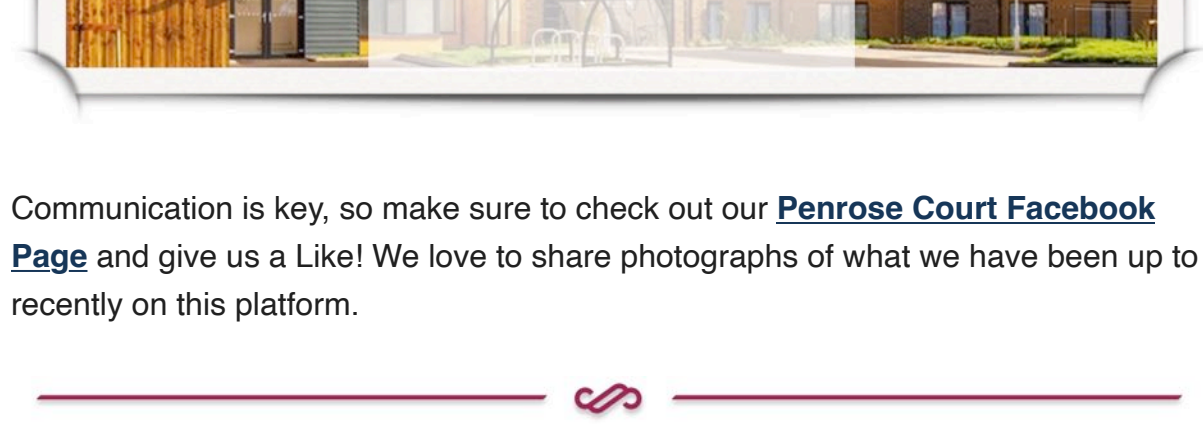
We strive to deliver excellence and expanding our team with experienced individuals helps us to reach that goal.

We are continuing to welcome new staff, ensuring the very best care as we continue to grow our Penrose Court Family. Two new staff members have joined, new maintenance Stefan and receptionist Claire Southall.

We know you will join us in welcoming them.

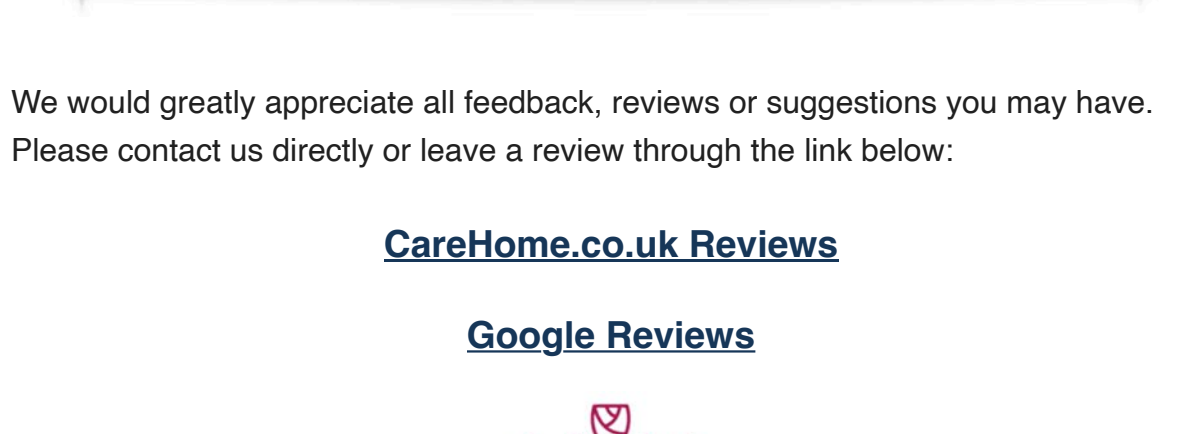


## Keep In Touch



Communication is key, so make sure to check out our [Penrose Court Facebook Page](#) and give us a Like! We love to share photographs of what we have been up to recently on this platform.

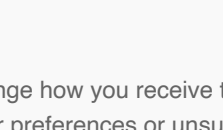
## Leave A Review



We would greatly appreciate all feedback, reviews or suggestions you may have. Please contact us directly or leave a review through the link below:

[CareHome.co.uk Reviews](#)

[Google Reviews](#)



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