

A WARM WELCOME TO OUR WINTER 2023/24

Quarterly Newsletter



Manager's Introduction

It brings us great pleasure to welcome you to our latest newsletter! As we witness the first snowdrops in bloom and the daffodils now peeking through the ground, it reminds us that winter is soon to be behind us. We are filled with warmth and enthusiasm as we anticipate longer and lighter days ahead.

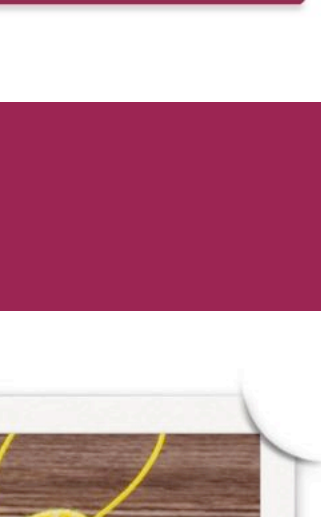
While we wait for the spring, we are making the most of all that we have to offer indoors, and outdoors on the milder days. We've planned a range of exciting events that will not only bring us joy but also keep us mentally and physically active. We invite you to join us as we delve into all the ways we've been living life to the fullest.

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



Arts & Crafts for Easter



Creative Creations

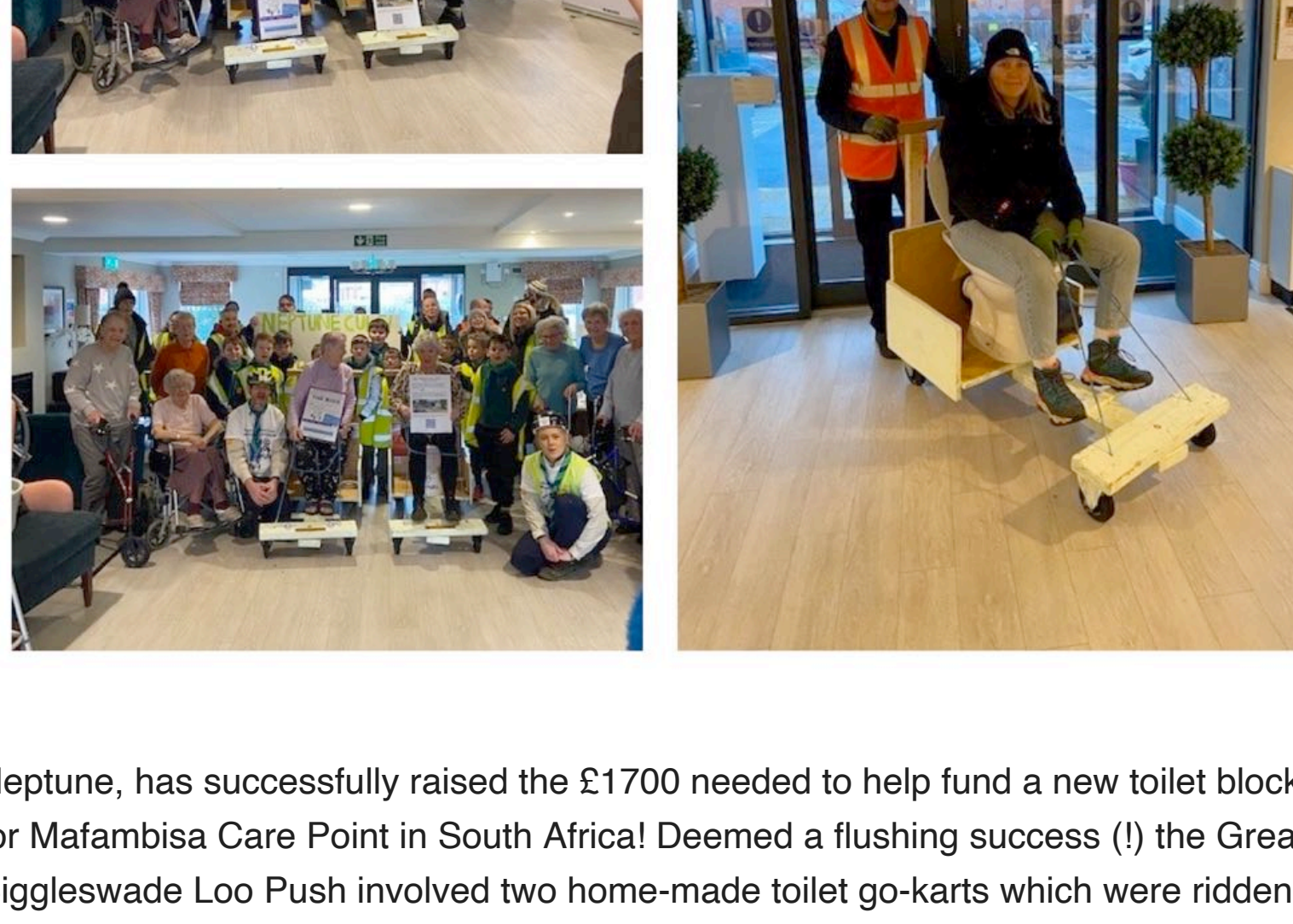
Residents have been spending time doing arts and crafts, preparing some early Easter decorations. This has been a great way to socialise with others while creating some beautiful art.



Great Loo Push

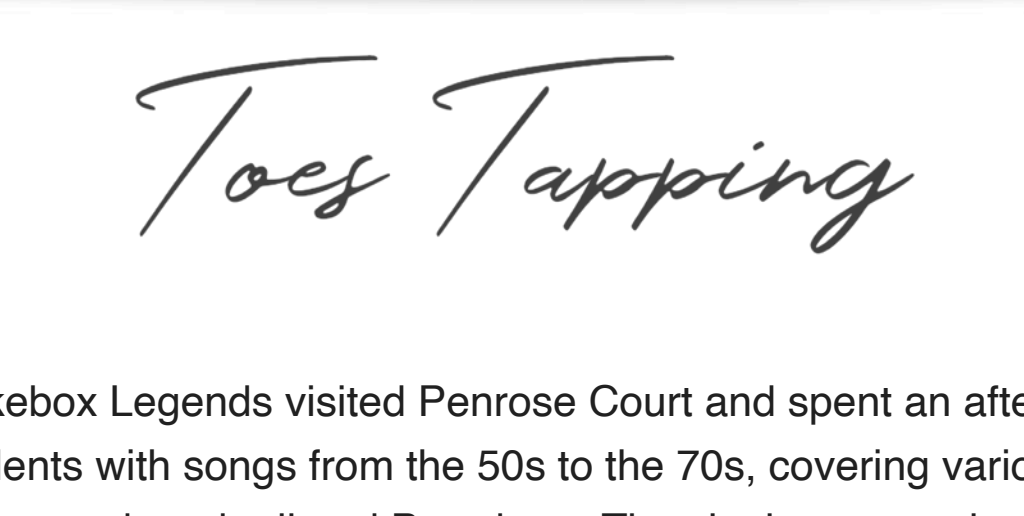
Fundraising Event

The Neptune Cubs joined the residents for the Great Loo Push, a fundraising event to build a new toilet block at Mafambisa Care Point in South Africa. They stopped at Penrose Court for refreshments, before continuing their journey. The event was in partnership with St Andrew's Church in Biggleswade.



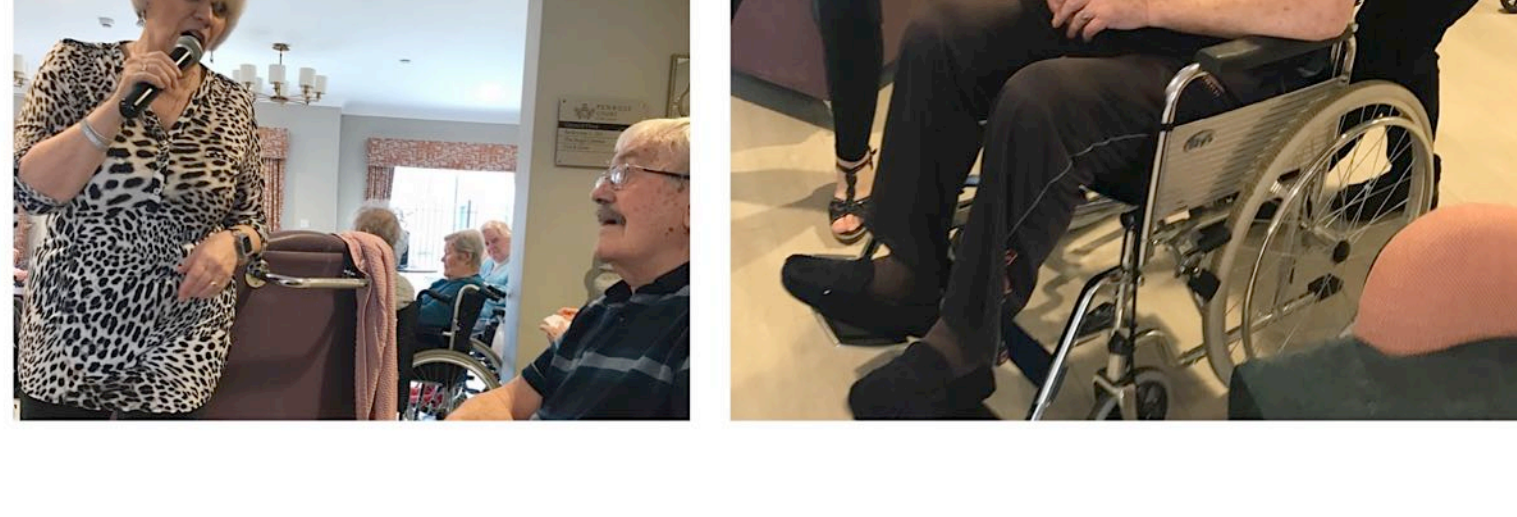
Neptune, has successfully raised the £1700 needed to help fund a new toilet block for Mafambisa Care Point in South Africa Deemed a flushing success (!) the Great Biggleswade Loo Push involved two home-made toilet go-karts which were ridden in an area of Biggleswade. The unconventional take on raising money captured the Bedfordshire community, who can now proudly say that they have helped to raise money for a much-needed cause.

Musical Entertainment



Toes Tapping

Fiona from Jukebox Legends visited Penrose Court and spent an afternoon engaging residents with songs from the 50s to the 70s, covering various genres, including country, rock and roll and Broadway. The singing was enjoyed by all.



We had a wonderful afternoon with the local Ukulele group providing music for our residents.



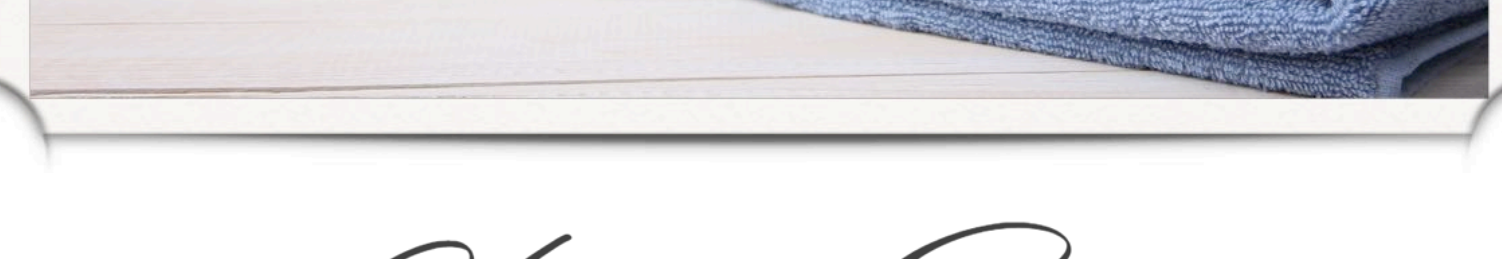
Virtual Dementia Bus

Learning & Improving

Penrose Court had the pleasure of hosting the Virtual Dementia Bus, which gave staff and relatives the virtual experience of what it might be like living with dementia. The experience triggered emotions, questions and concerns about how to improve the environment and quality of care for those living with dementia.

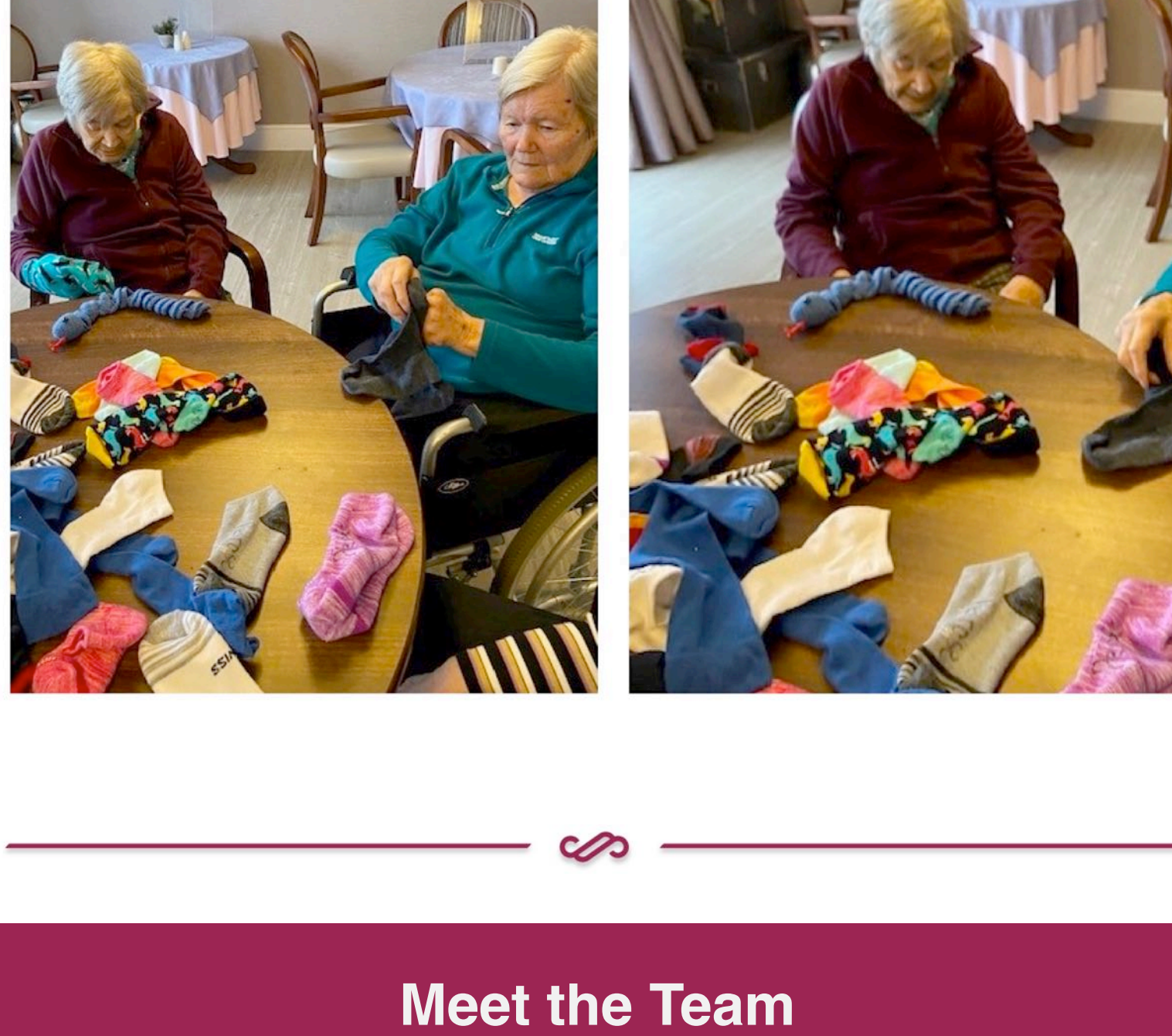


Reminiscing & Helping Out



Keeping Busy

Residents of Penrose Court have been busy engaging in various activities and events, enjoying each other's company, chit chatting with friends and reminiscing about their past experiences. Taking part in household jobs like pairing socks or folding towels can provide residents with a sense of purpose and achievement.

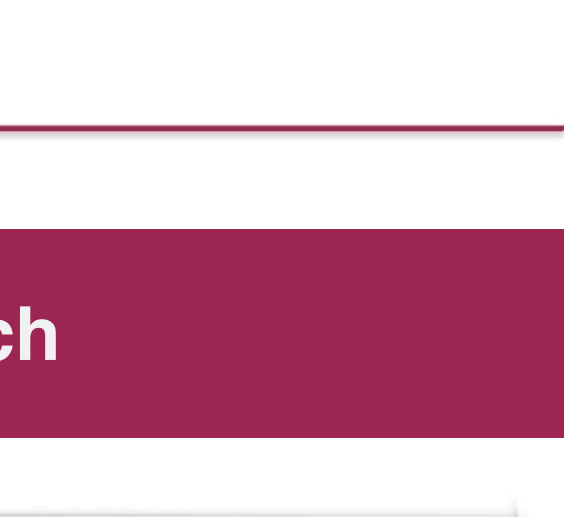


Meet the Team

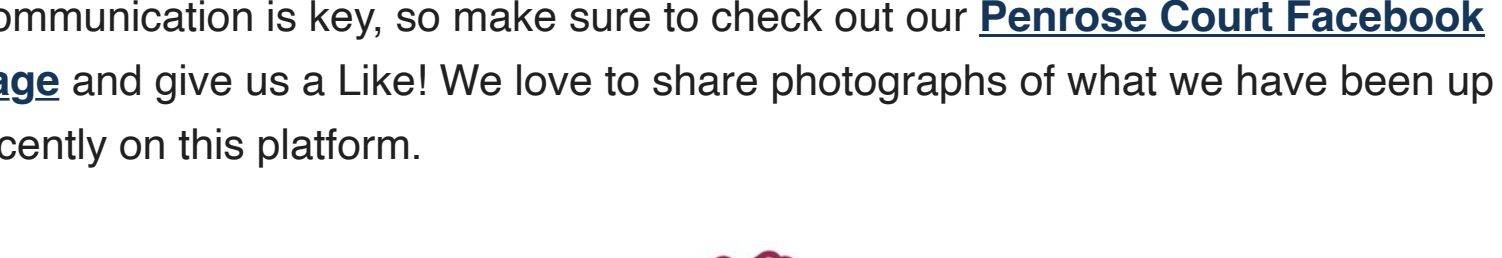
Joseph Obeng Addai

Joseph Obeng Addai is part of our Nursing Team here at Penrose Court:

"Hi, I'm Joseph Obeng Addai, I studied nursing in Ghana and got my license to practice as a registered nurse. I later moved to the UK and finally got registered with the UK NMC as a registered nurse. I then joined Penrose Court in November 2023 and I'm happy to be with such an amazing and supportive team."



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.

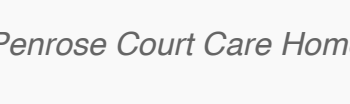
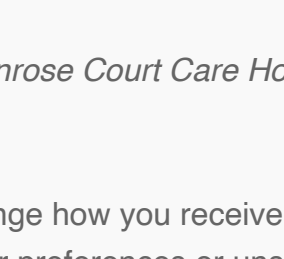
Leave A Review



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

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