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# A WARM WELCOME TO OUR AUTUMN 2024 Quarterly Newsletter

# Lark View CARE HOME RESIDENTIAL | NURSING | DEMENTIA & RESPITE CARE

# As the leaves fall from the trees, and the cool, refreshing air becomes a familiar

presence, we joyfully embrace the arrival of autumn. The cosy season not only fills

Manager's Introduction

our surroundings with breathtaking colours but also ushers in a myriad of activities and events that are thoughtfully put in place to celebrate and enjoy this time of year. We invite you to sit back and read all about our recent happenings, activities and events.

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

become.

George Joseph Home Manager

Best wishes,

First Birthday Celebration

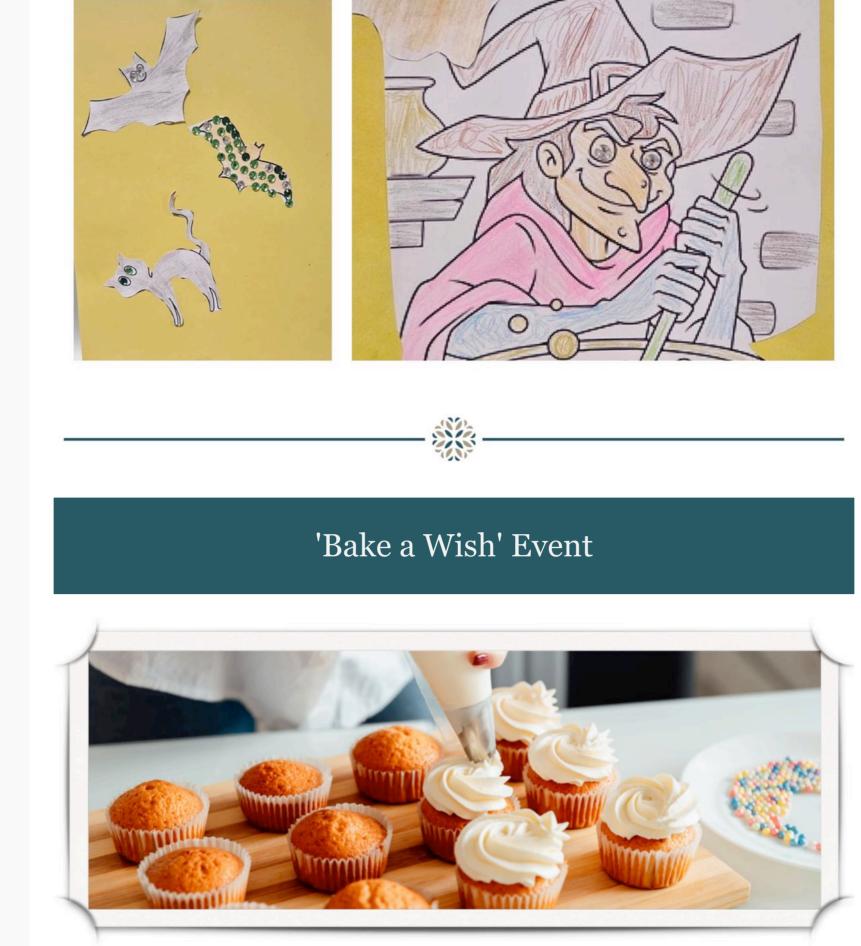






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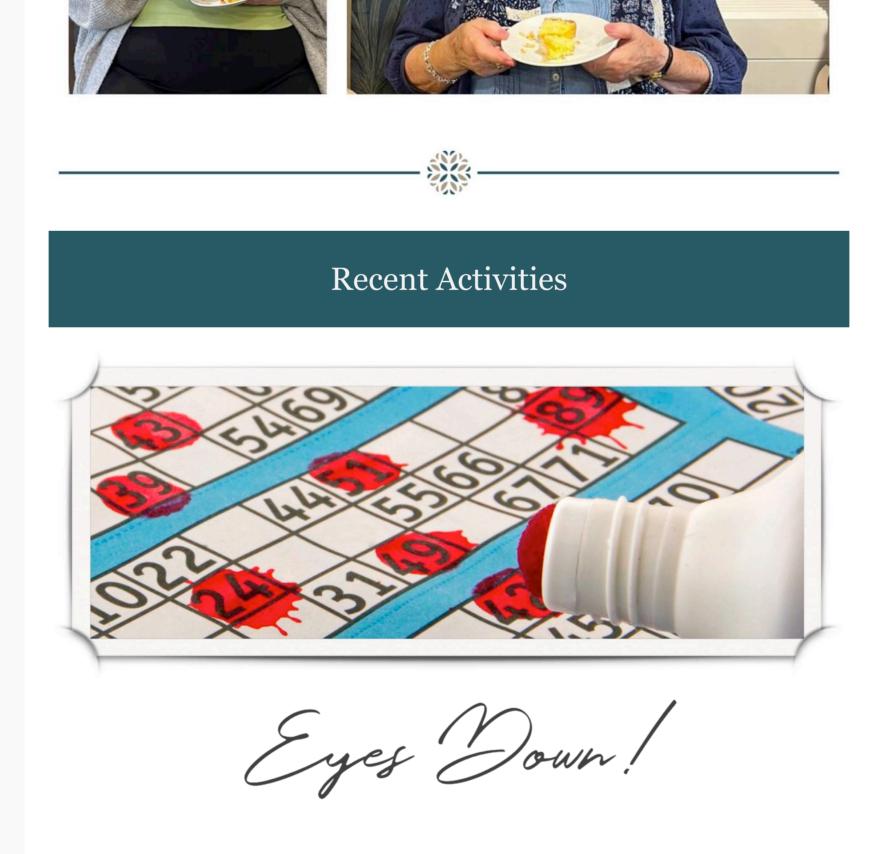
throughout the home.



## A little glimpse of our 'Bake a Wish' Event in aid of Charity Make-A-Wish UK. Your support and contribution means a lot.

Fundraising Event





Eyes down... Our residents had a fantastic time playing bingo! From laughter to

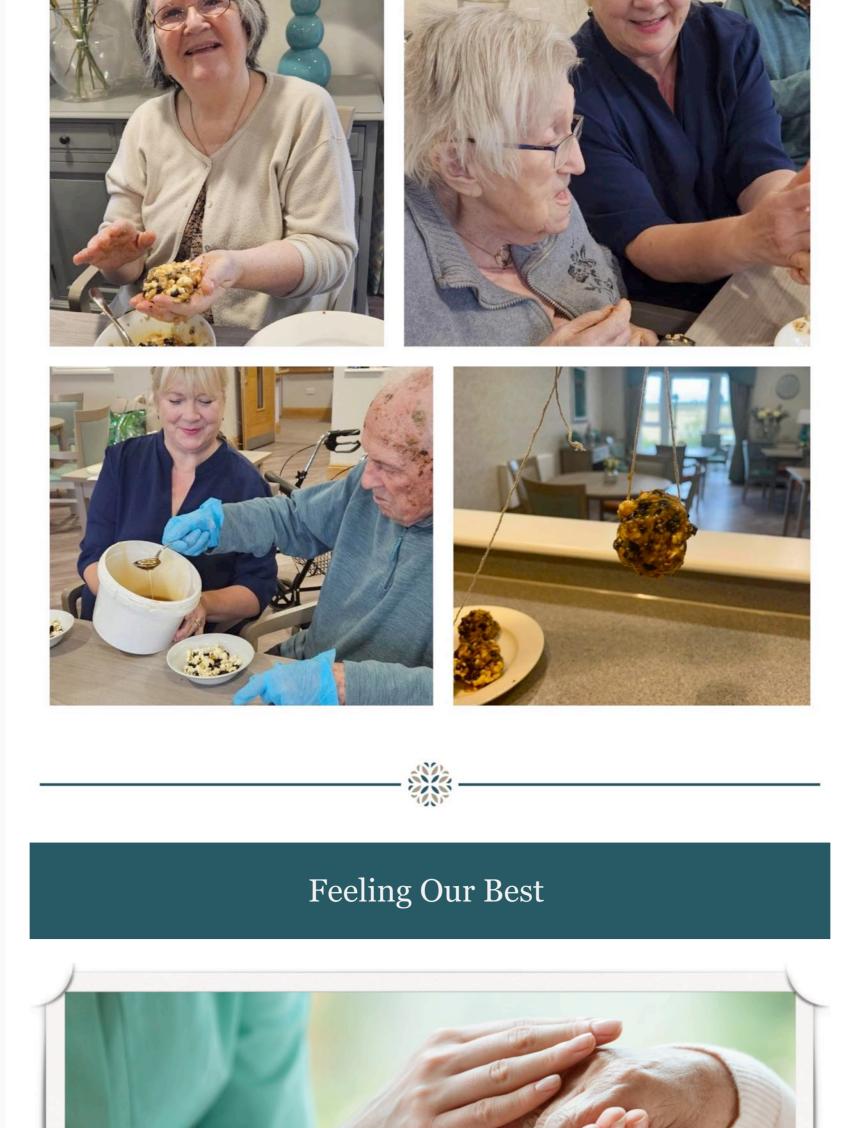
our winners, and a big thank you to all who participated. We're already looking

forward to the next round!

terraces.

concentration, it was great to see everyone enjoying themselves! Congratulations to

Our residents were busy making bird feeders to hang outside on their balconies and



### Over the last couple of weeks, residents have been enjoying complimentary sessions with our new reflexologist, Anna. These sessions have numerous physical and emotional wellbeing benefits, and have left our residents feeling relaxed and pampered! We are looking forward to working

Every Thursday, our residents also have the pleasure of a visit from REIKI by the

SEA, who provide holistic therapies such as hand massages and Reiki. Holistic

with Anna to continue to support our residents' wellbeing.

therapies host a variety of benefits, including:

\* Reduced stress and anxiety

The Enhanced overall wellbeing

> Improved sleep and relaxation

Relax & Rejuvenate

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