



RESIDENTIAL | NURSING | DEMENTIA & RESPITE CARE

INTRODUCTION

Message From Our Manager

Welcome to our Autumn newsletter. We have had a busy and enjoyable few months at Lark View, with residents making the most of the summer weather, exploring new places and enjoying visits from some familiar faces.

Our minibus has been out on the road, taking residents to garden centres and the bowling alley, while trips to St Thomas' Catholic Church and Canterbury Cathedral have brought back some particularly special memories. We have also introduced virtual reality experiences, which have been a great addition to our activities programme.

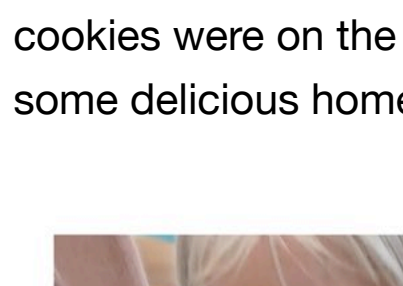
As the weather turns cooler, we have plenty more planned, including further outings, entertainment and our regular activities around the home.

I hope you enjoy reading about what we have been up to, and thank you to our residents, families and colleagues for helping make Lark View such a welcoming place to live.

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,


George Joseph
Home Manager



ACTIVITIES & EVENTS

Baking Fun with Chef Susie!

There have been more baking adventures at Lark View, with our favourite resident chef, Susie, helping to lead another enjoyable session in the kitchen. This time, cookies were on the menu, and everyone had a great time getting involved in making some delicious homemade treats.



A Trip Down Memory Lane

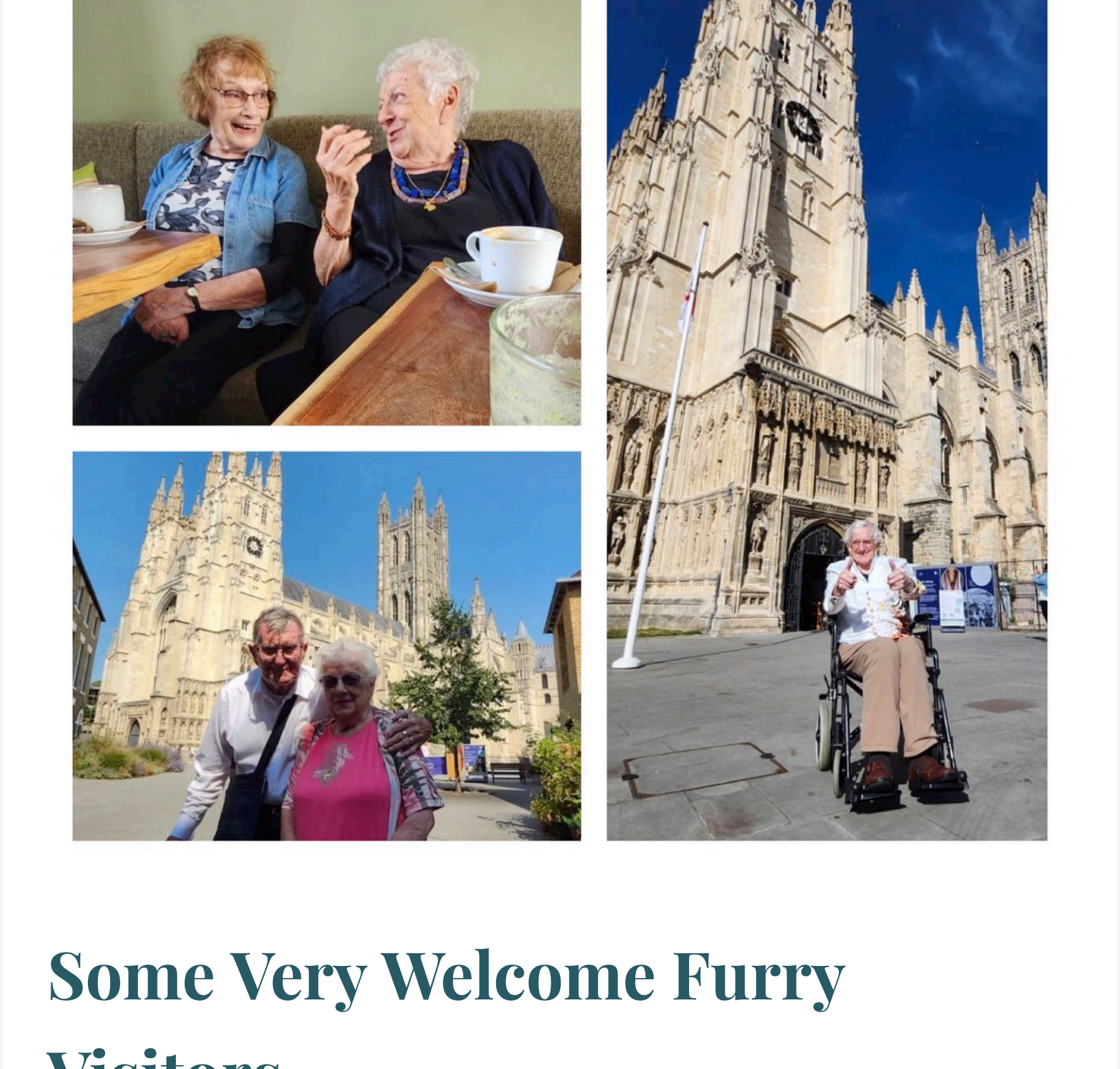
We have enjoyed some lovely outings around Canterbury, including visits to places that hold special memories for our residents.

Following a request from one of our residents, we arranged a trip to St Thomas' Catholic Church in Burgate, Canterbury, where they had previously been a regular visitor.

Returning to somewhere familiar can mean a great deal, particularly when it has been an important part of someone's life. We are always happy to help residents maintain these connections wherever possible.

We also visited Canterbury Cathedral, where our resident Richard was able to put his knowledge to good use. Richard previously worked at the Cathedral conducting guided tours, so he had plenty of interesting stories and historical information to share with everyone.

It was fascinating to hear about his time working there and his memories of Canterbury. We certainly had our own knowledgeable tour guide for the day!



Some Very Welcome Furry Visitors

Our friends from Cuddly Cavies returned to Lark View recently, bringing along their delightful group of guinea pigs.

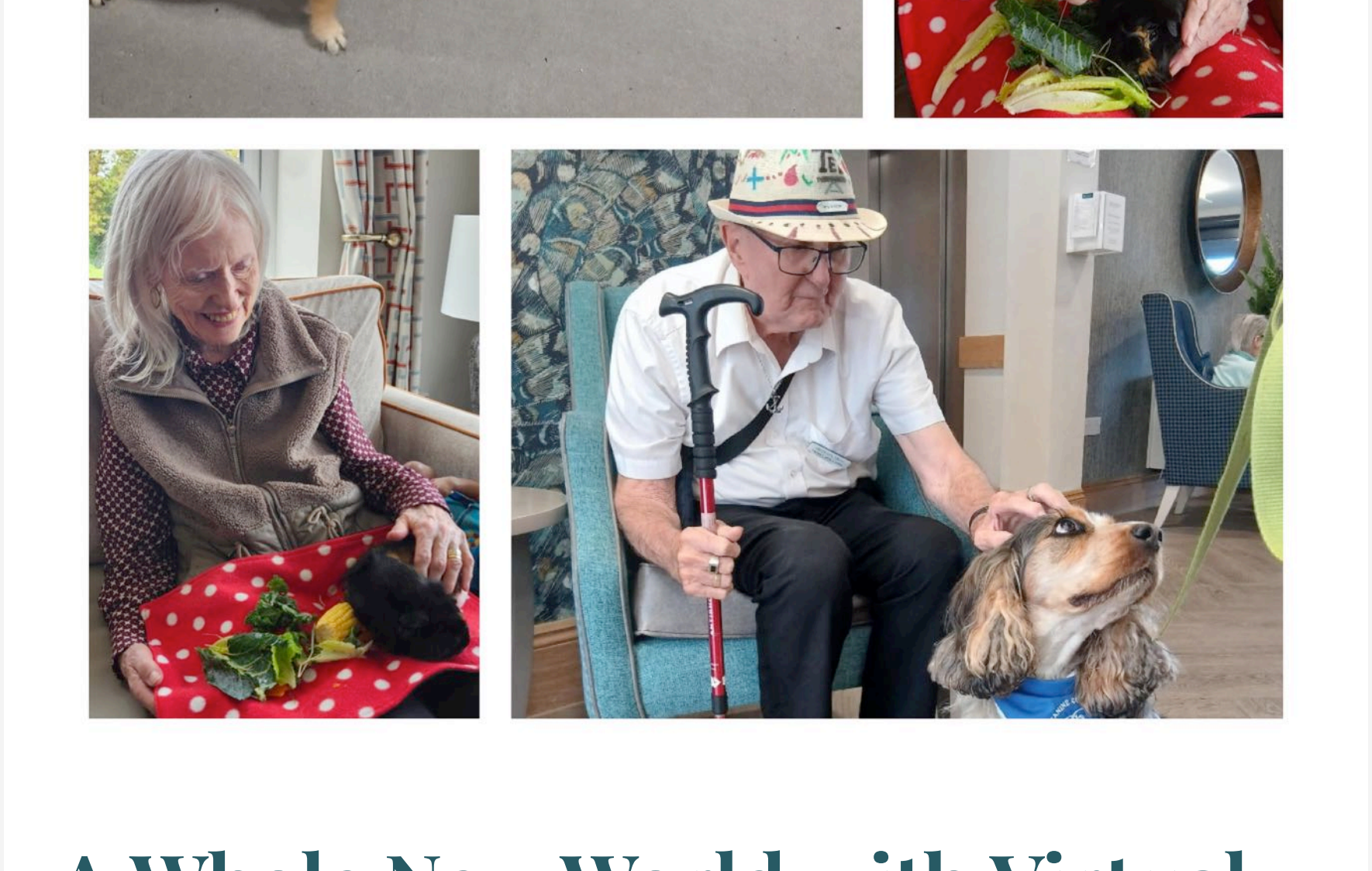
Residents were able to spend time with the animals, enjoy a cuddle and get to know their different personalities. The guinea pigs were beautifully behaved and certainly enjoyed all the attention.

A big thank you to Colin and Terri for bringing them along and giving everyone such an enjoyable visit.

We have also welcomed back Pepper, our lovely Pets As Therapy dog, who was once again busy making her way around the home.

This time, Pepper had the opportunity to meet Charlie, a rather cheeky canine companion who added a little extra entertainment to the visit!

Our animal visitors are always popular, and we look forward to welcoming them back.



A Whole New World with Virtual Reality

There has been some excitement at Lark View with the arrival of our new virtual reality technology.

Residents have been trying out VR headsets, which allow them to explore different locations and enjoy experiences they might not otherwise have the opportunity to try.

There is an impressive range of content available, from familiar streets, seaside towns and countryside scenery to more adventurous experiences such as hot-air balloon rides, swimming with dolphins and flying in a Spitfire.

The technology can also be used for reminiscence, allowing residents to revisit places that may hold personal significance or remind them of earlier experiences.

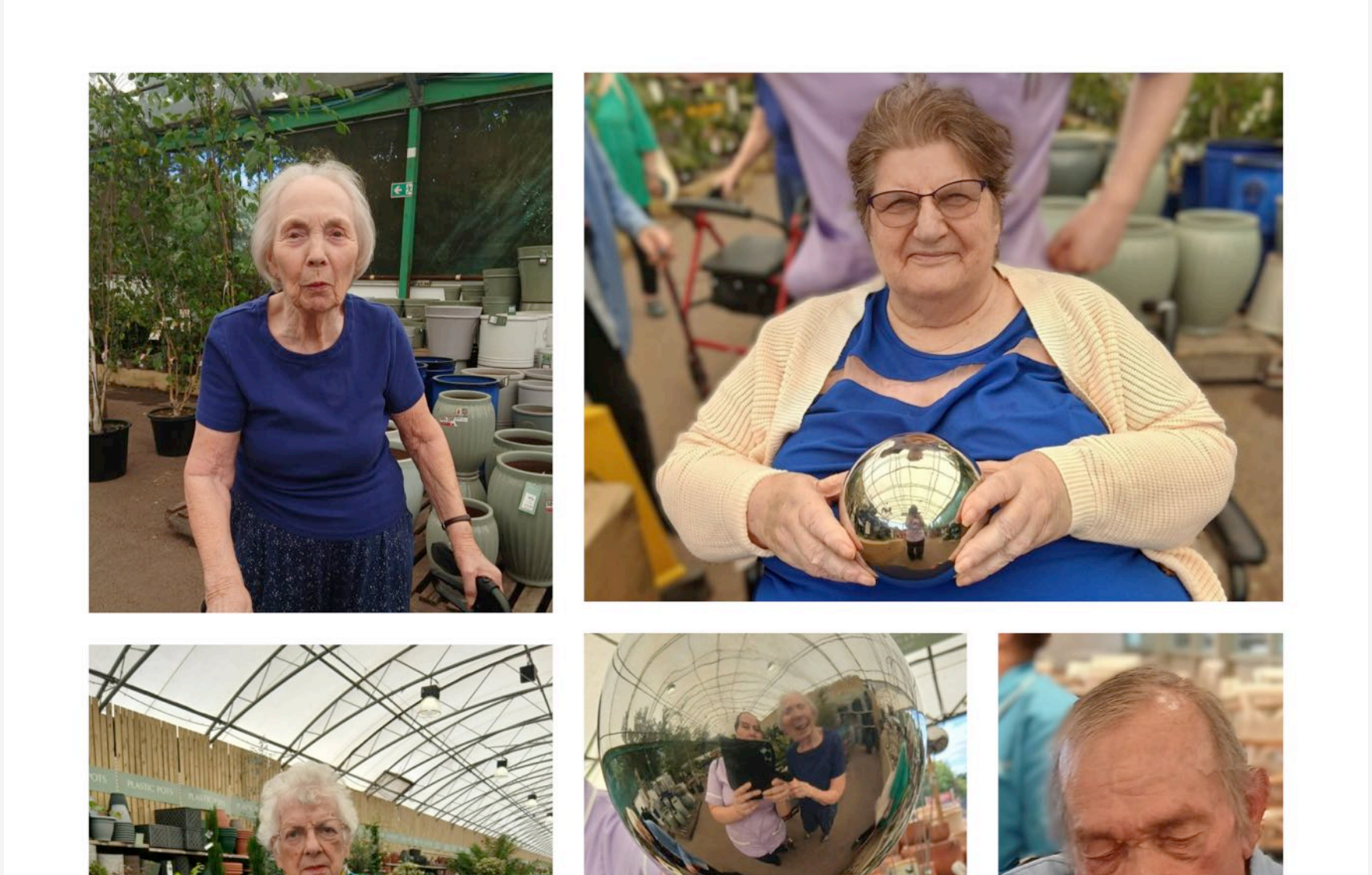
We have had a great time trying out the different options so far, and there is still plenty left to explore. We are looking forward to discovering which experiences become residents' favourites.



Our Minibus Adventures Begin!

The Lark View minibus is officially up and running, and we have wasted no time putting it to good use.

Our first outing took us to Blue Diamond Garden Centre, where residents enjoyed browsing the plants, flowers and garden ornaments. There was plenty to catch the eye, particularly for our keen gardeners. After looking around, everyone stopped at the café for a well-earned drink and something to eat before heading home. Sean, our new Wellbeing Coordinator, took charge of the driving and made sure everyone arrived back safely.



We also headed to the bowling alley in Wincheap. It turned out that we have some hidden bowling talent at Lark View! Residents enjoyed a few games before sitting down together for refreshments and a discussion about how everyone had played.

The outing proved so popular that some residents have already requested a return visit, with the arcade games firmly on the agenda for next time.

We are now looking at arranging further trips, including pub lunches and visits to the seaside and beach. Having our own minibus is making it much easier to plan these days out, and we are looking forward to seeing where it takes us next.



Parachute Games: A Firm Favourite

Our parachute games continue to be one of the most popular activities of the week. With the music playing, residents gather around the parachute and work together to keep the colourful balls and balloons bouncing across the top.

It sounds straightforward enough, but keeping everything on the parachute is another matter entirely! There are usually a few runaway balls, leaving our Wellbeing Team to chase after them while everyone else carries on.

As well as being entertaining, the game is a good way to encourage gentle movement and coordination, with residents able to join in from a seated position. It is a simple activity that never seems to lose its appeal, and we are sure there will be many more lively parachute sessions to come.



STAFF & HOME NEWS

Upcoming Relatives' Meetings

Our next relatives' meetings are scheduled for the following dates:

- **Marlowe Unit** – 27th and 28th October at 3.00pm
- **Bloom Unit** – 3rd and 4th November at 3.00pm
- **Reid Unit** – 5th November at 3.00pm

These meetings provide an opportunity to hear updates from the home, ask questions and share any suggestions or feedback.

We hope as many relatives as possible will be able to attend and look forward to seeing you there.

COMING UP

Looking Ahead

As we head further into autumn, our activities programme will continue with a mixture of familiar favourites and new experiences.

We have more minibus outings in the planning stages, and residents will continue exploring our virtual reality experiences alongside regular entertainment, games and animal visits.

We are also looking forward to hearing more suggestions from residents about places they would like to visit and activities they would like to try.

Thank you for catching up with our latest news. We look forward to sharing more from Lark View in our next newsletter.

EXTERNAL LINKS

Social Media

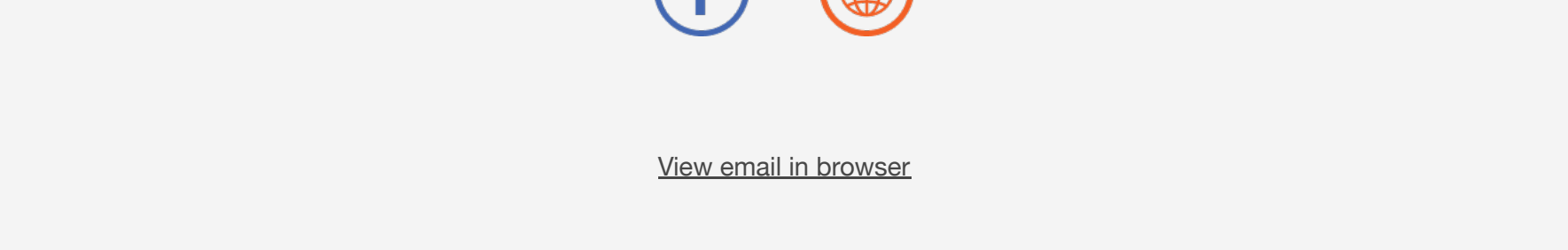
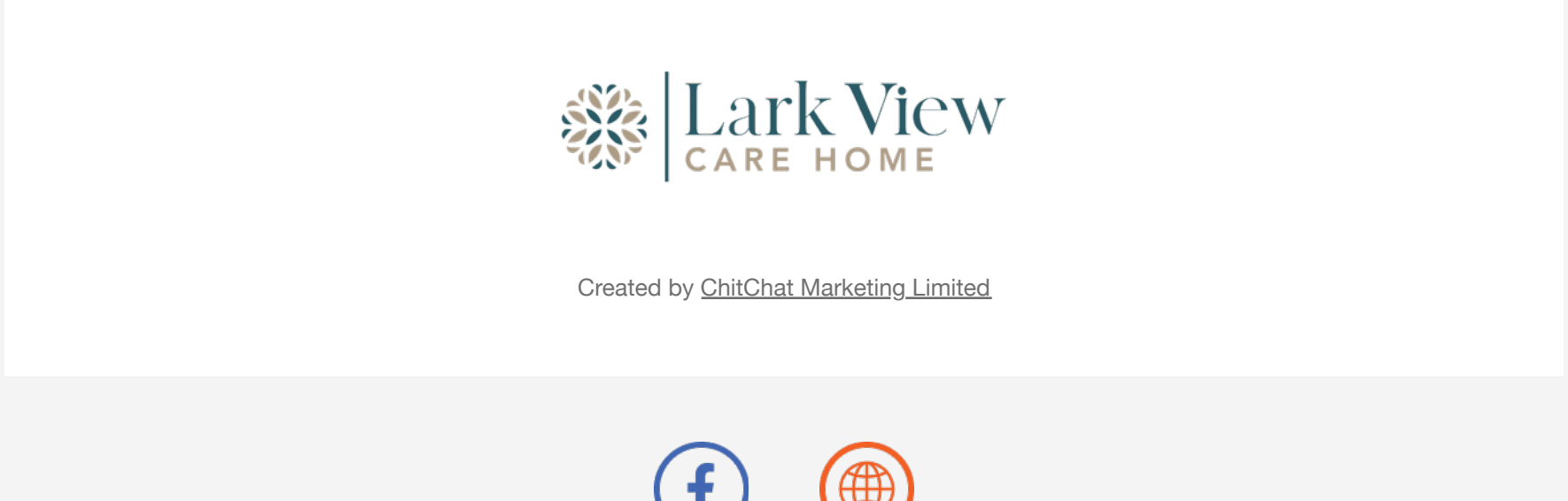
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