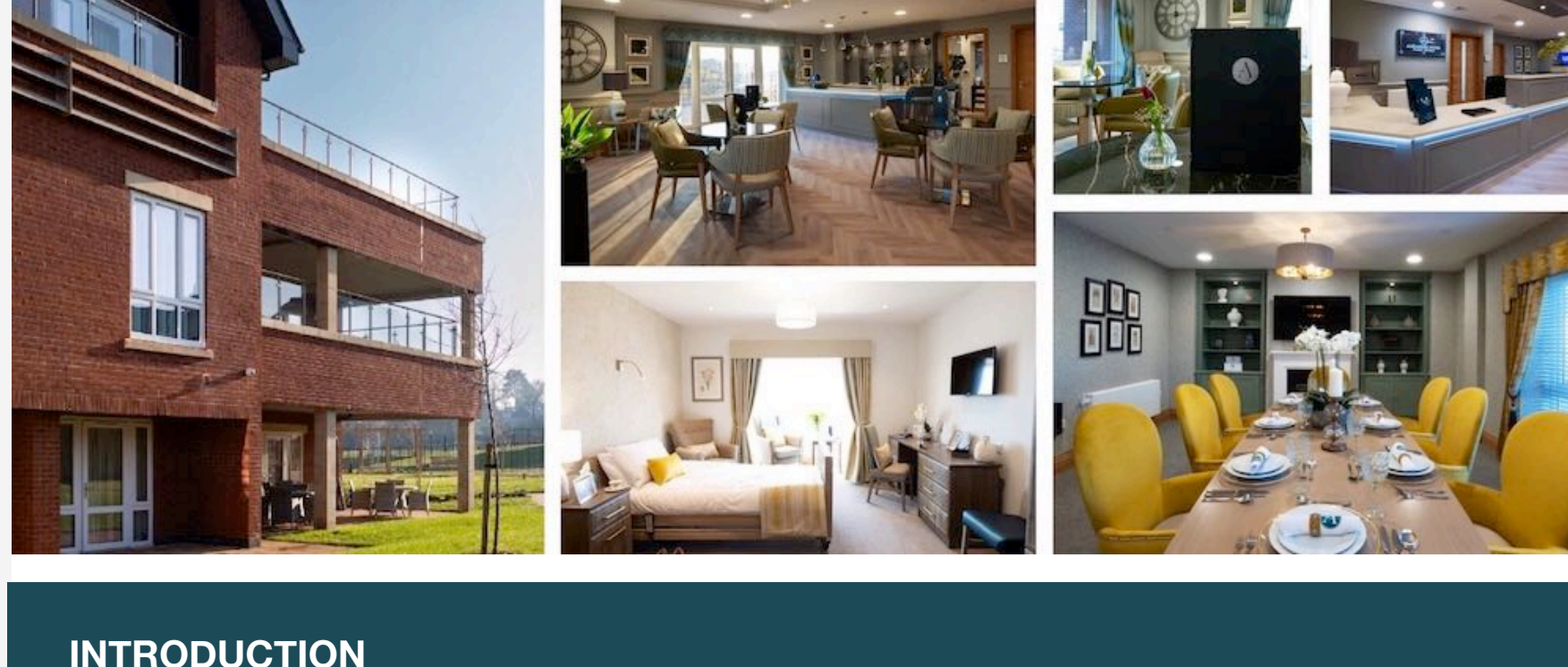




ALEXANDER HOUSE CARE HOME



INTRODUCTION

Message From Our Manager

It has been a positive and enjoyable time here at Alexander House, with a range of activities and visits bringing something a little different to each week. As the days begin to get brighter, it has been great to see residents spending more time together, taking part in activities, and enjoying both familiar routines and new experiences.

We are always grateful to our staff, families and visitors who help make our home a welcoming and engaging place to be. We hope you enjoy reading about some of our recent highlights.

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,

Damon

Damon Drummond
Home Manager



ACTIVITIES & EVENTS

St Patrick's Day Celebrations

We marked St Patrick's Day in style, with a relaxed and enjoyable afternoon for residents and staff. There was plenty of Guinness flowing while everyone listened to live music from Sarah, who joined us with her violin.

The music created a lovely atmosphere, and it was great to see residents singing along, tapping their feet, and enjoying the occasion together.



Visit from Animals2U South West

We were delighted to welcome Marie from Animals2U back to the home. As always, her visits are both interesting and engaging, giving residents the chance to see and learn about a variety of animals up close.

This time, we met some hissing cockroaches, mice, and geckos. It was a great talking point and a chance for residents to try something different, with many enjoying the opportunity to handle the animals and ask questions.



Visit from Lakemoor Alpacas

Another highlight was a visit from Lakemoor Alpacas. These visits are always well received, and residents enjoyed spending time with the animals and feeding them carrots.

There was lots of laughter and conversation throughout, and it was lovely to see everyone getting involved and enjoying the experience.



Weekly Yoga Sessions

Our weekly yoga sessions with Rachel continue to be a popular part of the activity programme. Held every Wednesday, these sessions encourage gentle movement and stretching, helping to support mobility and overall wellbeing.

Residents take part at their own pace, and the sessions provide a relaxed and supportive environment to keep active.



International Pizza Day

We celebrated International Pizza Day with a hands-on activity, making our own pizzas in the afternoon. Residents enjoyed choosing their toppings and getting involved in the preparation.

The finished pizzas were enjoyed together, and it was a simple but enjoyable activity that brought everyone together.



Flower Arranging & Music

A recent afternoon was spent flower arranging while listening to music from André Rieu. With the sun shining, it created a calm and enjoyable setting for residents to relax and take part.

The finished arrangements brightened up the home, and the combination of music, creativity, and good company made it a particularly enjoyable session.



EXTERNAL LINKS

Social Media

Make sure to check out the Alexander House Care Home Facebook Page for all our latest photos!

[Don't Forget To 'Like' Us!](#)

Leave A Review

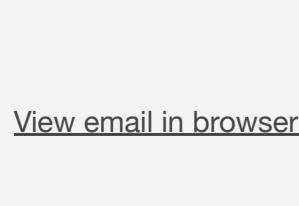
We would be very grateful if you could spare a few minutes to write a review for us:

[Carehome.co.uk & Google Reviews](#)



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