



INTRODUCTION

Message From Our Manager

Welcome to our Summer Newsletter.

As the warmer weather has arrived, we've been making the most of every opportunity to spend time outdoors, welcome visitors into the home and enjoy a wide range of activities together. From gardening and wildlife encounters to friendly competitions and our popular Armchair Travel sessions, there has been plenty to keep everyone engaged over the past few months.

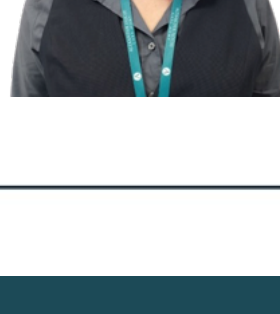
Thank you to our residents, families, staff and the many visitors who continue to make Alexander House such a welcoming place to live. We hope you enjoy reading about some of our recent highlights.

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,

Christine Collett
Home Manager



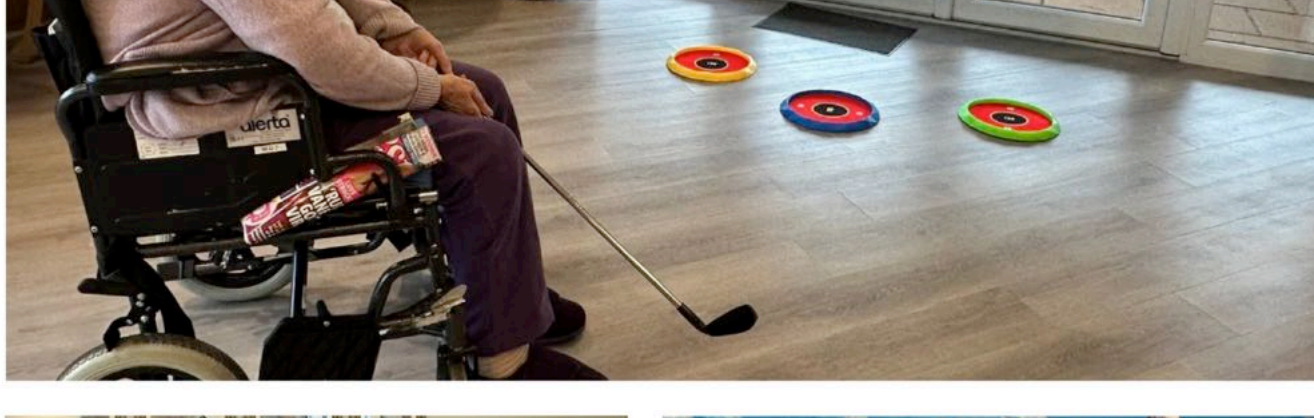
ACTIVITIES & EVENTS

Teeing Off at Our Golf Tournament

Residents put their sporting skills to the test during our recent in-house golf tournament, with plenty of friendly competition throughout the day.

The course may have been indoors, but that didn't stop everyone from taking the challenge seriously. There were some impressive shots, lots of encouragement from fellow residents and plenty of laughter as the competition unfolded.

After a closely contested tournament, congratulations went to Margaret, who claimed the trophy after some excellent putting. Well done to everyone who took part and helped make it such an enjoyable event.

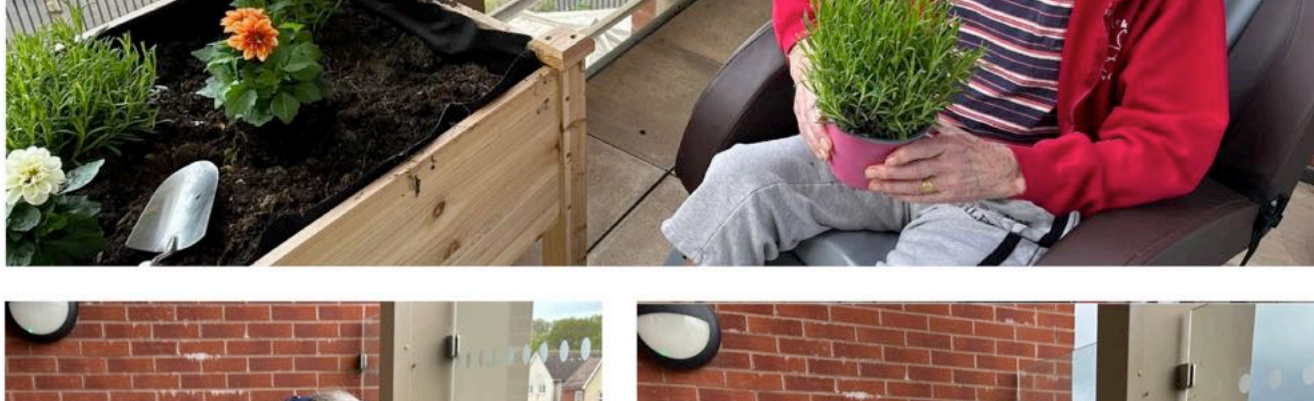
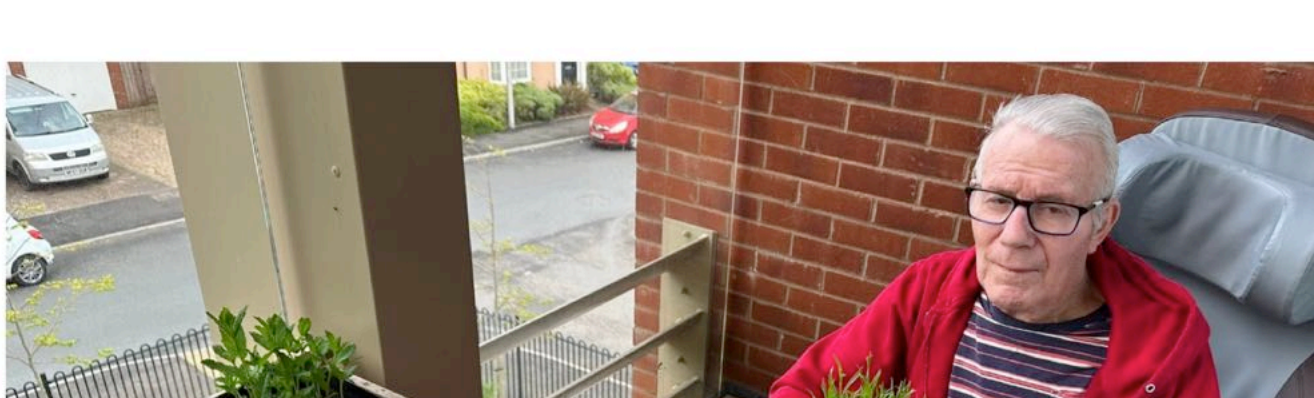


Brightening Our Gardens

As summer approaches, we've been focusing on improving our outdoor spaces so that residents can enjoy them throughout the season.

Together, residents have been discussing ideas for the gardens and choosing plants that would add plenty of colour as well as beautiful scents. Bright flowers and fragrant planting have helped create welcoming sensory areas where residents can relax, enjoy the fresh air and spend time with family and friends.

It has been lovely to see everyone taking an interest in the project, and we look forward to watching the gardens continue to flourish over the coming months.

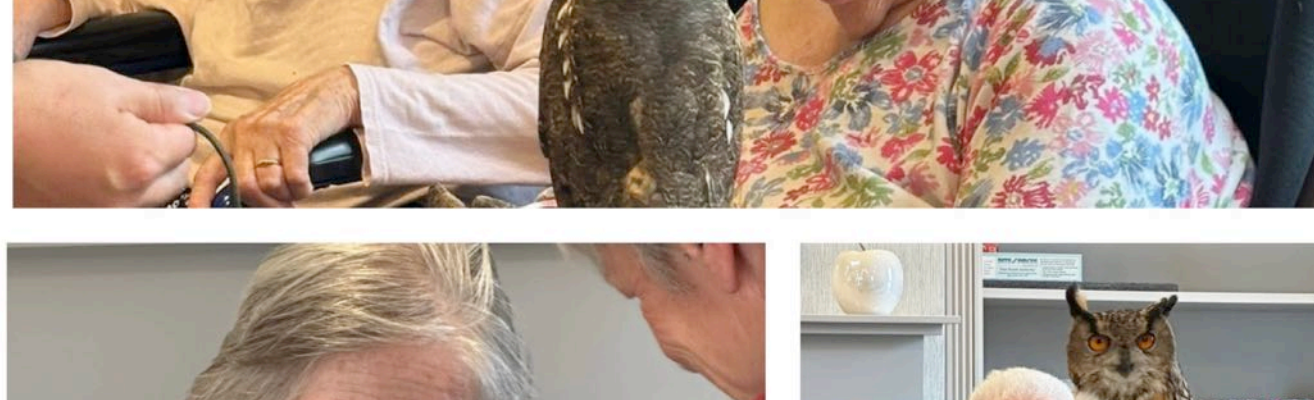


A Fascinating Visit from Sharandys Birds

We were delighted to welcome Sharandys Birds to Alexander House for a memorable wildlife experience.

Residents had the opportunity to meet several beautiful owls while learning about the important work carried out by the sanctuary. Some of the birds were happy to be held, while others were admired from a distance, giving everyone the chance to appreciate these magnificent creatures in a way that suited them.

The visit prompted plenty of questions and conversation, with residents enjoying the opportunity to learn more about the birds and how they are cared for. It was an enjoyable afternoon that everyone spoke about long after the visit had ended.

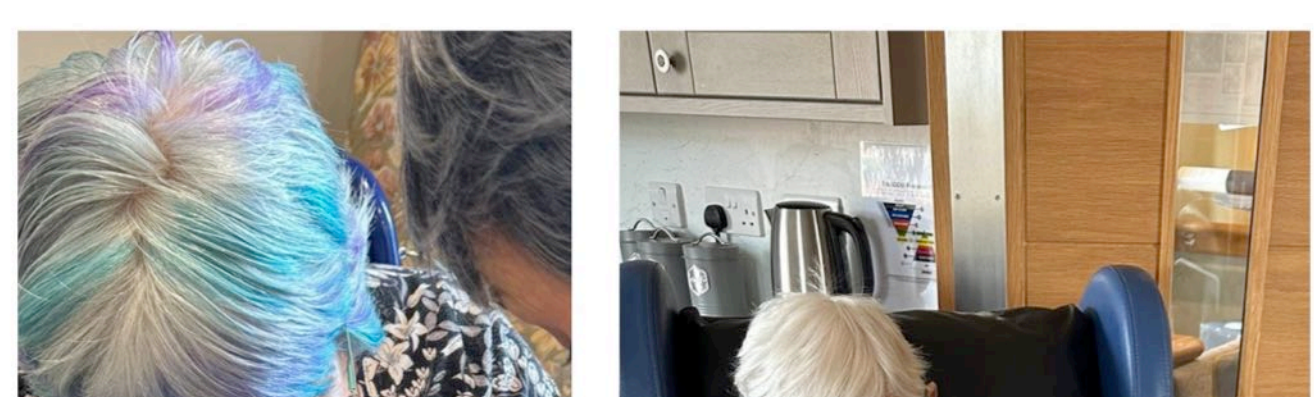


Brave Encounters with Animals

Another popular visitor this quarter was Animals 2U, who once again brought along an amazing selection of animals for residents to meet.

From snakes to spiders, the visit certainly challenged a few nerves. While some members of staff preferred to admire the animals from a distance, many of our residents surprised everyone with their confidence, happily holding the animals and learning more about their habitats and behaviours.

These visits always encourage curiosity, conversation and new experiences, and it was wonderful to see so many residents embracing something different.



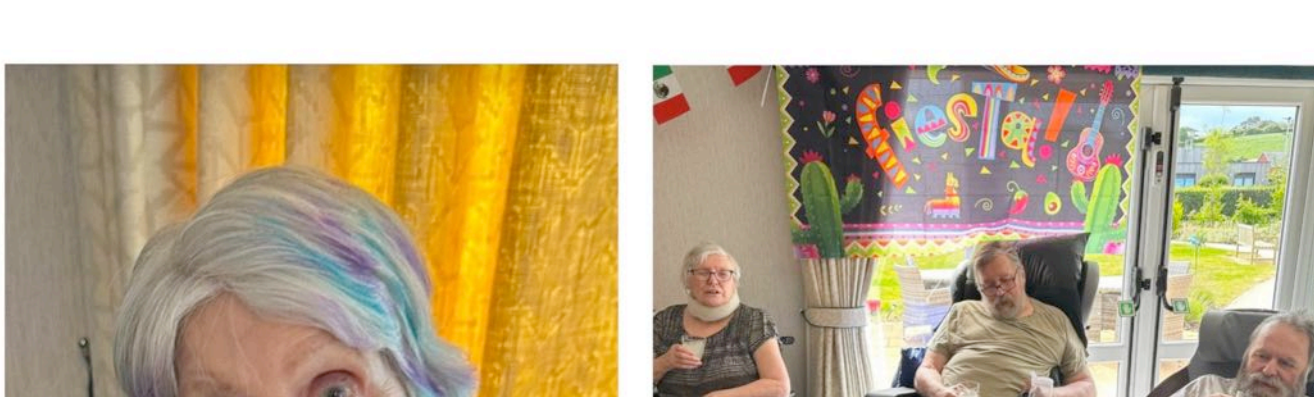
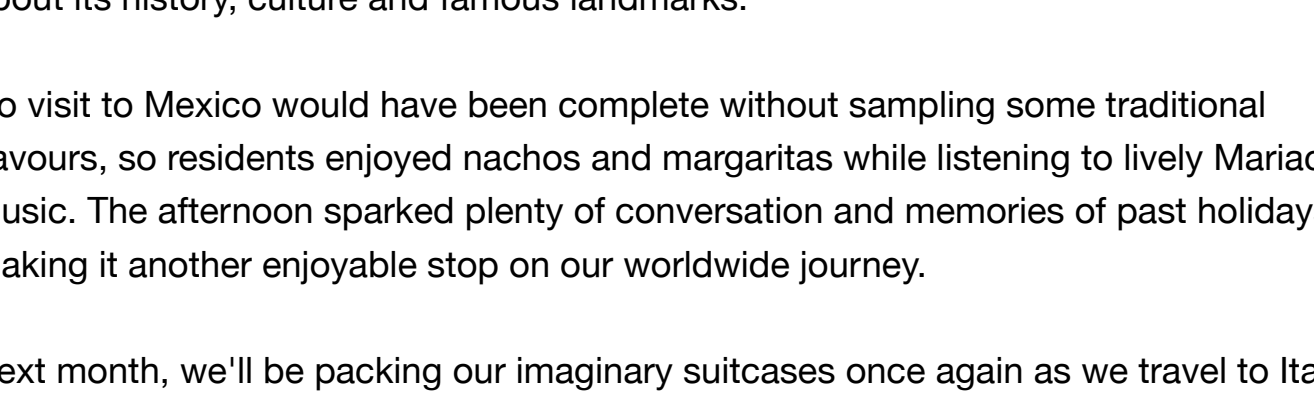
Armchair Travel – Exploring Mexico

Our monthly Armchair Travel Club continues to be a favourite activity, giving residents the opportunity to explore different parts of the world without leaving the comfort of Alexander House.

This month our destination was Mexico. The room was decorated with colourful flags and themed displays while residents enjoyed a virtual tour of the country, learning about its history, culture and famous landmarks.

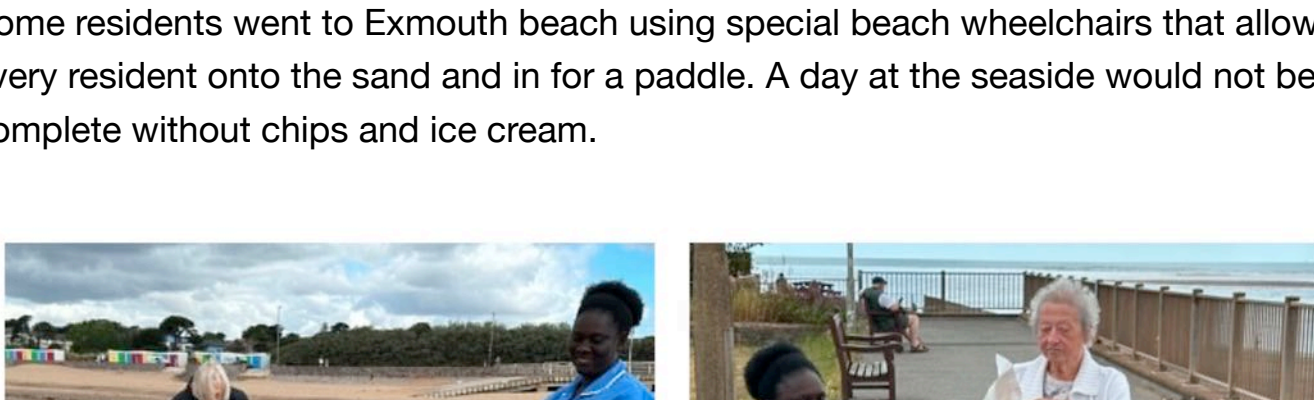
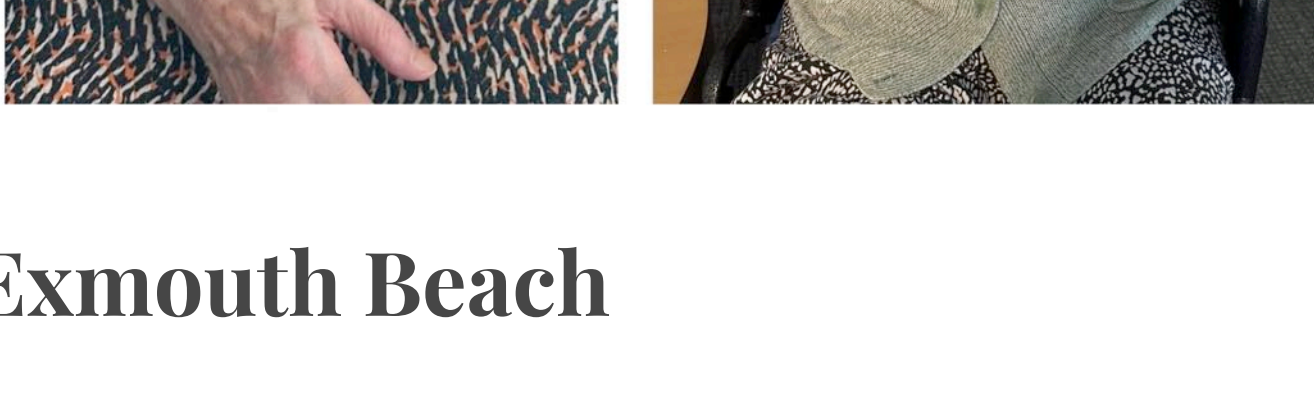
No visit to Mexico would have been complete without sampling some traditional flavours, so residents enjoyed nachos and margaritas while listening to lively Mariachi music. The afternoon sparked plenty of conversation and memories of past holidays, making it another enjoyable stop on our worldwide journey.

Next month, we'll be packing our imaginary suitcases once again as we travel to Italy.



Exmouth Beach

Some residents went to Exmouth beach using special beach wheelchairs that allow every resident onto the sand and in for a paddle. A day at the seaside would not be complete without chips and ice cream.



COMING UP

Looking Ahead

There is plenty to look forward to over the coming weeks at Alexander House. Our activities team has another varied programme planned, including live entertainment, themed events and our ever-popular Armchair Travel Club.

Dates for your diary:

- **Wednesday 8th July** – Rock Choir
- **Thursday 16th July** – Armchair Travel to Italy
- **Thursday 30th July** – Summer of Love Themed Day

We look forward to welcoming residents, families and visitors to these events and to creating many more happy memories together throughout the summer.

EXTERNAL LINKS

Social Media

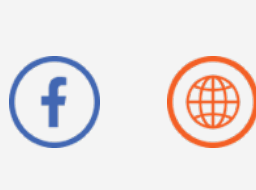
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[Carehome.co.uk](#) & [Google Reviews](#)



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