



INTRODUCTION

Message From Our Manager

Welcome to our first quarterly newsletter from Bowood Care Home.

We're delighted to be able to share some of the things our residents have been enjoying over the past few months. Life at Bowood is always busy, whether we're heading out on the minibus, enjoying entertainment at home, spending time in the garden or simply sitting down together for a cup of tea and a chat.

Our quarterly newsletters will give families and friends a regular look at life around the home and some of the activities, outings and events residents have enjoyed. We hope you enjoy our first edition and seeing what we have been up to.

Thank you, as always, to our residents, families, friends and team for being part of life at Bowood.

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:

[Sign Up Link](#)

Best wishes,

Pauline

Pauline Vernon
Home Manager

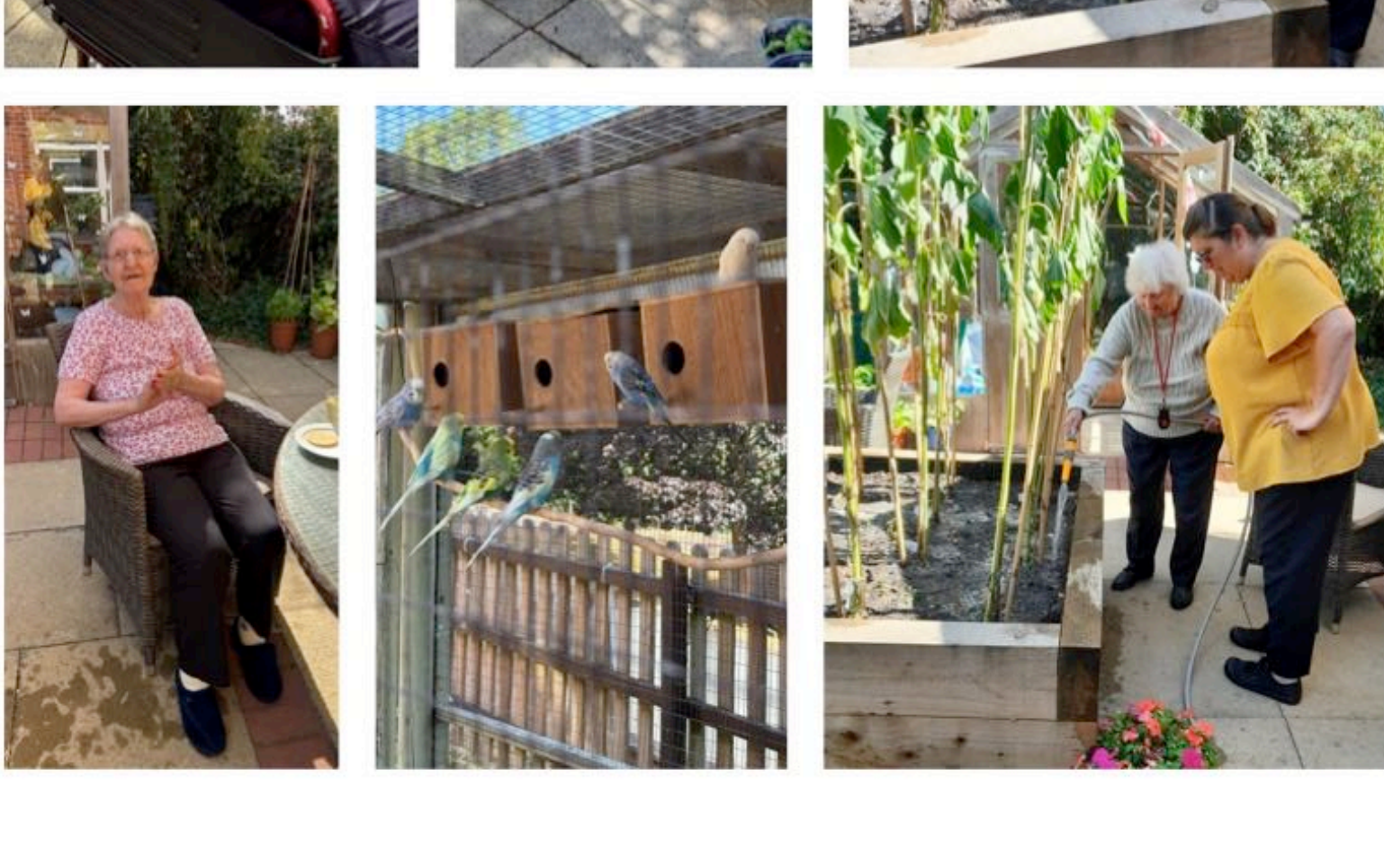
ACTIVITIES & EVENTS

Time in the Garden

There is always something to see or do in our garden, whatever the season.

During the drier summer weather, residents have been helping to water our flowers and plants and keep everything looking its best. It has been lovely to see the garden develop throughout the warmer months and watch the results of everyone's efforts.

Of course, you don't always need to be busy when you're outside. Residents also enjoy simply sitting in the garden, watching the birds, chatting with friends and getting some fresh air. On a pleasant day, it's one of our favourite places to spend some time.



Our Summer Fayre

One of the highlights of the summer was our Summer Fayre, when residents, families and friends came together for a great day at Bowood.

It was lovely to have so many people joining us and to see the home busy with familiar faces. Events like these are as much about having everyone together as anything else, giving residents the chance to enjoy the day with their families, friends and the team.

Thank you to everyone who came along, helped out and played a part in making our Summer Fayre such an enjoyable occasion.



Live Entertainment

Our visiting entertainers continue to be very popular with residents.

There is usually plenty of singing along when a familiar song comes on, and it doesn't take long before someone is ready for a dance. Other residents prefer to sit back, listen to the music and enjoy watching what is going on around them.

Live music is something that brings lots of people together at Bowood, and we always look forward to seeing which songs will get the biggest reaction.

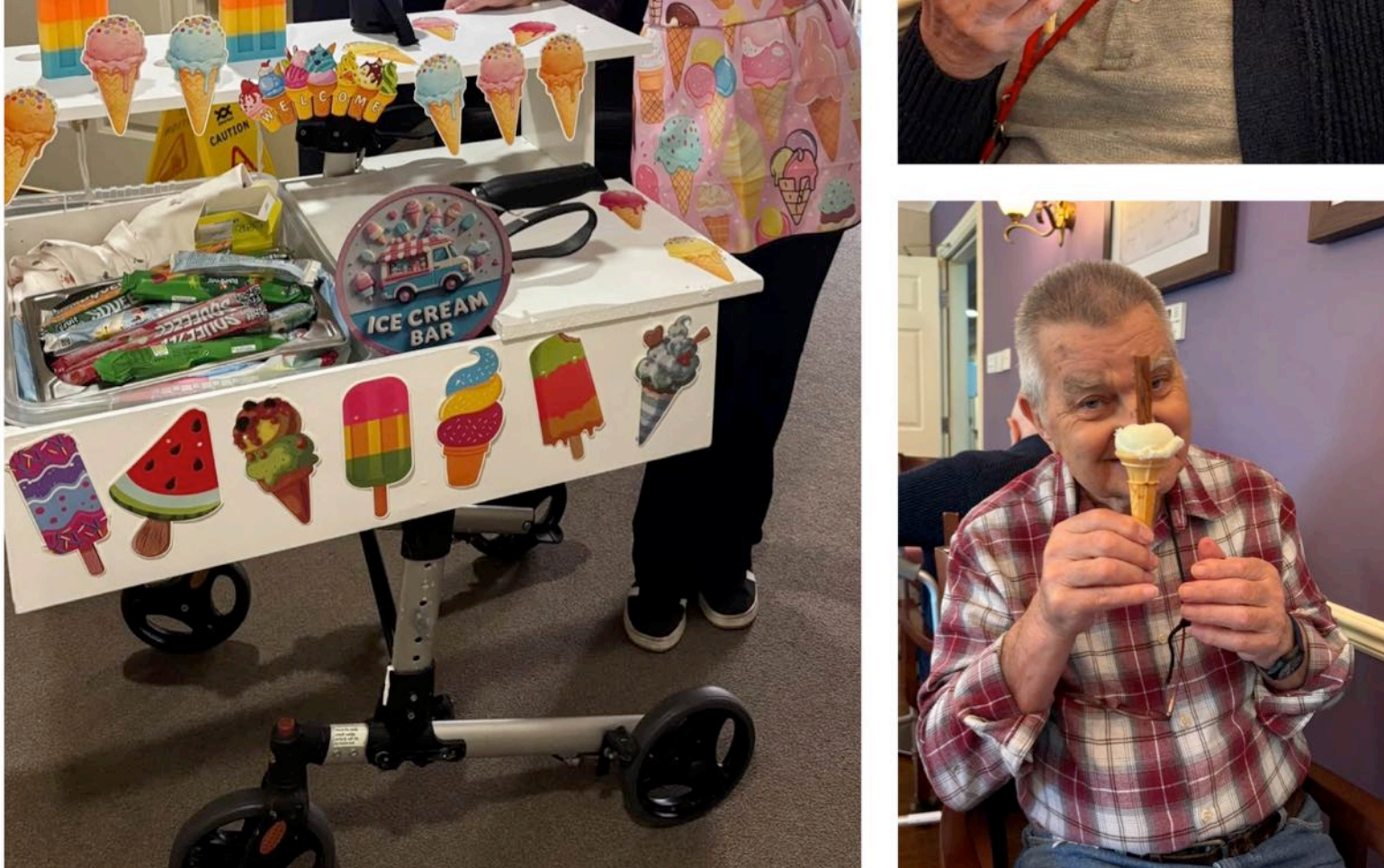


Keeping Cool with a Treat

Ice creams and ice lollies have certainly been firm favourites throughout the summer months.

They have been particularly welcome on the warmer days, when keeping everyone cool and well hydrated has been a priority. A cold treat and a refreshing drink certainly help when the temperature starts to rise.

Although summer might now be behind us, we're not convinced ice cream needs to be a seasonal treat. After all, who doesn't enjoy an ice cream or ice lolly at any time of year?



Our Sunflower Competition

There has been a little friendly competition in the garden as we waited to see who could grow the largest sunflower.

Congratulations go to Trevor, who took the title with the biggest sunflower of the competition!

It has been good fun watching the sunflowers grow and comparing their progress along the way. Well done to everyone who took part and, of course, to our winner Trevor.



Supporting Spiritual Wellbeing

We are always pleased to welcome visitors from our local church to Bowood.

For residents who wish to take part, maintaining their faith and connection with their local church can remain an important part of life. These visits provide time for worship and reflection as well as the opportunity to enjoy familiar hymns, prayers and conversation.

We appreciate our local church taking the time to visit us and look forward to welcoming them back.



OUT & ABOUT

A Walk at Arrow Valley Lake

We recently headed out for a lovely trip to Arrow Valley Lake.

It was good to get out in the fresh air and enjoy a gentle walk while taking in the scenery around the lake. Outings like this give residents a chance to enjoy the local area, spend time together and have a change of surroundings.

After some particularly hot days this summer, the more comfortable weather made it a lovely time to get outside and enjoy a relaxing trip together.



A Trip to Mappleborough Green Garden Centre

We love getting out and about on our minibus, and Mappleborough Green Garden Centre is always a favourite destination.

Residents enjoyed a leisurely browse around the garden centre, taking a look at the plants and displays before stopping for a well-earned cup of tea. There's never any rush on these outings, giving everyone plenty of time to look around and enjoy being somewhere different for the day.

Rather than heading straight home, we took the scenic route through the countryside and made one final stop for a McFlurry. A pretty good way to finish the afternoon!



COMING UP

Looking Ahead...

As we move into the new season, we'll continue to make sure there is a good mix of activities and opportunities for residents to enjoy.

Our minibus will continue to get us out and about, while back at Bowood there will be more live entertainment, activities and visits from our local community. We'll also continue to enjoy our garden whenever the weather allows and watch it change with the seasons.

We hope you have enjoyed our first quarterly newsletter. We look forward to bringing you another update and plenty more photographs from life at Bowood next quarter.

EXTERNAL LINKS

Social Media

Make sure to check out the Bowood Court & Mews Facebook Page for all our latest photos!

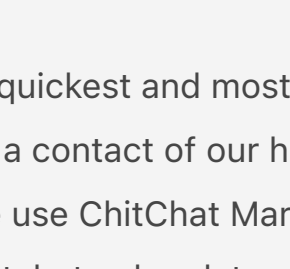
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