



MEADOWCROFT
RESIDENTIAL CARE HOME

Newsletter

February 2024

Providing families with the latest updates from our home

Welcome to our February Newsletter

Creating bird feeders is not only a lovely creative experience, but it also fosters a wonderful connection between generations. The bird feeders created by our residents and the local nursey children!

They have now been hung on the trees surrounding our home, creating a beautiful, nature-friendly display for everyone to enjoy.





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Our residents favorite game!

The parachute game is fun and is enjoyed by all of our residents, as well as staff. The two main focuses during this activity are hand movement and coordination. It is a wonderful group exercise and gets everyone active.

The game works with everyone sat in a circle and a staff member places the ball in the middle. Residents of Meadowcroft then raise their arms in turns and try to keep the ball on the parachute without it falling off.

What helps residents engage in this activity is the bright colours of the parachute and the excitable atmosphere it brings. It's amazing to see everyone get so competitive and also the teamwork and team spirit this brings to all involved.





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Games Afternoon

Having an interactive social life is important for our residents. Being socially active through meaningful group activities makes a huge difference to self-worth and happiness. A jam-packed calendar of social activities for Meadowcroft residents has been shown to greatly improve physical and emotional wellbeing, while taking part in regular exercise (however gentle or strenuous) helps our residents stay more flexible and mobile.





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Valentines Day Preparation.



Residents have been busy creating beautiful Valentine's Day crafts ready for the 14th of February, including handcrafted cards and decorations.

Valentine's Day can be a fun way to have a bit of family and friends' attention.

You can always find ways to show a bit of extra love for Valentine's Day!

We look forward to sharing more with your next month!





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Contact us

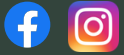
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Activities for February

All our usual activities will continue as normal,
but here are a few save the dates!

7th February

Making Valentines
day cards with the
local nursey
children

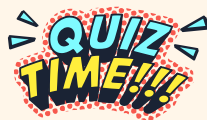
10th February

Chinese New Year!
“Can you use a
chop stick” ?



13th February

Childhood Quiz
(Reminisce)



14th February

Valentines day
Singing with Julie



17th February

Act of kindness
day.



24th February

Pamper afternoon
with hand massage

