ASHRIDGE COURT
CARE CENTRE

INTRODUCTION

Message From Our Team

Welcome to our latest quarterly newsletter from Ashridge Court.

We've had a lovely few months, with residents enjoying everything from animal visits and days out to cultural activities, good food and time spent with family and friends. Our Family Fun Day was a real highlight, bringing everyone together for live entertainment, a BBQ and a visit from the Mayor of Bexhill.

We've also travelled a little further afield, both for real and from the comfort of the home! Residents enjoyed a memorable trip to Birling Gap, while our Armchair Travel session transported us all the way to Japan.

As autumn arrived, we have also marked Harvest Thanksgiving together, giving us time for reflection alongside all the fun and activity.

Thank you to our residents, relatives, friends, staff and everyone who has visited and supported us over the past few months. We hope you enjoy catching up on our latest news.

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 Form

Best wishes,

The Ashridge Court Care Centre Team

ACTIVITIES & EVENTS

Fluffy Visitors

We had some very special visitors recently, and it's safe to say they brought big smiles to everyone's faces.

A huge thank you to Becks for bringing along her wonderful animals for an afternoon visit. Our residents thoroughly enjoyed meeting them, particularly the adorably fluffy bunnies who were more than happy to receive plenty of cuddles and attention.

The chickens provided some unexpected entertainment too, with one adventurous visitor escaping from its enclosure and making its way into the display ring. Another clever hen found herself a safe, cosy spot and began getting ready to lay an egg, making sure everyone knew what she was up to with plenty of excited squawking!

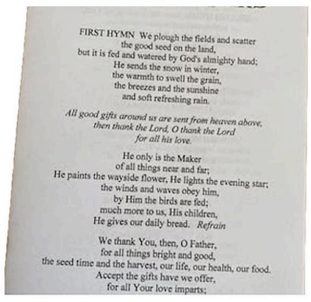
There was lots of laughter throughout the visit. Thank you, Becks, for bringing your animals to meet us and giving everyone such an enjoyable afternoon.

Harvest Thanksgiving

A sincere thank you to Reverend Fraise for joining us and leading our Harvest Festival Service. Residents came together for a time of reflection and celebration, with familiar hymns and meaningful Bible readings forming an important part of the service.

Harvest Thanksgiving is traditionally a time to give thanks for the food we have and the work of those involved in producing it. For many of our residents, Harvest services have also been a familiar part of life for many years, making it particularly meaningful to continue the tradition at Ashridge Court.

We are very grateful to Reverend Fraise for the time, care and warmth shared with our residents and for continuing to support their spiritual wellbeing.



FIRST HYMN We plough the fields and scatter
the good seed on the land,
but it is fed and watered by God's almighty hand;
He sends the snow in winter,
the warmth to swell the grain,
the breezes and the sunshine
and soft refreshing rain.

All good gifts around us are sent from heaven above,
then thank the Lord, O thank the Lord
for all his love.

He only is the Maker
of all things near and far;
He paints the wayside flower, He lights the evening star;
the winds and waves obey him,
by Him the birds are fed;
much more to us, His children,
He gives our daily bread. *Refrain*

We thank You, then, O Father,
for all things bright and good,
the seed time and the harvest, our life, our health, our food.
Accept the gifts have we offer,
for all Your love imparts;

Breakfast by the Beach

There aren't many better ways to begin the morning than with breakfast and a view of the sea. Residents enjoyed the cool, fresh morning air while relaxing in our beach lounge and taking in the views across Cooden Beach.

Of course, a good view is even better with something tasty to eat. Our continental breakfast included croissants, pancakes and bagels, accompanied by honey and a selection of jams, with orange juice to drink.

It was a relaxed start to the day, giving residents time to enjoy breakfast together while making the most of our lovely coastal setting.

Armchair Travel to Japan

Our latest Armchair Travel adventure took us all the way to Japan.

Before setting off, residents, staff and visitors got creative making their own fans. We then explored Japan through an online journey, taking in some of the country's sights while learning more about its music, culture and traditions.

We also had the opportunity to sample Japanese tea, giving residents the chance to discover some different flavours and adding another element to our travels.

Our Armchair Travel sessions allow us to discover countries from around the world, as well as prompting conversations about places residents may have visited themselves. Japan gave us plenty to see, hear and talk about, and we're looking forward to finding out where we'll travel next.

A Day Out at Birling Gap

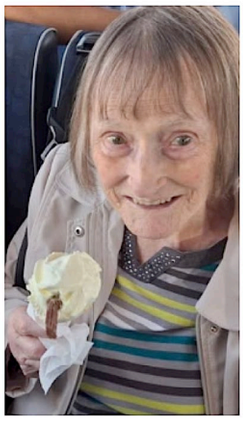
Residents had a fantastic road trip to Birling Gap, with plenty to see before we even reached our destination. Along the way, we took in the views around Beachy Head, spotted some wildlife and enjoyed the sights of Eastbourne seafront. The journey also prompted plenty of personal memories.

Tony remembered happy days out to Birling Gap with his wife, while Kim recognised the road where she used to live in Eastbourne. Sylvia and Millie talked about the lighthouse and the changing coastline, as well as remembering houses that have been lost as the cliffs at Birling Gap have eroded over the years.

Our bus driver Adrian also pointed out the white line on the side of the café, which illustrates an estimate of how far the cliff edge could retreat in the years ahead. It certainly gave everyone something to think and talk about.

And, of course, a trip to the seaside wouldn't have been complete without an ice cream. The 99 Whippys were very welcome!

It was a great day out, combining beautiful scenery with lots of conversation, local memories and a little seaside treat.

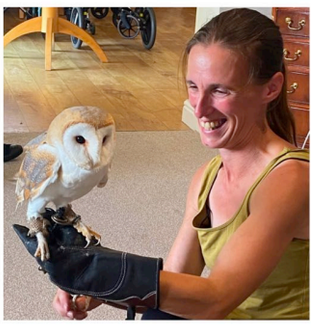


Up Close with Birds of Prey

We welcomed another fascinating group of animal visitors when residents had the opportunity to get up close with a variety of birds of prey.

Among our visitors were beautiful barn owls and a falcon, giving residents the chance to see these impressive birds at much closer range than usual. Natalie talked us through each of the birds and shared information about their natural habitats, diets and lifestyles. Residents had plenty of questions and enjoyed learning more about the different species.

It was an interesting and very different experience, and we're already wondering which birds might come along to see us next time.



FAMILY FUN DAY

What a joyful day!

Our Family Fun Day went down a treat, with residents, relatives, friends and staff coming together for an afternoon of entertainment, good food and time spent in each other's company.

Lynn and Mark from L & M Sing provided the entertainment and soon had everyone getting into the groove.

A huge thank you also goes to our chef, Will, and the team for preparing a delicious BBQ spread for everyone to enjoy.

We were delighted to welcome the Mayor of Bexhill, who took the time to visit residents throughout the home. It was very much appreciated and meant that residents who weren't able to join the main event could still be included in the day.

A special thank you goes to our Activities Team and everyone else who helped with the preparations. It was great to see so many residents, families and friends enjoying the afternoon together.

LOOKING AHEAD

Coming Up

As we settle into autumn, there will be plenty more happening at Ashridge Court.

Our regular activities will continue alongside entertainment, seasonal events, animal visits and opportunities to get out and about. We'll also continue our Armchair Travel adventures, giving residents the chance to discover another part of the world from the comfort of the home.

Living so close to the coast gives us some wonderful opportunities for trips and outings, so we'll continue to make the most of these whenever the weather allows.

Thank you once again to our families, friends, visitors and wider community for being part of life at Ashridge Court. We look forward to sharing more of our news with you in our next quarterly newsletter.

EXTERNAL LINKS

Social Media

Make sure to check out the Ashridge Court Care Centre Facebook Page for all our latest photos!

Don't Forget To 'Like' Us!

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Carehome.co.uk & **Google Reviews**

ASHRIDGE COURT CARE CENTRE

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