



INTRODUCTION

Message From Our Manager

Dear Families and Friends,

What a season it has been! Our residents have truly been on the go with walking, crafting, puzzling, and even throwing pool noodles around (all in the name of sport, of course). It's a joy to see such enthusiasm and laughter filling our home.

This quarter has been full of steps, songs, puzzles, and parties. Each moment, whether walking in the garden or sharing tea, has supported the physical, mental, and emotional well-being of our residents. Every activity, whether big or small, is about more than just fun: it's about keeping the body moving, the mind active, and the heart happy. Most importantly, it has filled our home with laughter, companionship, and a sense of purpose.

Thank you, as always, to our wonderful staff, residents, and families for making our home such a vibrant place. Here's to even more joy in the months ahead!

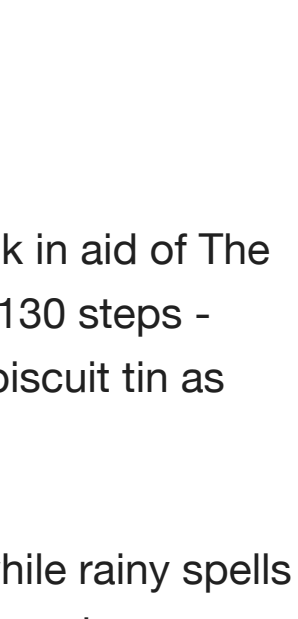
If you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

[Newsletter Sign-Up](#)

Best wishes,

Baiju

Baiju Punnesserry
General Manager

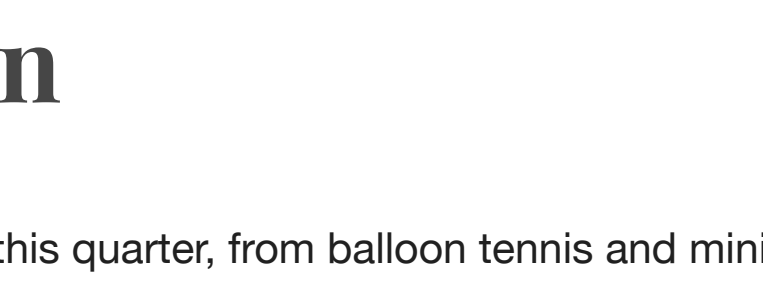
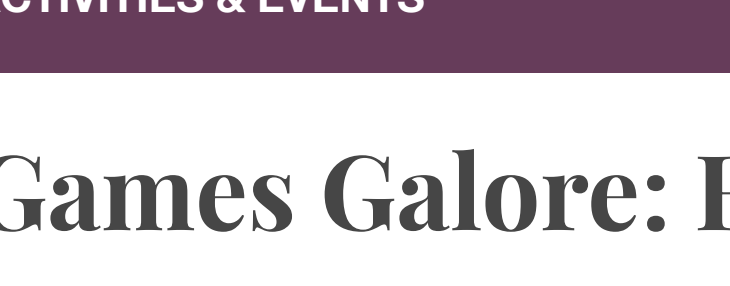
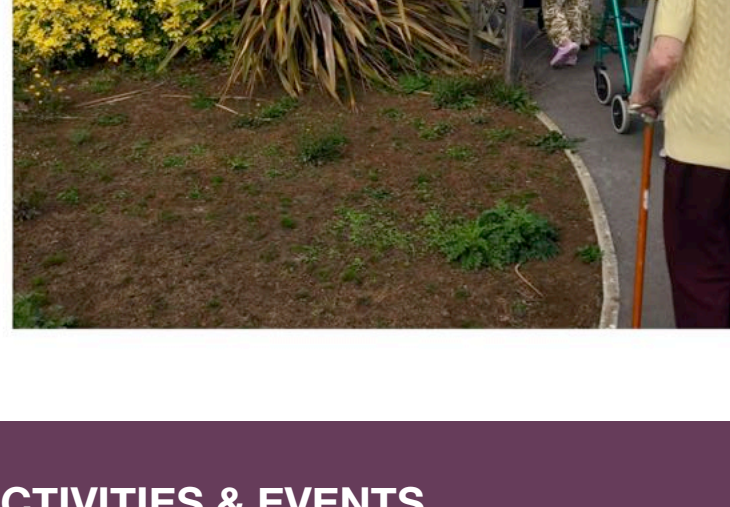


SPONSORED WALK

Stepping Out for Charity

In September, our residents laced up their shoes for a sponsored walk in aid of The Race Against Dementia. Together, they clocked up an impressive 11,130 steps - that's quite a few laps of the garden (and maybe a trip or two to the biscuit tin as well!).

Sunny days meant garden walks finished with refreshing ice lollies, while rainy spells saw the fun move indoors with treasure hunts. These walks weren't just about steps; they boosted mobility, balance, and circulation, while also giving our residents a strong sense of pride in raising funds for a cause close to many hearts.

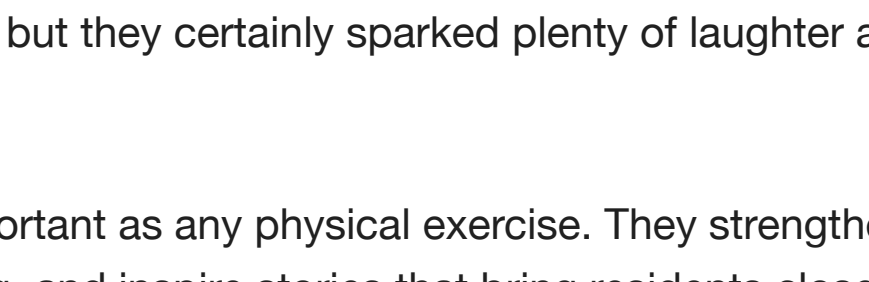
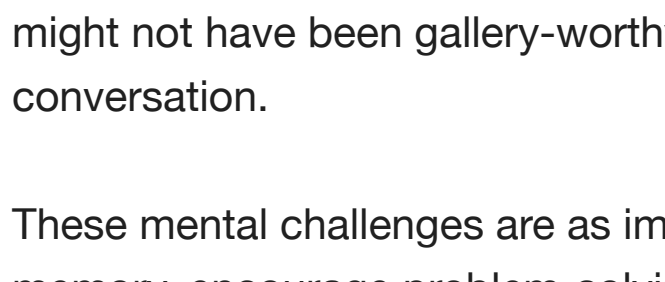
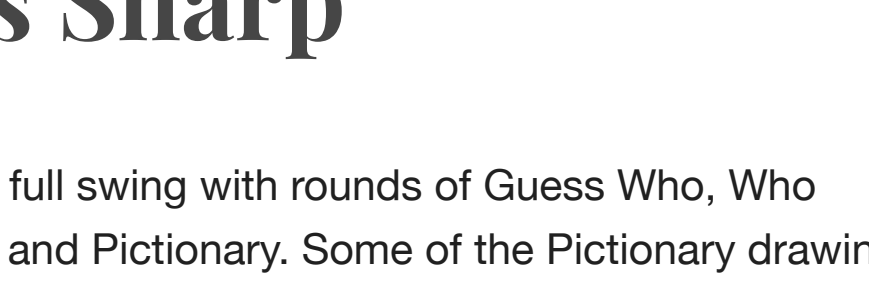
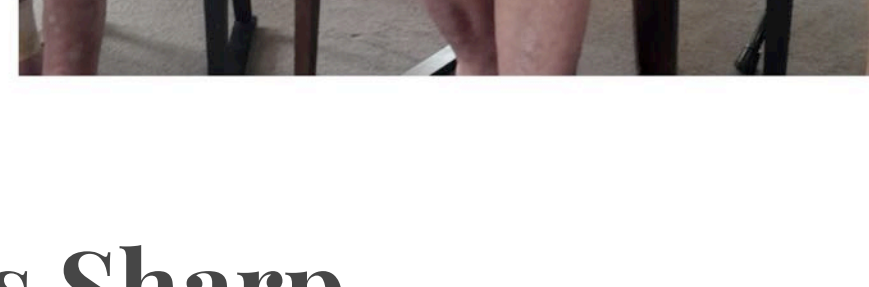
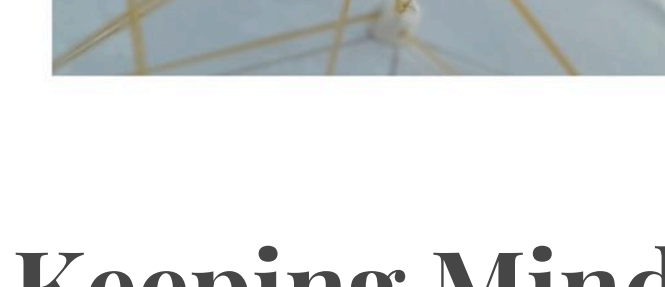
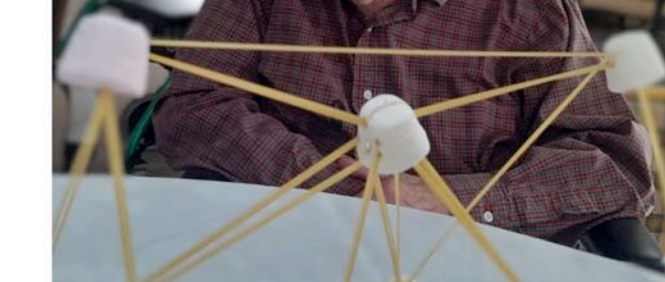
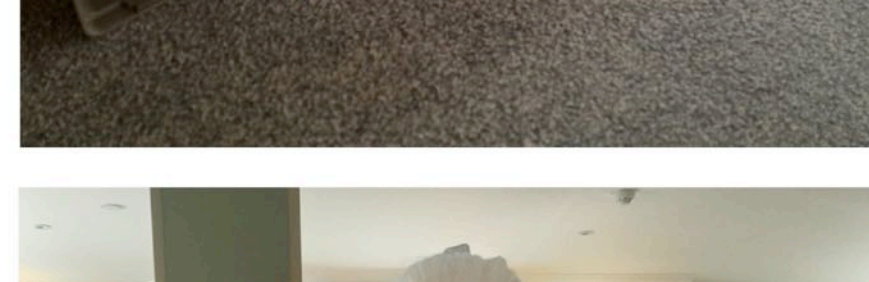
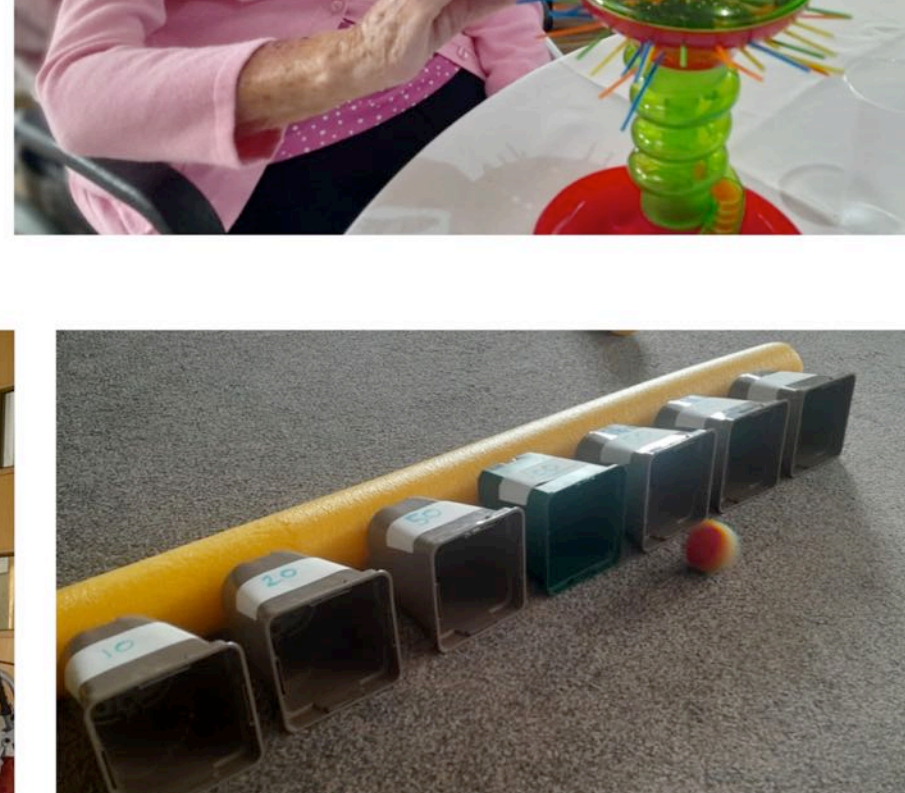
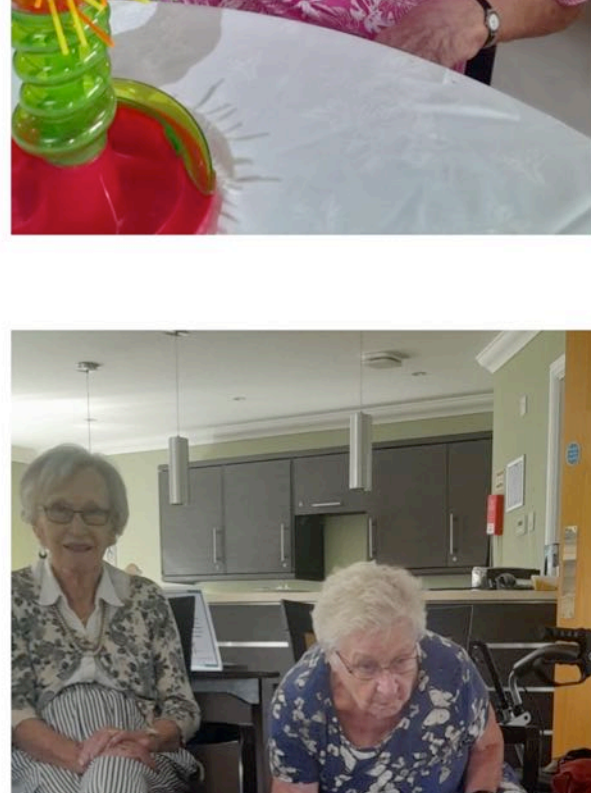
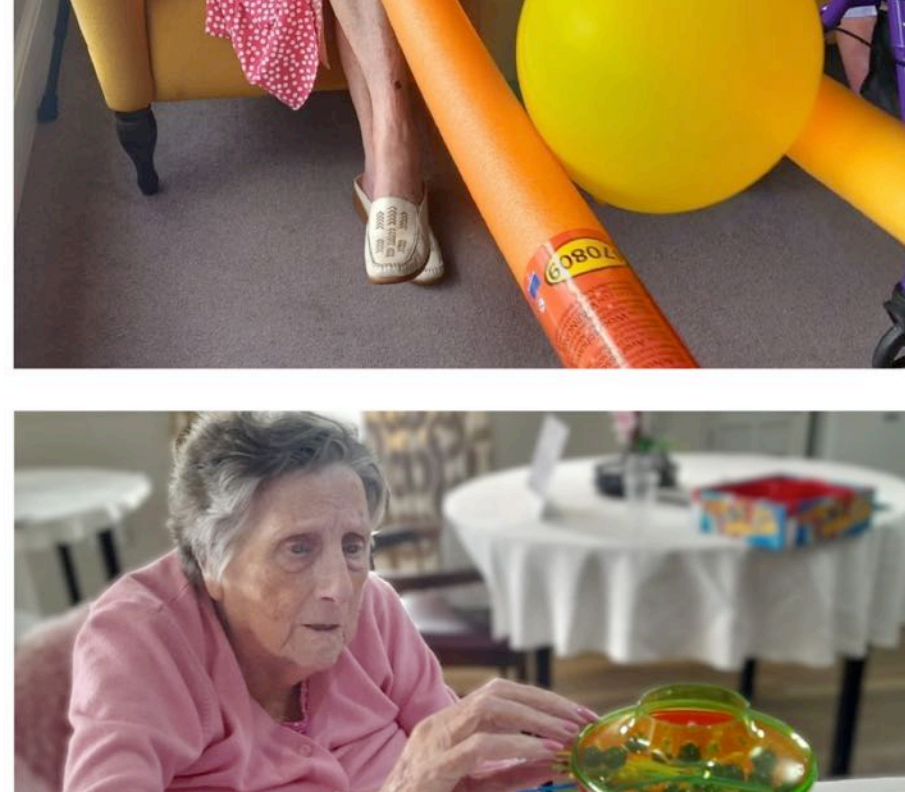
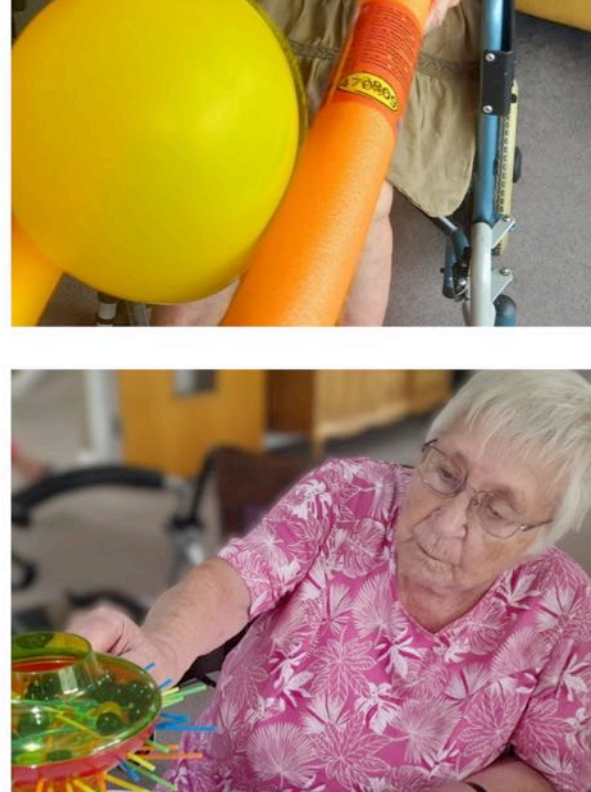


ACTIVITIES & EVENTS

Games Galore: Hand-Eye Coordination Fun

Our residents took on a variety of games this quarter, from balloon tennis and mini golf to Kerplunk and marshmallow-and-spaghetti tower building. Laughter filled the room as marshmallows "mysteriously" disappeared before reaching the towers.

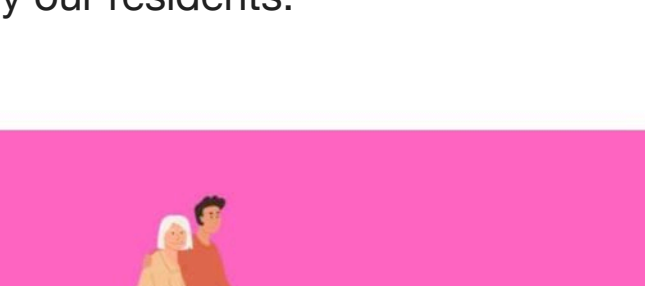
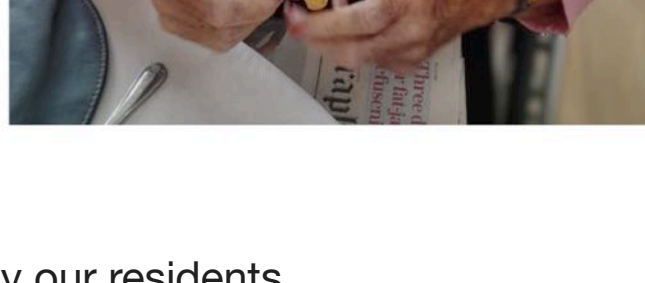
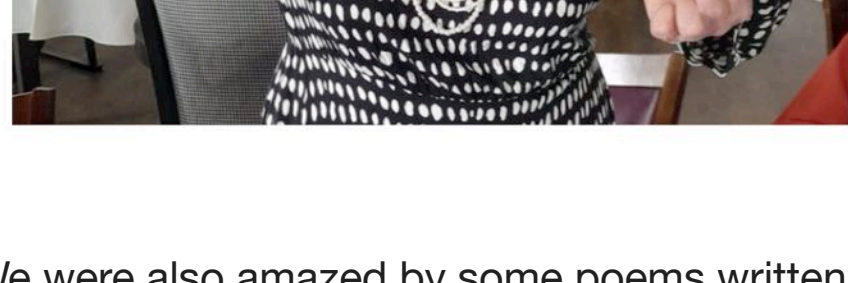
These activities are playful on the surface, but they also help maintain dexterity, coordination, and focus. For residents, each wobbling tower and rally of balloon tennis was more than just entertainment; it was a fun way to keep the body active and the mind sharp, all while enjoying the company of friends.



Keeping Minds Sharp

Quizzes and thinking games were in full swing with rounds of Guess Who, Who Wants to Be a Millionaire, charades, and Pictionary. Some of the Pictionary drawings might not have been gallery-worthy, but they certainly sparked plenty of laughter and conversation.

These mental challenges are as important as any physical exercise. They strengthen memory, encourage problem-solving, and inspire stories that bring residents closer together. Every correct answer (and even the wrong ones!) created moments of joy and kept the mind buzzing with activity.



We were also amazed by some poems written by our residents.

Oh Harrier Grange, it felt so strange,
When I first came to stay.
No more my dear, sweetest girls,
on this very first day!

But worries fled, I made a friend!
And knew each one by name.
We're far away, and have long walks,
But Grange, there's a game!

With our own jobs, and lovely "grill",
No longer at a loss.
No longer getting the food is great -
especially the salad!

From today, Cally to Karoline,
And friends of "My Way"
Good friends we meet, you cannot beat!
Don't mention us a Friday!

Unity in our community,
No more need to roam.
Great times we share, where people care!
At last I've found a home!

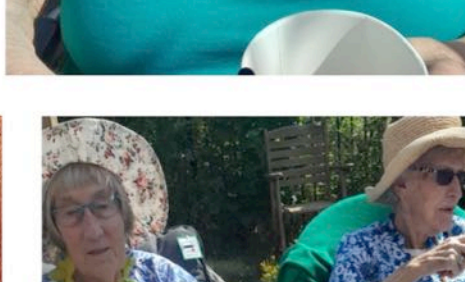
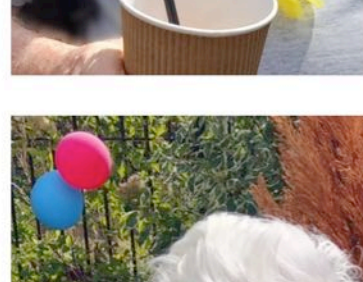
Carers

What would we do without them?
Always at back and call
Attending our needs and always with a smile
I doubt we could do this job.
We wouldn't be that patient that's for sure
And so think yourselves lucky- they can't do anymore!

Summer in Bloom: Garden Party

When our new garden furniture arrived, it was the perfect excuse for a summer celebration. Residents gathered outdoors for a party complete with live music from Jon & Christina, delicious sweet treats, and colourful mocktails.

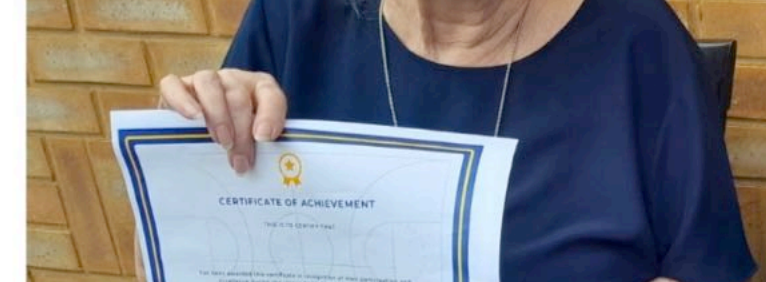
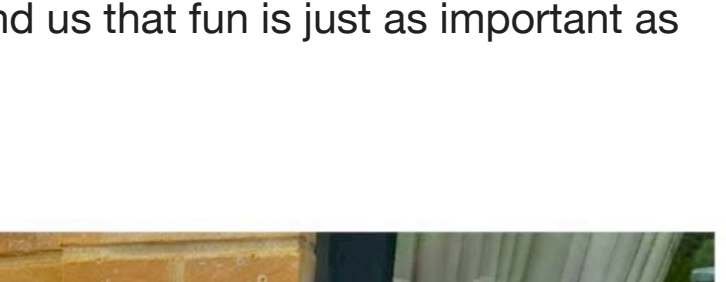
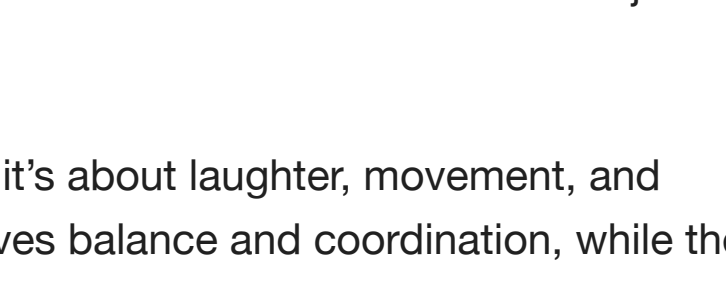
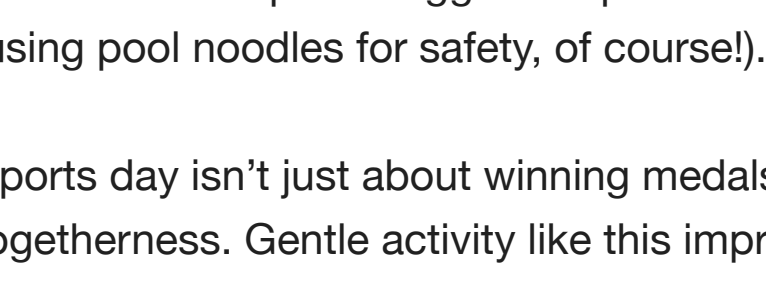
Events like this do wonders for well-being. Fresh air and sunshine reduce stress and lift spirits, while live music brings everyone together in shared enjoyment. The simple pleasure of sitting in the garden, chatting with friends, and listening to music is a reminder that some of the best therapies don't come in a bottle.



Harrier's Sports Day

Our annual sports day was packed with fun and plenty of playful competition. Residents took part in egg-and-spoon races and even tried their hand at the javelin (using pool noodles for safety, of course!).

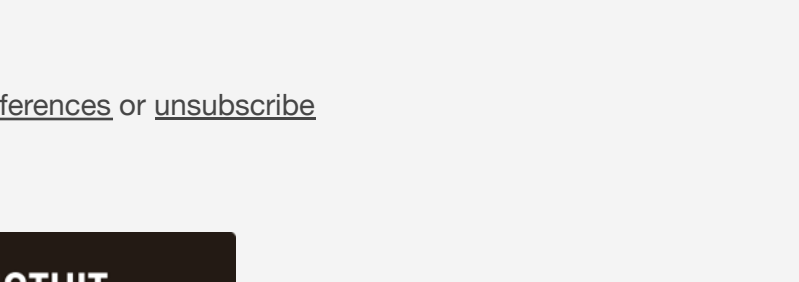
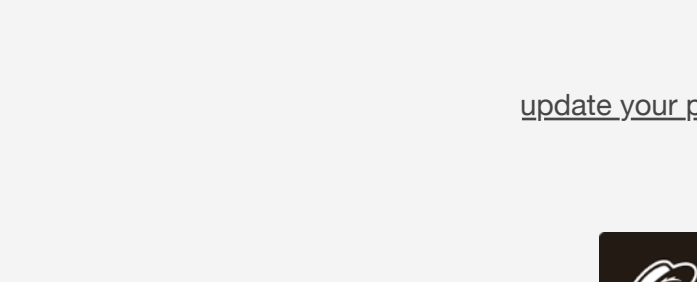
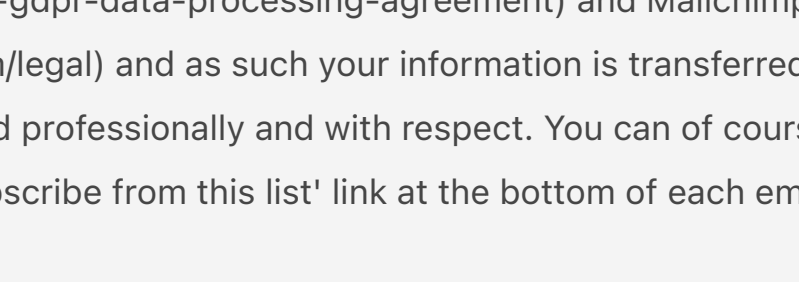
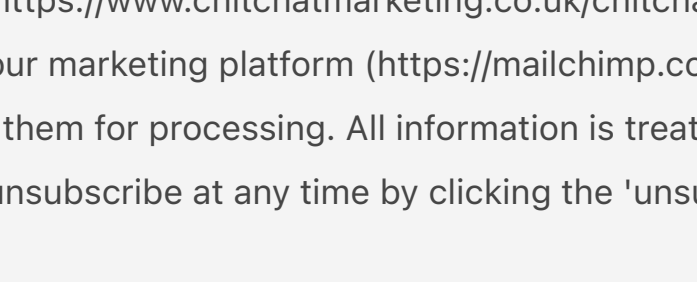
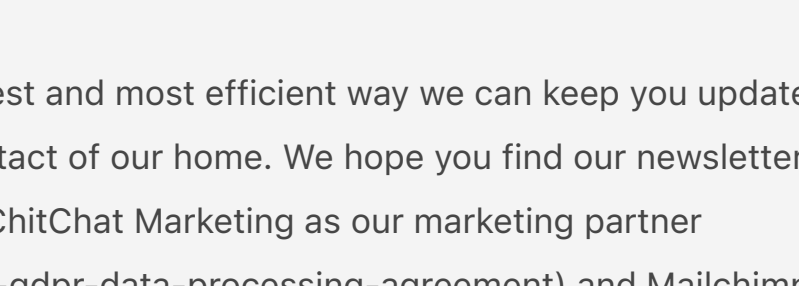
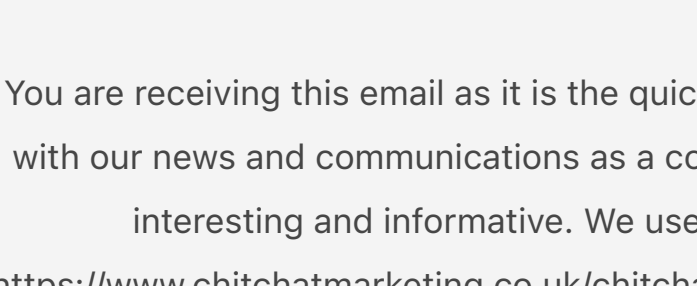
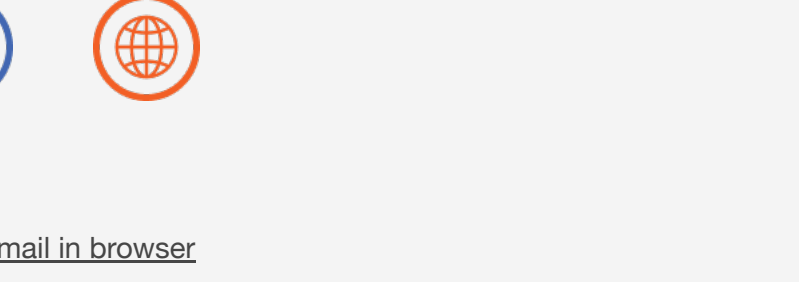
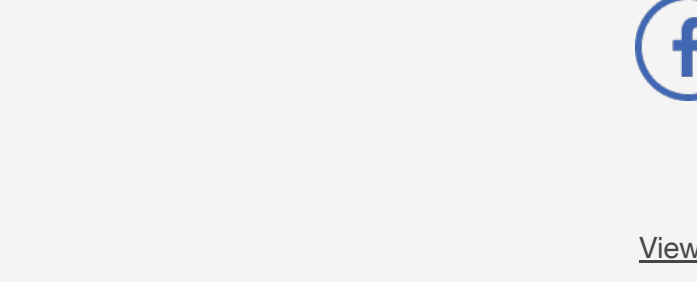
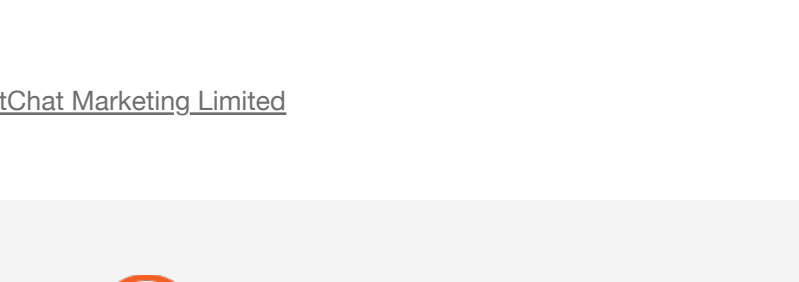
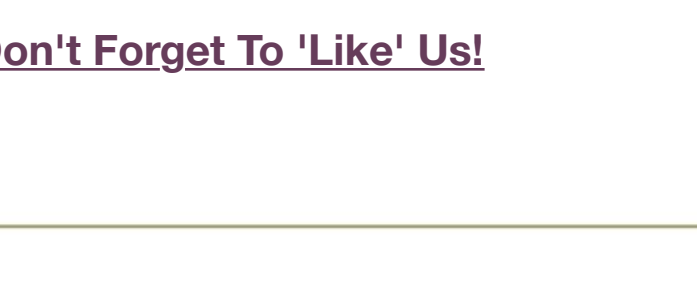
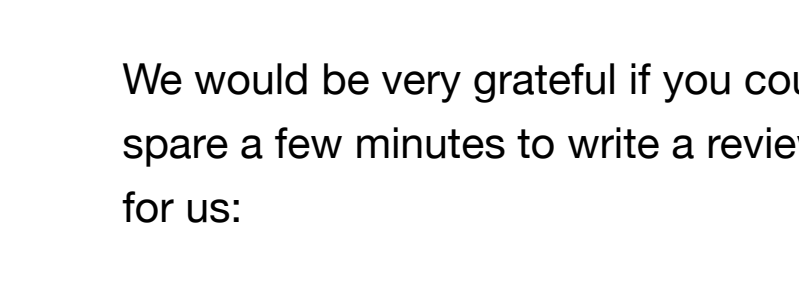
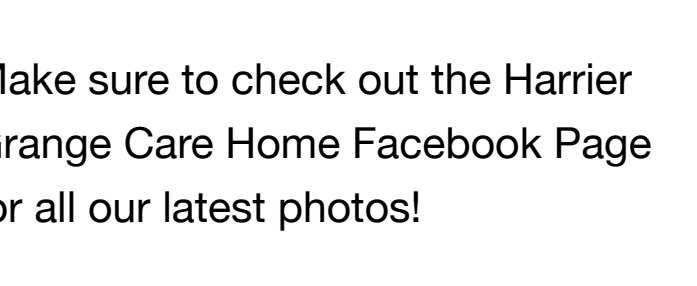
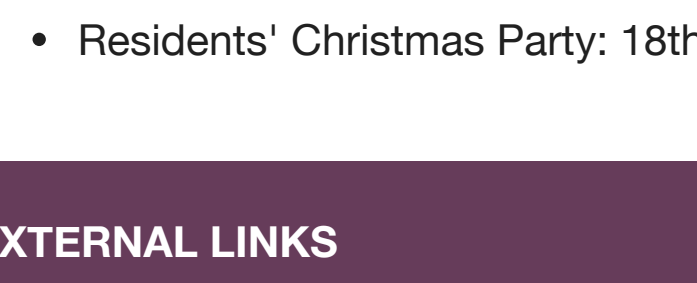
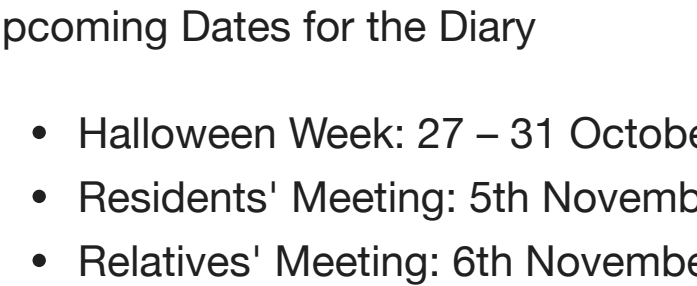
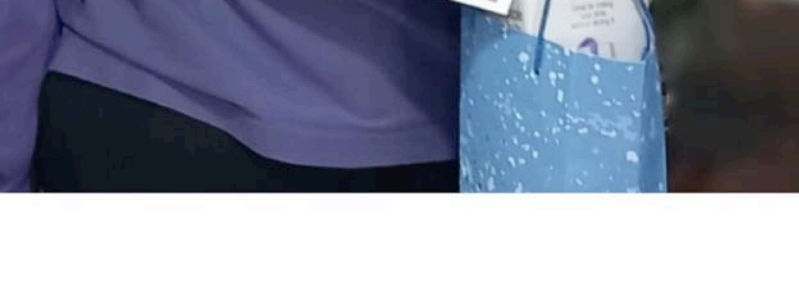
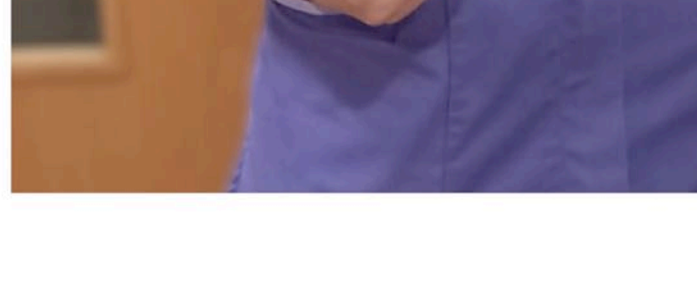
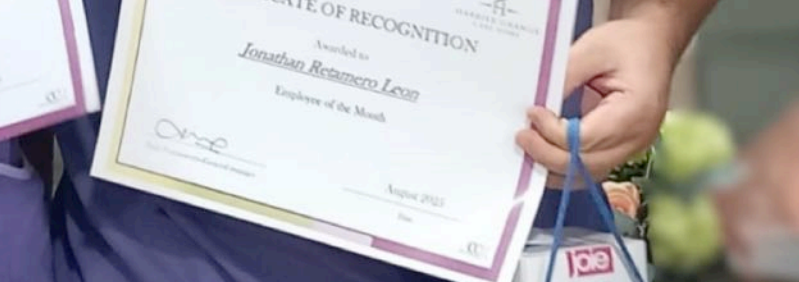
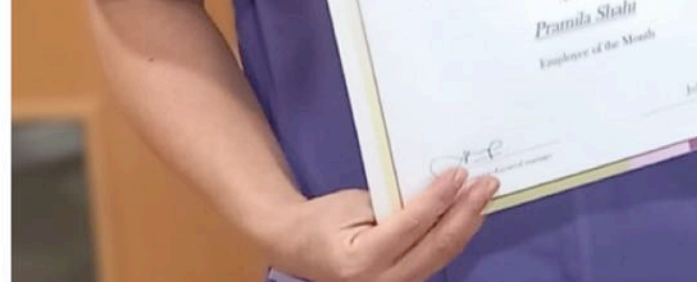
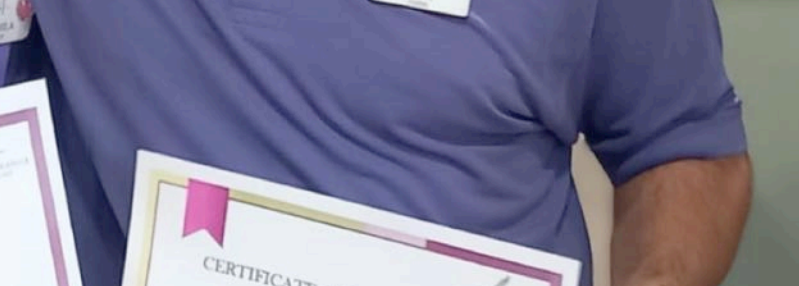
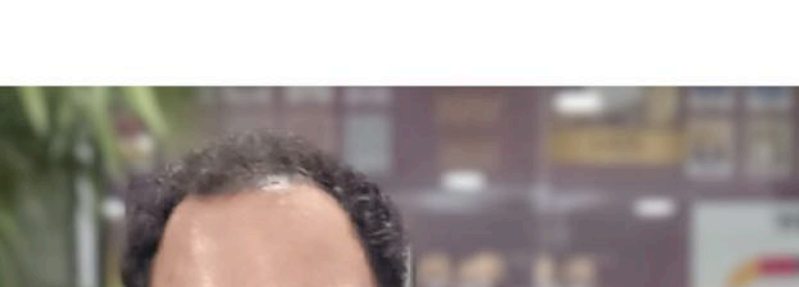
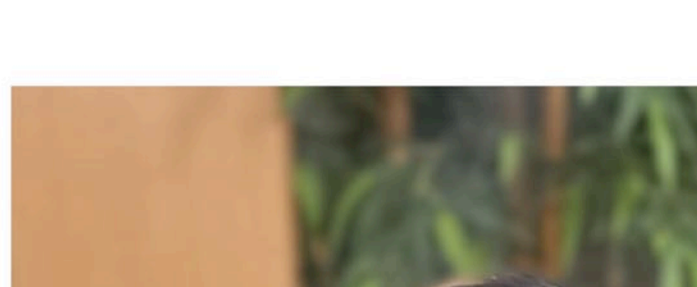
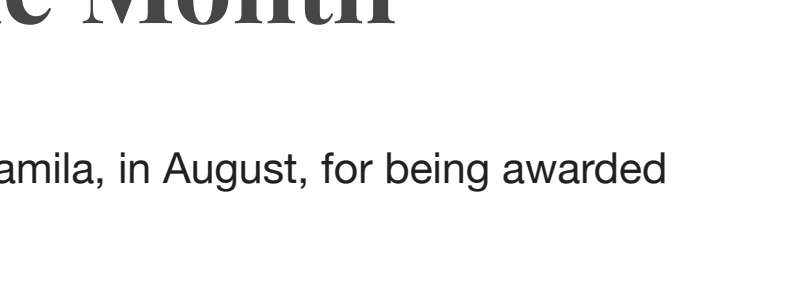
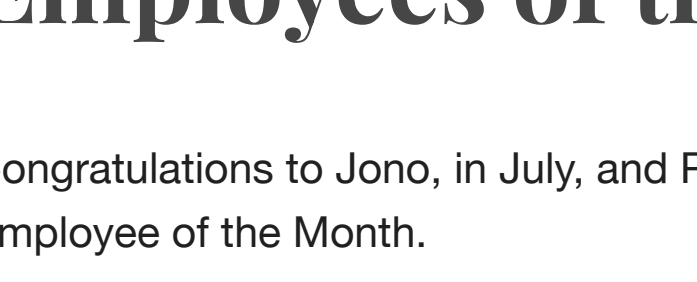
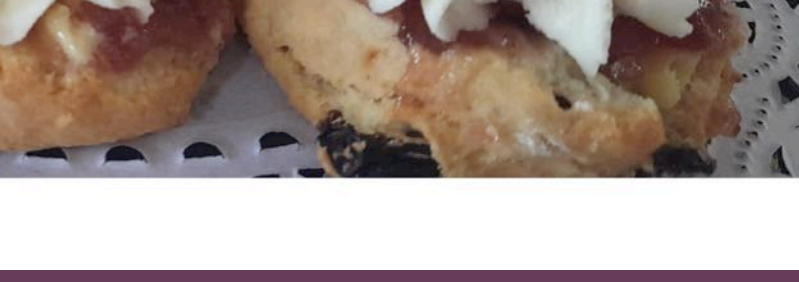
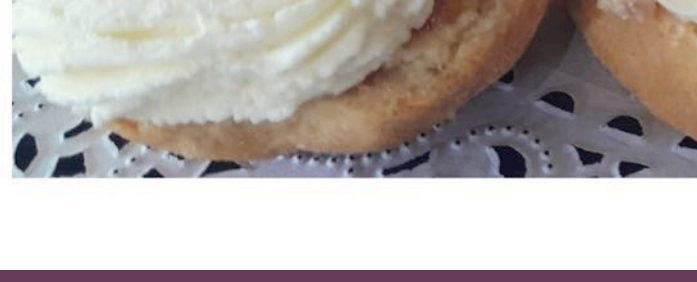
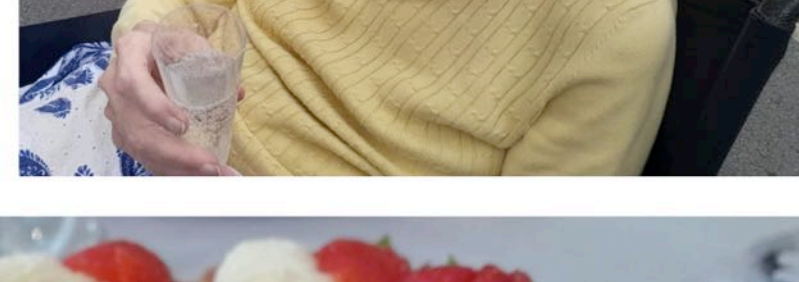
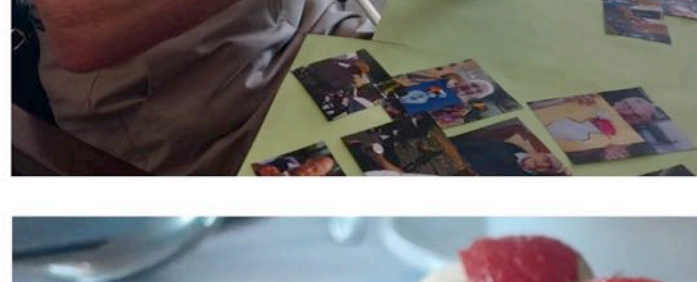
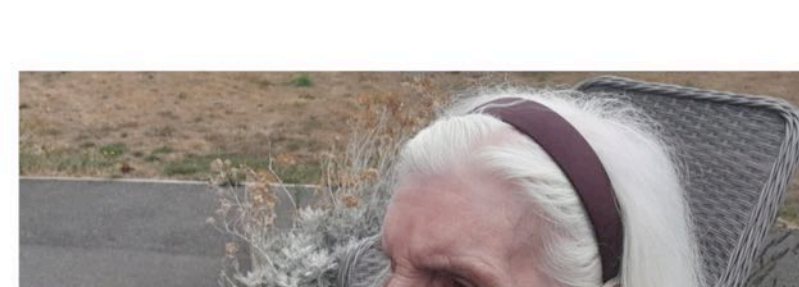
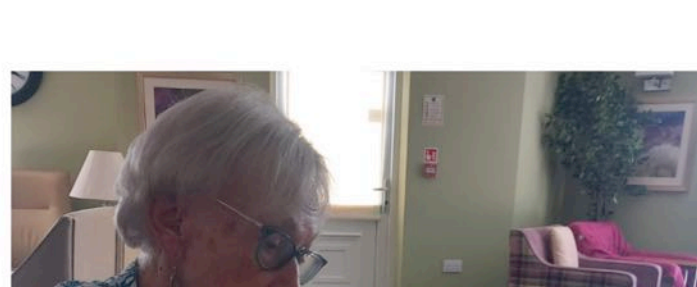
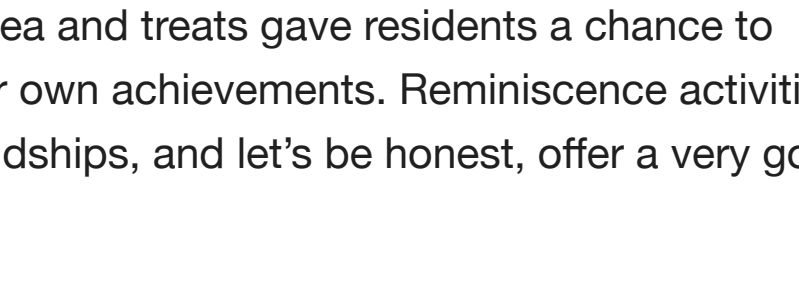
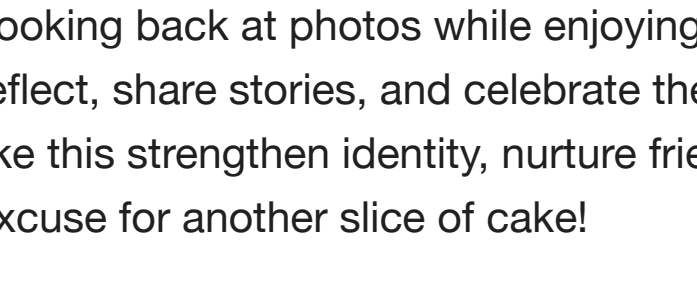
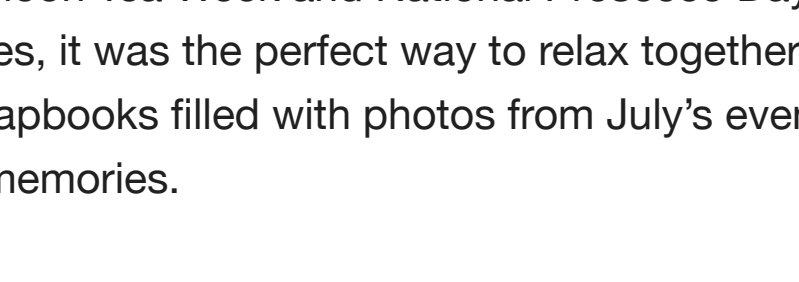
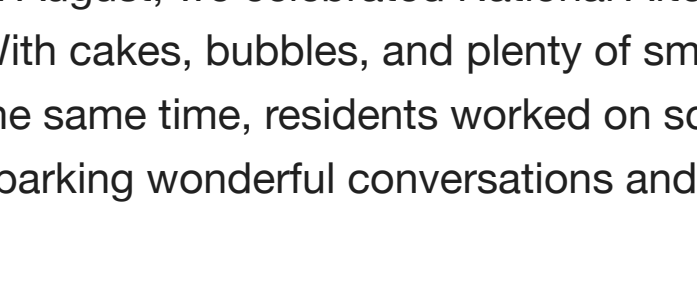
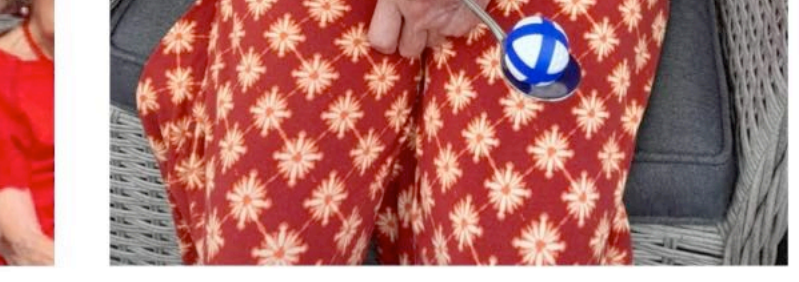
Sports day isn't just about winning medals; it's about laughter, movement, and togetherness. Gentle activity like this improves balance and coordination, while the cheering and joking from the sidelines remind us that fun is just as important as fitness.



Memory Lane: Scrapbooks & Celebrations

In August, we celebrated National Afternoon Tea Week and National Prosecco Day. With cakes, bubbles, and plenty of smiles, it was the perfect way to relax together. At the same time, residents worked on scrapbooks filled with photos from July's events, sparking wonderful conversations and memories.

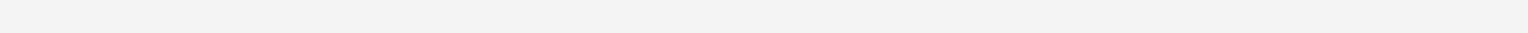
Looking back at photos while enjoying tea and treats gave residents a chance to reflect, share stories, and celebrate their own achievements. Reminiscence activities like this strengthen identity, nurture friendships, and let's be honest, offer a very good excuse for another slice of cake!



STAFF NEWS & UPDATES

Employees of the Month

Congratulations to Jono, in July, and Pramila, in August, for being awarded Employee of the Month.



Dates for the Diary

Upcoming Dates for the Diary

- Halloween Week: 27 – 31 October
- Residents' Meeting: 5th November
- Residents' Meeting: 6th November
- Residents' Christmas Party: 18th December 2025

EXTERNAL LINKS

Social Media

Make sure to check out the Harrier Grange 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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