INTRODUCTION

Message From Our Manager

Welcome to our latest quarterly newsletter.

It has been a busy few months at Harrier Grange, with plenty happening both in and outside the home. From our Alice in Wonderland summer fete and trips out to creative sessions, exercise, fundraising and some friendly competition, residents have had a varied programme to choose from.

Our activities are planned to offer something for different interests and abilities. As well as being enjoyable, they provide opportunities to stay active, spend time with others, continue favourite hobbies and try something new.

My thanks go to our residents, families, colleagues and everyone from the wider community who has supported us over the past few months. I 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:

Newsletter Sign-Up

Best wishes,

Baiju Punnasserry
General Manager

ACTIVITIES & EVENTS

A Mad Hatter's Summer Celebration

Our annual summer fete brought a little bit of Wonderland to Harrier Grange this year, with an Alice in Wonderland theme and our very own Mad Hatter's tea party.

Residents were joined by families, friends and colleagues for an afternoon of food, conversation and traditional fete favourites, including a tombola and raffle. There was plenty of colour around the home and some particularly impressive hats on display.

Events like our summer fete are a lovely opportunity to bring everyone together. Residents can enjoy the occasion alongside their families and friends, while our team gets the chance to spend time with relatives in a relaxed setting away from the usual day-to-day routine.

Thank you to everyone who came along, helped with the preparations or supported the afternoon.

Eyes Down for the Bingo Championship

Competition was close in our annual Bingo Championship, but reigning champion Esme managed to do it again and successfully defended her title.

Tony and Kathleen finished in joint second place, just one point behind, so Esme certainly did not have an easy route to victory. She keeps the crown for another year, although with the competition getting this close, she might want to keep hold of her lucky dabber!

Bingo continues to be a firm favourite at Harrier Grange. As well as the friendly competition, following the numbers encourages concentration and listening, while playing together makes it a sociable activity with plenty of conversation between games.

Congratulations to Esme and well done to everyone who took part.

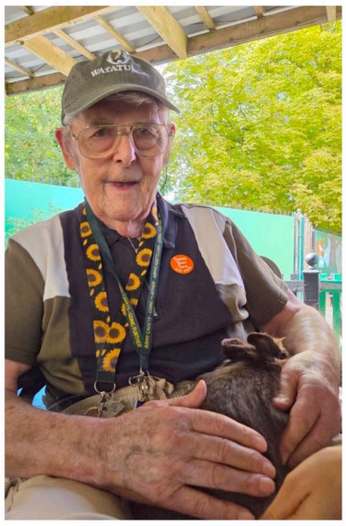
A Week of Relaxation

Meditation and Relaxation Week gave us the chance to introduce a few quieter activities alongside our usual programme.

We began with a trip to Finkley Down Farm, where two residents enjoyed meeting a wide variety of animals, including birds, llamas, alpacas and meerkats. There was also the opportunity to feed and stroke the goats, cuddle rabbits and watch a sheep race. It might not sound like the most obvious start to a relaxation week, but spending time with the animals proved to be a lovely experience.

Back at home, residents took part in an Oomph Wellness guided meditation from the comfort of their chairs. The session encouraged everyone to imagine themselves on a warm, peaceful beach and simply enjoy some quiet time.

We finished by getting comfortable in our Cinema Room for a showing of The Secret Garden. Offering a mixture of busy and quieter activities means residents can choose what suits them and how they would like to spend their day.



Getting Creative

There has been plenty of creativity around Harrier Grange this quarter, with residents taking part in paint and sip sessions, still-life painting and seasonal crafts.

Our craft tables have also produced some very characterful owls and decorative wreaths, with residents putting their own ideas into each finished piece. One of the enjoyable things about our creative sessions is seeing how differently everyone approaches the same activity.

Arts and crafts give residents time to concentrate on something they enjoy while chatting with others around the table. They also offer an opportunity to continue existing hobbies or discover a new interest, with finished pieces often displayed around the home for everyone to enjoy.

A Cuppa for Macmillan

Residents and families came together for our Macmillan Coffee Morning, enjoying tea, high tea treats and plenty of conversation while raising money for Macmillan Cancer Support.

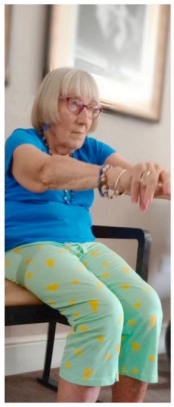
It was good to see residents spending time with relatives and friends while supporting a charity that means a great deal to many people. There was certainly no shortage of tempting treats on the table either, making the decision over whether to have another slice particularly difficult.

Thank you to everyone who attended, donated and helped with the preparations. Your support was very much appreciated.

Keeping Active

Staying active is an important part of our weekly programme, with residents able to take part at a pace and level that suits them.

Our regular armchair exercise sessions are led in rotation by Charlie from G-Fitness, through Oomph exercise sessions and by our own Activities Team. These sessions combine gentle movement with music and encouragement, helping residents work on mobility, strength and coordination while enjoying exercising as a group.



We also like to mix things up, with activities such as ten-pin bowling giving residents another way to get moving while adding a little friendly competition.

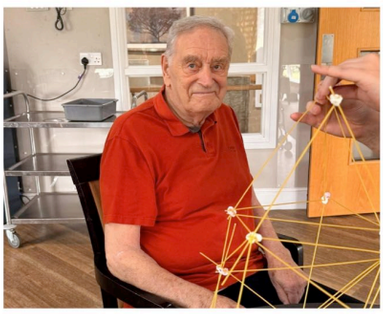
Keeping Our Minds Busy

Physical activity is only part of the picture, and we make sure there are plenty of opportunities to exercise the mind too.

Weekly quizzes and history sessions continue to be popular, encouraging residents to share their knowledge and sometimes prompting some interesting conversations and memories along the way.

We recently introduced a slightly different challenge when residents were asked to construct a stable tower using spaghetti and marshmallows. It called for teamwork, planning and problem-solving, particularly when some of the more ambitious structures started to wobble!

Activities like these allow residents to work together, test out ideas and, importantly, enjoy the process whether the finished tower stays standing or not.



STAFF & HOME NEWS

Stars of the Week & Give a Shout

We have recently introduced our Give a Shout Board, giving residents, relatives, friends and colleagues an easy way to recognise members of the team who have made a positive difference.

Alongside this, our Stars of the Week continue to recognise colleagues for the contribution they make to life at Harrier Grange.

Congratulations to Theresa, Kiran, Jonathan, Susan, Anjali, Chrissy, Shajan, Phil and Indu, who have all recently received recognition for their teamwork, positive approach and commitment to supporting residents and their colleagues.

We know how important familiar, caring staff are to residents and their families, so it is lovely to have another way of recognising the everyday things our team does well. Thank you to everyone across Harrier Grange for the part you play in making the home a welcoming place to live and work.

COMING UP

Dates For The Diary

Upcoming Fundraiser

- 13th November: Family Brunch Fundraiser for the Care Workers' Charity

We look forward to welcoming families for our brunch and raising funds for a charity that supports people working across the care sector.

Residents' and Relatives' Meetings

- Our next Residents' Meeting will take place on 9th December 2026.
- Our next Relatives' Meeting will take place on 10th December 2026.

These meetings are an important opportunity to share updates, hear feedback and make sure residents and families continue to have a say in life at Harrier Grange.

Looking Ahead

As we move through autumn and towards Christmas, our activities programme will continue to offer a balance of entertainment, exercise, creative sessions, social occasions and opportunities to get out and about.

Our Family Brunch in November is next on the calendar, followed by our Residents' and Relatives' Meetings in December. There will also be plenty happening around the home as we begin preparing for the festive season.

Thank you, as always, to our residents, relatives, colleagues and visitors for your continued involvement and support. We look forward to another busy few months at

Harrier Grange.

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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