

News from 1 Sewardstone Close

Dear friends

A new season is here and our home feels bright and vibrant!
Here is a little peek into our fun spring adventures!



Celebration time

Spring has brought us many celebrations and birthdays galore! From Valentine's Day where we shared a bunch of chocolate roses (our favourite kind!) to Shrove Tuesday and all the sweet treats we enjoyed. St. Patrick's Day followed, where we dressed up in our silliest costumes and sang along to Irish music! We enjoyed a health boost for Nutrition and Hydration Week creating new smoothie recipes with all our residents. Then when Easter came around our friends at Tesco in Waltham Abbey kindly donated all manner of goodies for us to enjoy for the festivities!



Kidding around

Pet Therapy is one of our favourite activities - it is such a delight to see our residents interacting with the visiting animals, sharing cuddles and forming bonds! We also love to visit the farm at Pets Corner in Harlow whenever we can! And now that spring is here, we were able to arrange for some very special animal visitors to come to our home; the adorable kid goats, Lily and Lola from Performing Pets! In fact, everyone had so much fun that we decided to hatch and raise some beautiful little chicks of our own, in time for Easter. Our residents have been in their element taking care of them ever since!



Out in nature

There is nothing quite like getting out in the sunshine and feeling at one with nature! Our residents love being out in the fresh air, especially now the mild spring weather is here! Everyone is so pleased that our Gardening Club has resumed and we have been busy planting new seeds and bulbs. It has been a fun and fulfilling spring project for everyone. We also love going out in the minibus to the nearby countryside to take in the sunshine and feed the ducks at Fairlop Waters Country Park. The best part being when we stop for ice cream or drinks in the local pub!



Proud to be Outstanding

Our home is proud to have been awarded Outstanding status by Headway, the UK-wide charity that works to improve life after brain injury. We were thrilled to have achieved 'Outstanding' in all six categories in which we were appraised, the status of which will last two years. Headway's report praised our person-centred approach and individualised support plans, activities and personal spaces. As well as highlighting our important focus on maintaining and developing relationships with family. We are hugely proud of this achievement!



With love,
Marie Goodwin
Home Manager

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1 **sewardstone close**



We always love reading your comments on Facebook! Here are a few recent ones:

"Lovely seeing so much joy on all the faces x" Michelle

"Looks like you're all having great fun!" Sara

"I'm very happy with the care given. 1SC has such a calm environment and a family feel." Jackie



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