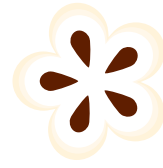


News from 1 Sewardstone Close



Dear friends

As a cosy new season approaches and our favourite autumnal activities begin once more, we have been reflecting on a glorious joy-filled summer at 1SC.



Sunshine and good times

Our residents made the most of every sunny day - of which there were plenty this year! We've been taking strolls down the river to feed the ducks, getting active with Zumba lessons on the patio and stretches in the shade! There has been fun and games with quizzes and puzzles on our giant brain training interactive digital tablet. We've been dining alfresco with tapas, wine and music, we even made sangria and mocktails in the garden! Every day has brought a new activity from colour therapy to arts and crafts, and music therapy with a live performance from our friend Emily who had our residents joining in with their musical instruments. Summer has been a joy!



Day trips

Over the last few months our team members and residents have set out on many lively minibus adventures. There have been calming trips to the beautiful West Cliff Bay and raucous games of Ten Pin bowling, day trips to Canvey Island and Paradise Wildlife Park to explore their dinosaur experience! At Southend beach we enjoyed walks along the promenade and a trip on the pier tram, while at Lee Valley White Water Centre we had the pleasure of meeting the Mayor and High Sheriff of Hertfordshire, and Olympic Silver Medalist, Mallory Franklin! We are so lucky there is all manner of nature and entertainment right on our doorstep and, with our own minibus on hand, we are only a short ride away!



Celebrating our superheroes



Our residents together with their loved ones recently celebrated our team who together make such a difference to their lives every single day! We are always looking for fun and heartfelt ways to recognise and reward those who make our home joyous and our residents' days purposeful. So, we hosted a wonderful event that brought everyone together for a day of music, dancing, food and fun! Each team member was also presented with a personalised water bottle, a pin badge and thank you card with meaningful messages from residents and their families as to why they make life at 1SC extra special for us all!



Animal friends

Some of our residents most touching moments are spent in the company of our affectionate animal friends! We are blessed to work with several wonderful pet therapy charities who like to visit regularly. This summer we were lucky to be visited by Performing Pets who brought a luminous array of birds that flocked to our residents for cuddles. There was laughter all round as the birds happily perched on everyone's arms, shoulders and and even their heads! Another day we were visited by an adorable litter of kittens who brought the most wonderful smiles to everyone's faces!



With love,
Marie Goodwin
Home Manager

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

"That's brilliant, those smiles say it all." Carolyn

"You are all superheroes." Julie

"How lovely and to see all the smiles they brought!" Suzette



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