

News from 1 Seawardstone close



Dear friends

As we begin a new year, we've been reflecting on all the fun we've had over the last few months with our friends and family at 1SC.



Out and About

As the season's changed we have enjoyed many a day trip out in our minibus. We've had a wonderful excursion to Audley End House and Gardens where we had fun exploring life as a Victorian servant in the historic kitchens. Out in the gardens, we took in the beautiful scenery as we stopped to watch the geese by the stream! Our residents love spending time with animals and so we have also made sure to revisit our favourite Paradise Wildlife Park, getting up close with the lions, zebras and exotic fish!



Creating and baking

Our artistic residents love nothing more than an afternoon creating original artwork. Over the months we have painted spooky pumpkin masks for Halloween and colourful harvest fruit in a still life class. Then as Christmas came around, we broke out the glitter to make some wonderfully festive wreaths, baubles and reindeer heads to display round our home. But the creativity didn't stop there, as our residents are a dab hand in the kitchen and love to bake. And so, they have also been having fun making all manner of cupcakes and treats. Lucky us!



Musical moments

Music therapy is a fantastic way to bring all our residents together and encourage interaction, relaxation and stimulation. From light up drumsticks to tambourines and bells, in recent weeks our residents accompanied Emily, our visiting musician, as she serenaded us all on the piano. Emily even taught us a few chords on the guitar, which everyone was keen to try. Music therapy not only improves cognition and boosts muscle control – it's also great fun!



A sparkling Christmas

December has been a magical month filled with festive cheer. After a glittering Christmas lights switch on we enjoyed some fantastic live performances from local choirs, steel bands and entertainers who got us all in the spirit singing our favourite carols! We even had a special visit from Santa's reindeer who brought us so much joy. We've also been getting creative with crafting sessions and festive painting, surrounded by our fabulous friends - just the way it should be!



With love,
Marie Goodwin
Home Manager

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

"Lovely photos, glad you all had a great day out!" Lesley

"Awesome lovely photos of you all." Louise

"Wow looks fantastic. Well done all of you. I miss this care home so much. My brother was there for a while." Dawn

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