

News from 1 Seawardstone close

Dear friends,

We enjoyed the Christmas festivities and have been reflecting on the love, laughter and memories made over the past year. We hope you enjoy our round up of the past few months.



Cycle to the North Pole

Last month, our occupational therapist Eric set us the challenge of cycling to the North Pole by Christmas, that's 4,280kms!! Residents – plus members of our team rose to the challenge and spent the last few weeks of December clocking up kilometers on our accessible exercise bike, that can be powered by using your arms or legs so is suitable for various abilities. Eric felt that the bike was a bit underused and wanted to encourage the residents to use it more regularly. Although it might take us until Christmas 2024 to reach the North Pole, it has been lots of fun.

A roar-some adventure

We take every opportunity to get out and about with our residents, to take advantage of all our local community has to offer. A recent trip to Paradise Wildlife Park was a great hit, especially the lions! The park also has one of the UK's biggest animatronic dinosaur attractions, set in its woodland. On our trip around the park, we spotted 30 life-size, moving and roaring dinosaurs. Quite an experience!



Spooktacular fun



Back in October, our residents enjoyed painting some spooky pumpkins during our arts and crafts sessions which we used to decorate our bistro for our Halloween coffee morning. Everyone got really stuck in and let their creative juices flow! We were all very pleased with how they turned out. Our Halloween coffee morning was also a big success, we all enjoyed delicious cakes and a lovely hot drink while listening to our Halloween playlist and playing a spooktacular quiz!



Owl therapy

We recently had a visit from Performing Pets, who brought in an adorable owlet who was just 10 weeks old! We all fell completely in love with our feathered friend and the smiles on our residents' faces were just priceless. Animal (and bird!) therapy has lots of health and wellbeing benefits. Some of our residents liked to just look at the baby owl, while others loved stroking its super soft feathers. We hope to have another visit from this little darling again soon.

With love,
Marie Goodwin

Home Manager

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

"Thank you for a lovely day out, was very special as it was Gary's first social trip since his stroke in January." Donna

"It is always a pleasure to be back amongst the residents of 1 Sewardstone Close. I look forward to seeing you all again." Darius

"Thanks to all at 1SC for the wonderful work you do for my brother." Steve

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