

Welcome to
Sundial Care Home's
Edition 4 2025 Newsletter

EXCELLENCE * PEOPLE-DRIVEN * INTEGRITY * COMPASSION

newsletter
EDITION 4 2025

EDITION 4





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Hello from Elizabeth Thompson

Welcome to our 4th edition of the newsletter, we have been so lucky to be able to make use of the garden for so long this year, we are now enjoying watching the leaves change to autumn colour's, many a morning we see squirrels and rabbits playing , we also have regular visits from Dotty and Tan too, (our team member's dogs) who love to play in the garden each evening.

We have been busy over the past couple of months, the Gardening Club made some great looking bird feeders which were so much fun to make. Creative Minds have supported us to keep painting and creating the most fantastic artwork. We also have a new fitness guru Shannon, who is now visiting twice a month to keep us all moving ready for our Christmas parties. We're Looking forward to sharing our next three months of adventures in the next edition.



ALL ABOUT FOOD



As the seasons change, so does the food we cook. Now that we're in the colder months, what we're cooking is more winter-based, comforting, familiar dishes that people look forward to at this time of year, like traditional roast chicken dinner, shepherd's pie, stew's, seasonal vegetables and fish and chips (although a firm favourite all year round!).

Food is a big part of everyday life. The attention to detail isn't just about what's on the plate – it's about choice, dignity, familiarity and the feeling of sitting down to a meal that still feels like you.

Click [AUTUMN/WINTER MENU](#) to have a look at the full menus - bon appétit!



Sundial ACHIEVEMENTS

HALLOWEEN CELEBRATIONS

We love Halloween here at Sundial, we carved our pumpkins, got some sweets in for our trick or treaters and of course ourselves and dressed up in perfectly themed costumes.



JOINED THE FORGET-ME-KNOT CHORUS

We joined in the online zoom session for a sing along and movement class, this is interactive and our family members really enjoyed it. It was brilliant to get feedback from Verity who was leading and to get some personal mentions for our family member's choices, one of which quoted it was 'magical'.



CELEBRATED DIWALI

Our brilliant team decorated our home with candles, brightly coloured decorations including a sticker Rangoli on the floor to welcome guest's. In the evening we snacked on Indian delicacies.



GARDENING CLUB

We have had a great season, with lots of volunteer help, plant and fund donations! It really has been the best year yet and we are so grateful. We are looking forward to getting our sensory patch underway. While the weather has turned we have made birdfeeders and sown our sweet pea's ready for next years blooms! At the beginning of December we will be creating Christmas table decorations!



Sundial ACHIEVEMENTS

GAINED A BI-MONTHLY EXERCISE CLASS

The lovely shannon from G-Fitness has been welcomed by our family members and she has brought with her tonnes of energy and infectious laughter. Family members are reaping the benefits of this class.



BRAND NEW SHOWER ROOM

A big thank you to our Estates Team, especially Doug, for fitting a beautiful new shower room in Tipton Hall House; it is such an improvement and has made a big difference to our family members and carers.



HOSPICE CARE COFFEE MORNING

We hosted a coffee morning to raise funds for Hospice Care. They supported us at our Summer Fair with a tombola and we wanted to return the support shown. It was lovely to hear the bustle in the lounge of family members and visitors chatting and delving into the lovely bakes done by our kitchen team.



READY FOR WINTER...

We have had new radiators fitted around our home, they are Stelrad low surface temperature radiators which provide safety by having a reduced surface heat and rounded edges, as well as being aesthetically pleasing. Thank you from us to Mark and Reggie for installing them.





Scam AWARENESS

Online scams are becoming more sophisticated than ever and even the most cautious people can be caught out. Liz, our Home Manager found this out firsthand when she lost £600 to fraudsters pretending to be a relative, a story she shares with us today to help others recognise the warning signs before it happens to them.

The scammers copied the relative's tone, writing style and even used the almost identical email address. Everything looked and sounded genuine.

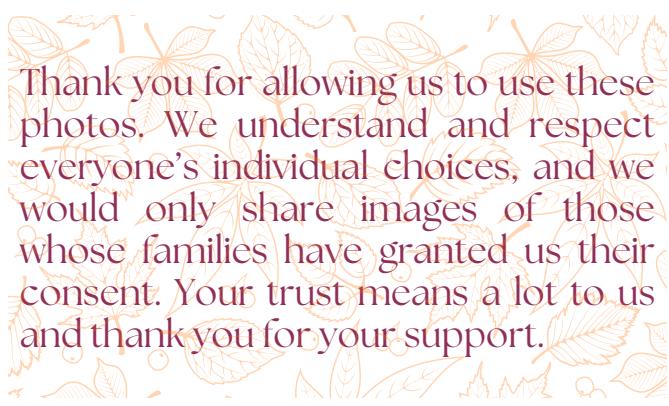
Sadly, Liz is far from alone. Across the UK, there were over 3 million fraud cases reported last year, with £722 million lost to scams and the numbers are still rising.

! Top Tips to Stay Scam-Safe !

- You'll never be asked to buy gift cards/vouchers via email, WhatsApp, Teams or text.
- Always double-check directly with the person, give them a quick call before sending anything.
- Be cautious if someone says they can't talk right now or have lost their voice. Creates a sense of urgency or pressures you to act quickly.

Liz's story is a reminder that scams can happen to anyone. ➡ Watch the video here [Liz's Story - A Reminder for Us All](#) and share it with your family, the more we know, the safer we all are.

• As Crimewatch used to say "keep 'em peeled!"



Thank you for allowing us to use these photos. We understand and respect everyone's individual choices, and we would only share images of those whose families have granted us their consent. Your trust means a lot to us and thank you for your support.



EVOLVE CARE ACADEMY



In September, our team joined the rest of the Evolve Care Group in the Bristol training room. The focus was Identity, this is part of Thomas Kitwood's theory. Focusing on the identity of our family member's helps us to make sure they are living to the best possible standard, medically and socially. Without focusing on Identity the occupation photos here would look a lot different. We have got to know our families members likes and dislikes and create their lives around these. Respecting family members past lives experience and our own helps towards the sense of family in our home.



HAPPY Birthday To You

September

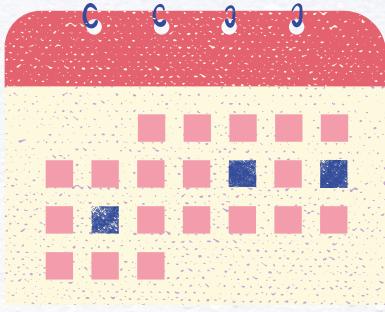
Denise
Mikyla
Julius

October

Mitchell
Sam B
Rebecca
Tina
Lucia

November

Kim
Jane S



Upcoming Events

DECEMBER

2nd 13:45 Gardening Club
8th 17:00 Beaver's Visit
10th 11:30 Shannon's Exercise Class
12th 14:00 Christmas Party, Father Christmas, Zara will be performing for us, Hospice Care Tombola!
22nd 14:00 Bruce Odlin performing

JANUARY

5th 14:00 Creative Minds
7th 11:45 Shannon's Exercise Class
8th 14:00 Declan Performing
21st 11:45 Shannon's Exercise Class
23rd 14:00 Vicki Performing
27th 13:45 Gardening Club

FEBRUARY

2nd 14:00 Creative Minds
4th 11:45 Shannon's Exercise Class
14th all day! Valentines Celebrations
18th 11:45 Shannon's Exercise Class
24th 13:45 Gardening Club

For more information, monthly posters are created around the home and can be emailed to you at the beginning of the month, please email info@sundialcare.com to be added to the monthly mail list, or call 01404 812495.

Thank you for reading!