Abbeyfield
Making time for older people

Maidenhead
Making time for older people

Nicholas House Newsletter

January 2025 **Issue 48**

Inspected and rated
Good
Care Quality Commission



January 2025

Welcome to our first Newsletter of 2025... we hope you enjoy finding out about everything we've been up to!



Pets as Therapy











Beautiful Mabel First Visit of the Year. She a welcome to be around reduced stress and anxiety, improves moods and improves communication within our Residents

Random fun and Games

Exercise can help older adults in many ways, including improving their physical health, mental health and quality of life… plus it can fun…







Random fun and Games





Arts.. the joy of Painting

“We don’t make mistakes; we just have happy accidents. And that’s when you really experience the joy of painting”

(Bob Ross once said)







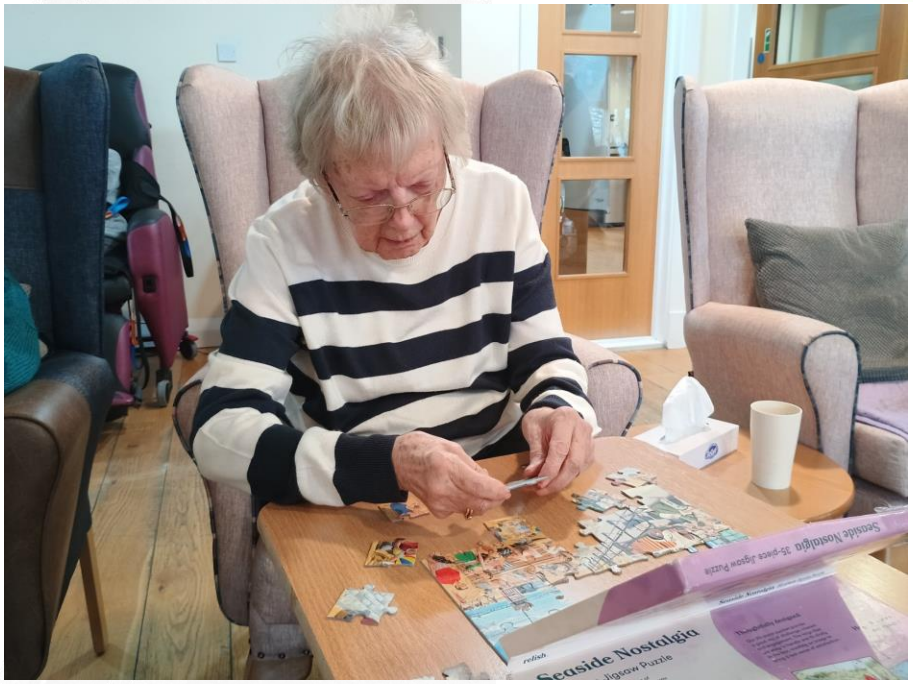






Jigsaw Puzzles





Jigsaw puzzles can have many benefits, including improved problem-solving skills , reduced stress and improve short team memory.

Coffee Morning, St Peter's Church





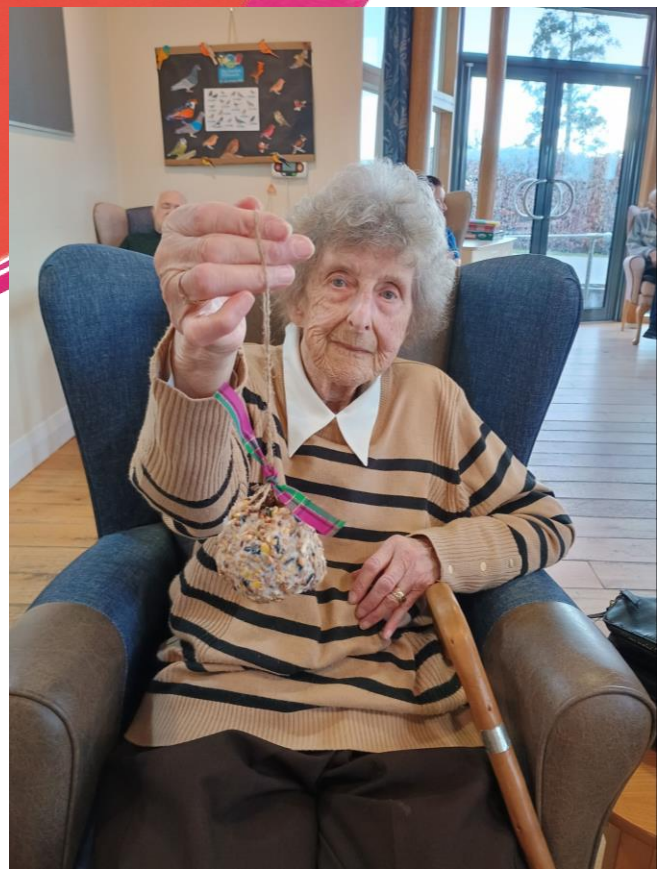


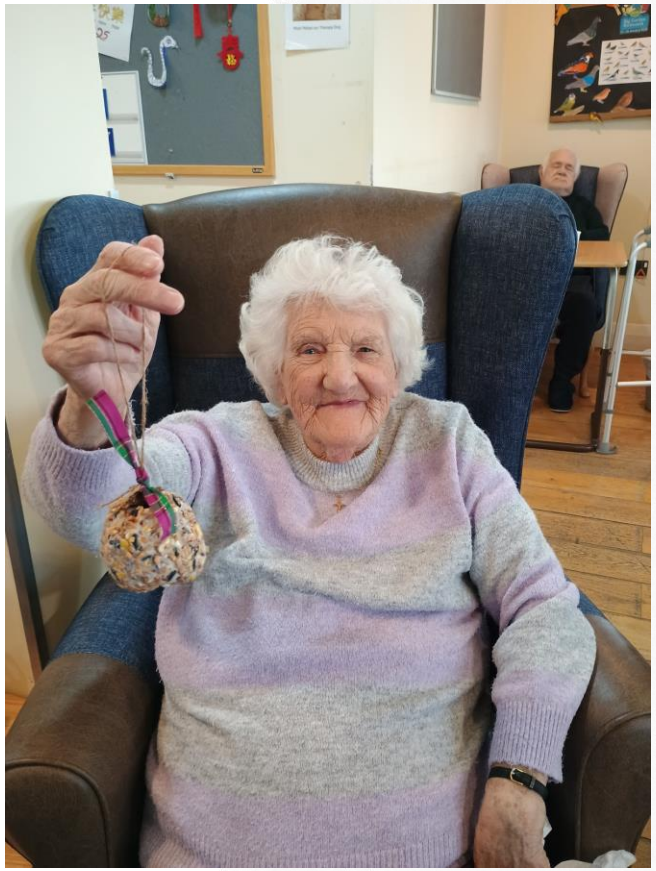
Seated Exercise with Ben & Physio with George















We are Ready For the Big Garden Bird Watch

Boccia



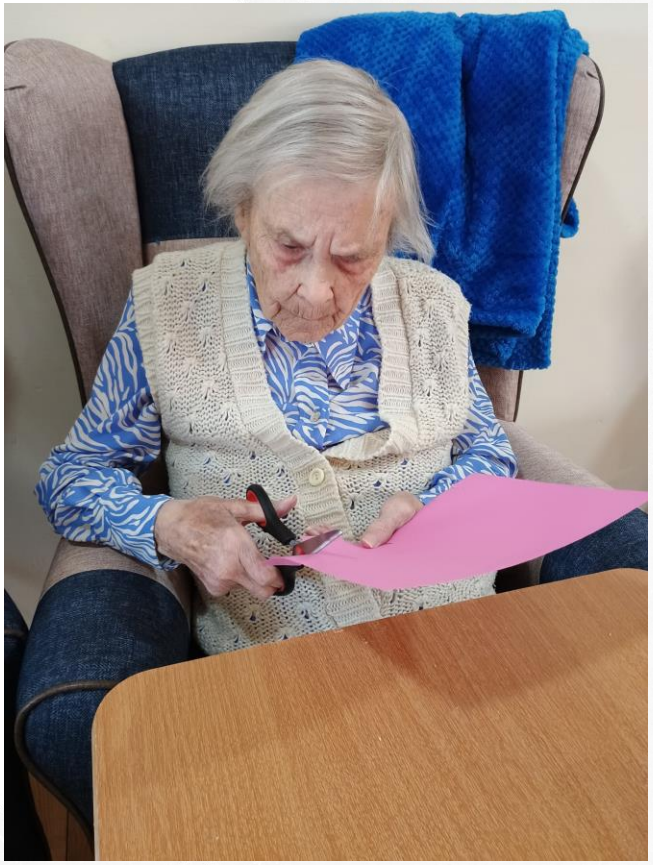




- Improvement of motor skills and coordination
- Enhancement of muscle strength and flexibility
- Boosting of cardiovascular fitness
- Promotion of flexibility and range of motion

Good Eye and Hand Coordination







Residents spent time cutting paper to make a paper chain snake for Chinese New Year

Knit and Natter Afternoon







UPCOMING EVENTS

Making time for our residents is at the heart of everything we do. This promise means we have the time to share friendships, understand individual needs, interests and preferences; and make every day more fulfilling, so everyone feels valued, content, cared for and safe.

Here is a taste of some of the exciting activities and events we have planned over the next month:

- Mabel our beautiful therapy dog
- Singing for the memory
- Church Service
- Terry Gleed Entertainment
- Valentines Day
- Purple Robin & Creative Mojo
- Community Trips and a cheeky hot chocolate
- Physio and seated exercise programme
- Brenda's Birthday
- Pancake tossing



FEEDBACK & REQUESTS

Here at Nicholas House, we are constantly striving to provide the best possible care for your loved ones. If you have any questions, queries or suggestions please do feel free to contact us on the details below:

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Review us on Carehome.co.uk



We would really appreciate your feedback to boost our listing on Carehome.co.uk and help others discover Nicholas House and the services we provide. Please click the following link to leave us a review:

www.carehome.co.uk/review-submit/80771

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