

# Hickathrift House

## NEWSLETTER



## 2026 Here we go!

### *General Manager Focus*

Welcome to our first newsletter of 2026. Inside you'll discover what we've been up to in January and our plans for February.

I'd like to start by welcoming all the new residents and staff to Hickathrift House Care Home. It's so lovely to meet you all. I truly hope you have all enjoyed being here and are excited to join in the celebrations this month.

What a fantastic start to 2026! We've had such a wonderful month celebrating the end of 2025, Elvis' Birthday, Burns Night, Australia Day, 100 years of Winnie the Pooh and making some 2026 wishes for our 'Post A Wish' initiative. As well as all our new clubs that support building friendships and continuing passions. January also kicked off with some incredible outings to residents' favourite local clubs and scrumptious dining experiences and tastings from the Hospitality team.

In February we'll be continuing the fun with regular outings, celebrations, and birthdays. We're especially looking forward to celebrating Chinese New Year, Valentine's Day, and bringing a shopping experience inside Hickathrift (more details in the newsletter). We'll also be hosting a fabulous Health and Wellbeing Event with Debs, a nurse and owner of Deb's Mindful Movement on the 19<sup>th</sup> at 2pm.

Thank you all for your ongoing support! I'm looking forward to catching up on 27<sup>th</sup> of February at 2pm for the quarterly family and friends' meeting.

**Paula Meierski,  
General Manager**



## Dates for your Diary

We hope you'll join us...

### **FEBRUARY**

6 <sup>th</sup>	Gratitude 43 Craft Club
8 <sup>th</sup>	Rainbow Day
9 <sup>th</sup>	We Clothe You Shopping Experience
12 <sup>th</sup>	Harp and Happiness Virtual Event
13 <sup>th</sup>	Coffee Morning
14 <sup>th</sup>	Valentine's Party with KJ & The Catt
17 <sup>th</sup>	Chinese New Year
19 <sup>th</sup>	Health and Wellbeing Event with Debs
20 <sup>th</sup>	Knit and Natter Club
22 <sup>nd</sup>	Gentlemen's Club
23 <sup>rd</sup>	Zoolab Animal Encounter
24 <sup>th</sup>	Community Café
25 <sup>th</sup>	Virtual Bingo Bonanza

### **MARCH**

1 <sup>st</sup>	St David's Day
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# WHAT WE'VE BEEN UP TO AT Hickathrift House

## AUSTRALIA DAY

Residents headed into the jungle for an array of games.

Everyone enjoyed "I'm a Resident, Get Me Out of Here!" our own twist on the TV favourite. The highlight was our Bush Tucker Tasting Trial, where residents threw the dice and each number revealed a surprise treat... if they were brave enough! Here's what was on the menu:

Bull testicle shavings – chorizo chips / Slugs – mango slices / Stick insects – Twiglets / Snakes - Sweet and sour snake sweets / Spicy critters – crisps / Vomit fruit – kiwi

There were plenty of laughs, brave faces and shocked reactions all round!



## BURNS NIGHT

Residents adored celebrating the poet, Robert Burns.

We had a truly fantastic time celebrating Burns Night with the residents, filled with Scottish traditions, laughter and wonderful memories. Our Head Chef Nikki prepared a scrumptious Scottish feast that went down a treat, including cock-a-leekie soup, haggis, neeps and tatties, followed by a delicious cranachan for dessert.



## POST A WISH INITIATIVE

Post a wish is a wish granting initiative for residents to complete their life goals or life enriching experiences at Hickathrift. The concept is to brighten residents' lives, have something to look forward to and help residents achieve their ambitions. Since this initiative started in October 2022, we've granted numerous wishes from trips to Hunstanton to family celebrations and wedding anniversary parties. Please continue to fill in your wishes with your loved ones and discuss with Kat, Head of Activities, who'll make these wishes come true with the amazing Hickathrift team. Or email [HickathriftHouse.Activities@Barchester.com](mailto:HickathriftHouse.Activities@Barchester.com).

Join us for our events throughout February.

### Celebrate the Rainbow

**Sunday 8<sup>th</sup> – From 2pm**

Celebrate by dressing as a colour of the rainbow as we learn about LGBTQ+ icons with fun quizzes, colourful art and tasty rainbow themed snacks.

### Spring Collection – Shopping Experience

**Monday 9<sup>th</sup> – 2pm**

Enjoy a boutique style shopping experience as 'We Clothe For You' brings their beautiful spring collection right to the comfort of your home.

### Harp and Happiness Virtual Event

**Thursday 12<sup>th</sup> – 2.30pm**

Experience calm and joy with our virtual event, bringing beautiful music to you.

### Valentine's Day

**Saturday 14<sup>th</sup> – All Day**

Share the love with love letters, flower arranging and a party with KJ & the Catt.

### Chinese New Year

**Tuesday 17<sup>th</sup> – All Day**

Welcome in the Chinese New Year with chopstick fun, painting, scrumptious themed dining experience, armchair travels and a magical lantern release.

### Health and Wellbeing Event

**Thursday 19<sup>th</sup> – 2pm**

Learn all you can from Debs, a former nurse and founder of Deb's Mindful Movement, about how to be healthy. Finished with a yoga class at 3pm.

### ZooLab Animal Encounter

**Monday 23<sup>rd</sup> – 2:30pm**

Get up close and curious as ZooLab brings amazing creatures for an unforgettable hands-on experience.

**EVERYONE IS WELCOME – CONTACT US FOR MORE DETAILS.**

**Hickathrift Care Home, 217 Smeeth Road, Wisbech, Cambs, PE14 8JB**  
**01945 430 636 • [www.barchester.com/HickathriftHouse](http://www.barchester.com/HickathriftHouse)**



# WHATS COMING UP AT Hickathrift House

## RAINBOW CELEBRATIONS

Dress as the colour of the rainbow in support on the 8<sup>th</sup>.

We invite everyone to our rainbow day in support of LGBTQ+ individuals. We'll be getting colourful in our food tasting trolley, learning about LGBTQ+ icons and learning all about LGBTQ+ history.

## SHOPPING EXPERIENCE

Shop the Spring Collection from We Clothe You.

For the first time we are bringing the clothes to you, the residents! We Clothe You will be bringing a humongous selection from their Spring collection in several sizes for women and men. If you or your loved one has a budget, please be sure to inform our Activities Team prior to the event on the 9<sup>th</sup> of February. Alternative come and shop together!

## VALENTINE'S DAY

The air is filled with love and memories.

Join us on the 14<sup>th</sup> of February to celebrate this romantic occasion together. In the morning we'll be enjoying writing to our pen pals and making beautiful flower arrangements. From 2:30pm, we'll be dancing away to the exceptional KJ & the Catt. Loved ones are invited to book in for a romantic meal with your partners. Please call 01945 430636 to book your space.

## HEALTH AND WELLBEING EVENT

Learn all you can from the knowledgeable Debs!

Debs will be departing her knowledge on how to keep healthy and positive wellbeing techniques for all ages at this interesting and informative event on the 19<sup>th</sup> at 2pm. Why not stay and join our yoga class at 3pm also!

## OUTINGS

**Wow! 8 outings this month!**

1<sup>st</sup> - Local Methodist Church

4<sup>th</sup> – Children's Nursery Visit

5<sup>th</sup> – Chinese Meal

12<sup>th</sup> – Wisbech Museum

18<sup>th</sup> – Church Coffee Morning

19<sup>th</sup> – Worzals Café

27<sup>th</sup> – Norfolk Knitters & Stitchers in King's Lynn

28<sup>th</sup> – Monthly Pub Trip

**If you'd like to volunteer or join your loved one on our trips, please don't hesitate to get in contact with Kat, Head of Activities.**

**If you would like to attend a specific trip please don't hesitate to let us know or if you have any suggestions, we greatly appreciate it.**

# LET'S TALK *facebook*

**Don't forgot to follow us at  
@BarchesterHickathriftHouse**

**Our best story this month had  
90 engagements!**

Celebrating 10 Incredible Years  
of Leadership 🎉

At Hickathrift House, we are beyond proud to celebrate a truly special milestone! Congratulations to General Manager, Paula Melerski's 10 years of outstanding service!!

**Our Facebook page is updated nearly every day with photos of life at Hickathrift House Care Home and we appreciate all your comments, likes and shares!**

**Thank you!**



## CELEBRATIONS IN OUR HOME

We'd like to take this time to congratulate our wonderful Deputy Manager, Sarah Sage, for this month's Employee of the Month! Sarah took on the incredibly hard role of acting General Manager for several months and we can all agree she did an incredible job for residents, their loved ones and staff. Her kindness, passion and going above and beyond is continuous and contagious. A gigantic happy birthday to Dorothy, Jane and Sheila. Please don't hesitate to contact Kat, our Head of Activities who'll help arrange special moments, from anniversaries to birthdays and our Post a Wish initiative.

**Hickathrift House Care Home**

217 Smeeth Road, PE14 8JB

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**f** [@BarchesterHickathriftHouse](https://www.facebook.com/BarchesterHickathriftHouse)

## DON'T DINE ALONE

**Join us this year for a warm meal and company on Wednesdays.**

We know mealtimes can be a lonely time for some people at home. We are inviting local older people to take advantage of our great hospitality and join us for a nutritious meal, freshly prepared by our talented chefs and served in our cosy dining room with residents. Additionally, they are more than welcome to join us for our weekly bingo session afterwards. Please call to arrange a space.

## BARCHESTER GOES GAMING

**Join us live as we link up with all our Barchester homes and hospitals across the country.**

Join us for our live virtual event on the last Wednesday of the month throughout the year, from 2.30pm, and help us win the Barchester Goes Gaming. Together we'll take on our sister homes to find out which Barchester home or hospital has the best quizzers, bingo players and countdown enthusiasts! Come give us a hand and hopefully win the prize at the end of 2026!

# Thank You

From all the team at Hickathrift House we'd like to say a big thank you to you all for all your support and understanding.

We'd love you to leave us a review if you haven't already at [Google](https://www.google.com) or [Carehome.co.uk](https://www.carehome.co.uk)



**BARCHESTER**  
*Celebrating life*