

# The Cedars

## NEWSLETTER



### *General Manager Focus*



## HAPPY EASTER

Thank you to everyone who attended our women's health event this week. We were thrilled to partner with Gaynor Keys and Dr Sara Moran from the Fitzwilliam Hospital to provide free information and support for our local community; and we are hoping to continue this relationship in the future. I hope you will join me in thanking them for giving their time so generously.

We would love you to save the date! Our Summer Fete and annual duck races are planned for the 27<sup>th</sup> June and we hope that you can come to support us again this year as we raise money for Re-Engage: a charity that provides vital, life enhancing social connections for older people at a time in their lives when their social circles may be diminishing; including weekly phone calls and monthly tea parties with a team of dedicated volunteers.

The work on the decking outside is now completed, just in time for Summer, so I hope to see you soon; and as always, Jo and I are here if you need us, so please don't hesitate to contact us.

*Becky*

Rebecca Aldred

Senior General Manager



## Dates for your Diary

### **EASTER BUNNY HUNT**

**Closes 6<sup>th</sup> April**

Find the numbered bunnies in the garden over the Easter Holiday to get a chance to win an Easter Egg

### **MICHELLES PETTING PARTY**

**8<sup>TH</sup> April: 2pm**

Michelle brings her wonderful menagerie of feathered and furred friends for this month's pet therapy

### **SHAKESPEARE'S GLOBE: PAST AND PRESENT**

**10<sup>th</sup> April: 2:00pm**

A Barchester Live Virtual Event exploring the history of this iconic theatre

### **ST GEORGE'S DAY**

**23<sup>rd</sup> April: 2pm: 2.30pm**

Saxophonist Zech performs live for St. George's Day



# Women's Health Talk

We hosted a free event focused on Women's Health this month. Over twenty members of the community joined Dr Sara Moran from the Fitzwilliam Hospital in Peterborough as she delivered a short presentation on women's health and the menopause; before answering a variety of questions from participants.

Menopause affects not only physical health, but emotional well-being, relationships and quality of life. Dr Moran discussed the importance of lifestyle medicine along with medical treatments such as HRT; homeopathic approaches to menopause and the importance of seeking advice for distressing symptoms. She was particularly focussed on the importance of individualised care utilising a person-centred approach to every patient.



Becky said: "We want to help and support relatives, friends, neighbours and members of our local community who are currently experiencing or approaching menopause. We are very grateful that we were able to work with the wonderful team at The Fitzwilliam Hospital to provide this much wanted and needed session. Thank you to Gaynor Keys and Dr Sara Moran for giving their time so generously. We hope to do many more events together!"

## EQUINE THERAPY

Residents were overjoyed to welcome back the beautiful Darwin from Comfort Horse Therapies and his handler Brenda, WHO PROVIDED THIS MONTH'S Pet Therapy Session. They brought smiles and contentment to so many of our residents. The photos say it all!



## What we've been up to...



### Nikki Performs for 1940's Day

We enjoyed an afternoon of pure delight with a musical performance by local singer Nikki Downes, to celebrate Dame Vera Lynns birthday. The "Forces Sweetheart" would have been 109 years old.

Nikki sang songs including "We'll Meet Again" and "The White Cliffs of Dover" before spoiling us with a medley of 1940s classics that everybody loved and sang along to.

## Silkstone Vineyard

We had a wonderfully informative talk from Eeva at Silkstone Vineyard, a local farmer and winemaker from Cawthorpe. The vineyard boasts 1500 vines of Bacchus grapes that produce 4500 bottles of wine each year. Winner of the bronze award in the Wine GB awards, the Bacchus wine was tasted by our residents along with some delicious mature cheese and grapes. Anne Miller took a taste and said 'This is really nice! For once I am speechless'



# LET'S TALK *facebook*

Don't forget to follow us at  
[@barchestercedarsbourne](#)

Our best story this month  
had 91 likes and 4730  
views:



## NEWS FROM IN AND AROUND The Cedars

### 15 YEARS LONG SERVICE

We have such an amazing achievement to share with you! This month we celebrated a very special member of staff, who has reached an incredible milestone in their career here at The Cedars.

Michelle White works in the Housekeeping and Laundry Department, and brings kindness and compassion to every interaction and job she does, whether it's with residents, staff or visitors. Michelle never likes a fuss, always quietly just getting on with her job, thinking she is going under the radar, but Michelle your dedication to your team and family here most definitely DOES get noticed and we all want to thank you and say how proud we are to announce your long service award!

A huge congrats from us all and here's to many more years of success and celebration!

# Thank You

From all the team at The Cedars Care Home we'd like to say a big thank you to you all for all your support and understanding over the last few months. We'd love you to leave us a review if you haven't already at [carehome.co.uk](#) or on Google Reviews

## EMPLOYEE OF THE MONTH

Congratulations to Jane Parry, one of our amazing carers, who has been voted employee of the month for her exceptional work in our home. The employee of the month is voted for by colleagues, residents and relatives. If you would like to vote, please ask for a nomination form from reception.

Well deserved, Jane!



The Cedars Care Home

Church Walk, Off South Street, Bourne PE10 9UQ

Tel: 01778 421555 • [www.barchester.com](#)

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