

### *General Manager Focus*



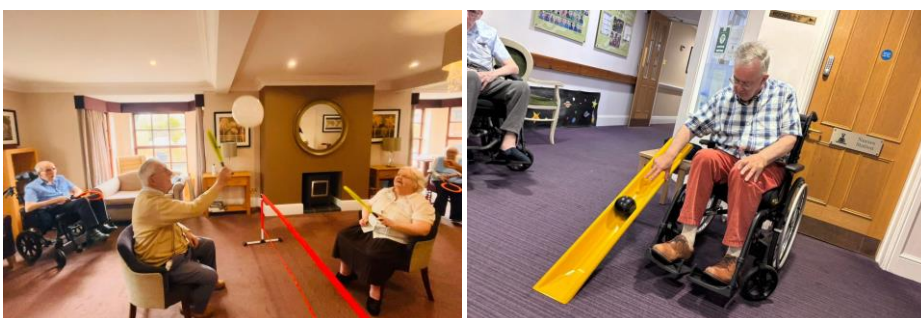
## Mulberry Court Residents and Staff Marathon Challenge

The London Marathon was founded in 1981 by two former Olympians, who were inspired by the collective spirit of other big road running events. While it wasn't the city's first or only marathon at the time, this one quickly became its biggest. And it's attracted the world's elite athletes from the off. Not one but two athletes crossed the finish line in under two hours in 2026.

Here at Mulberry Court, we are always looking to challenge our family of residents with a mini marathon challenge, with gentle exercises to improve physical health, mental wellbeing as well as social interaction.

Mulberry Court are always encouraging regular movement to boost morale, foster a sense of purpose and reduce the feeling of loneliness.

Our Activity Team, Zoe and Chantana, are always promoting versatile activities like bowls, balloon tennis, to name just a few.



## Dates for your Diary

Looking forward to summer activities.

### June

3<sup>rd</sup> – Boxing History  
'Fighting' Talk

2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup> – Keep Fit with Kate

11<sup>th</sup> – Musical Moments with Maggie

22<sup>nd</sup> – Vocalist Richard with his Dog Honey

25<sup>th</sup> June – Birds of Prey Visiting Mulberry Court

Wednesday Mornings – Veterans Coffee Morning

Thursday Mornings – Visiting Hairdresser Rebecca

**Don't Forget our Summer Fair – Saturday 4<sup>th</sup> July**

# Did you know our Staff and our Activity Guests ran the Marathon?

Speaking from experience, although nearly ten years ago, I can honestly say, running the London Marathon, is one of the most thrilling, exhilarating, top ten overload achievement in my life. For me, doing the London Marathon was like attending a massive street party and the deafening encouragement given by wall-to-wall spectators, fuelled the encouragement to complete the 26.2-mile course.

So....it goes without saying, congratulations to our own night nurse Liz, who completed the 2026 London Marathon. If that wasn't enough, in October, Liz will be running again, this time in the York Marathon.... Good Luck Liz.

Also, Maggie Baker, from our popular 'Musical Moments' activity session, also completed the London Marathon.

Congratulations to them both, not only for there dedication, building up their endurance with weekly long runs, cross training, and proper pacing to avoid injury, as well as raising thousands of pounds for great worthy causes.



## Variety of Themed Mini-Marathon Activities

Here at Mulberry Court, our family of residents love there own Mini-Marathon challenges. We believe it is very important for everyone to participate in regular tailored movement, which helps prevent muscle deterioration and supports cognitive function.

Kate Macklin is a qualified fitness instructor at Gfitness, and is brilliant at providing targeted exercise classes for care home older adults.

Maggie Baker is an award-winning social enterprise, interacting with our residents to bring core activity sessions combined with live music and gentle movement, with sensory props and singing to promote social inclusion and well-being.



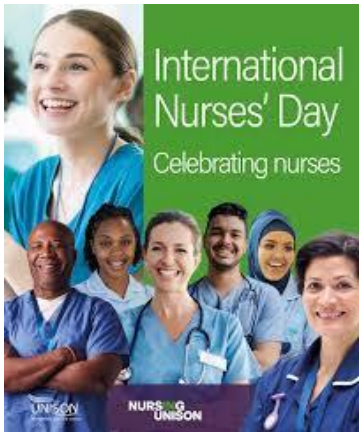
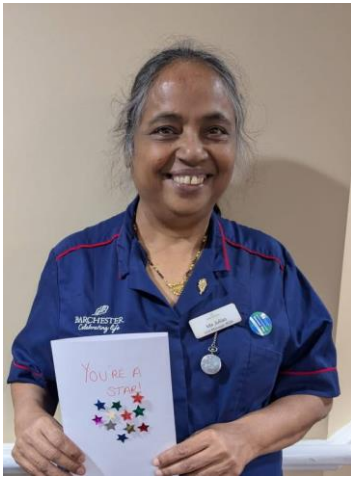
# Mulberry Court Day and Night Medical Care

Mulberry Court provides comprehensive 24/7 medical nursing care. This service is designed for individuals who require continuous, complex medical attention alongside support with personal living needs day and night.

During May, Mulberry Court celebrated Nurses' Day, coinciding with the global observance of International Nurses' Day. Officially 12th May, the date was chosen to mark the birth anniversary of Florence Nightingale, the foundational figure of modern nursing.

Thank you to all our Night and Day Nursing Team for everything you do.....

**BIG THANK YOU**



## Minibus Excursions...

### Trip to Burnby Hall

The Mulberry Court Care Home - Barchester Healthcare minibus has been out on its travels again.

At a previous residents meeting, several people expressed a wish to visit Burnby Hall Gardens, Pocklington

Everyone, residents, friends and family had a wonderful time, admiring the lovely grounds, before tucking into a fantastic picnic, specially prepared by our chef Ian.

Look out for information about other planned trips in June. Please speak to our Activities Team if you would like to accompany you relative on one of our exciting trips.



LET'S TALK  
*Facebook*

Don't forgot to follow us at:

[www.barchester.com/home/mulberry-court-care-home](http://www.barchester.com/home/mulberry-court-care-home)

Our best stories this month:

**Veterans' coffee morning with WW2 Veteran Ken Cooke.**

**Birthday celebration at 102 years of age.**

**Minibus trip to Burnby Hall, Pocklington.**

## Meet our lovely staff....



Find out how we can help you:

## Open Day

Saturday 20th June, 10am – 4pm

When considering care it's important to find a place that values you for the unique person that you are.

Our dedicated team seeks to understand more than care needs. We get to know each person's life story, passions and preferences to shape their care, support and experiences – bringing joy, purpose and fulfilment to each day.

Find out how we can help at our Open Day.

Call to book an appointment:

**020 4533 8957**

### Mulberry Court Care Home

Clifton Park, Shipton Road, York, YO30 5PD

Tel: 01904 671122 • [www.barchester.com](http://www.barchester.com)



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## Celebrations in our home

Mulberry Court Care Home are always happy to host a celebration, fostering community and fun through themed activities, parties, birthdays, or just a family get together.

Speak to our Activities Team if you would like to host your own festivity in one of our two lounges.



## Mulberry Court Care Home

Clifton Park Avenue

Shipton Road, York YO32 5PA

Tel: 01904 671122



**BARCHESTER**

*Celebrating life*