

### *General Manager Focus*



## SUMMER OF FUN

**It has been such beautiful weather! Staff and residents have spent as much time as possible in our beautiful grounds, soaking up the sun and making friends with the abundance of wildlife that visits us here.**

Our annual BBQ was a fantastic success, with residents, staff, visitors and families coming together for a delicious home-cooked meal and an afternoon of musical entertainment. Thank you to all of the staff, especially our new BBQ experts, maintenance assistant Charlie, Head Chef Richard and Deputy Manager Jo, for making such delicious food!

I would also like to say thank you for your support during our essential works this month. I am pleased to report that the new fire alarm system and upgraded lift are now in full operation.

We hope to see you all enjoying our 'Summer of Fun' this year, which will kick off on 29<sup>th</sup> June with our annual Summer Fete. Don't forget to choose your duck for the races down the river!

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

### **Saturday 6<sup>th</sup> July Open Day**

Alan Jackson performs  
Live in the Garden  
Lounge at 2pm, for our  
Meet the Manager Event

### **Thursday 11<sup>th</sup> July 2pm Comfort Horse Therapies**

Everyone's favourite  
miniature horse, Darwin,  
visits residents  
throughout the home

### **Monday 15<sup>th</sup> July- 2pm Ruth Smith Concerts**

Ruth Smith conducts a  
concert by adult  
beginners in music, in the  
Rowan Dining Room

### **Monday 22<sup>nd</sup> July- 2pm Guitar Duo John and Denise**

A performance of live  
music in the Garden  
Lounge

### **Monday 29<sup>th</sup> July- 7pm Bourne History Group**

A monthly meeting in the  
Garden Lounge

# 'GET BARCHESTER MOVING WEEK'

We had a week of fun and games as we took part in 'Get Barchester Moving Week'.

Created to inspire physical activity for our residents, staff, and volunteers, the week was devised to increase awareness on health, diet and lifestyle changes for an overall improvement to wellbeing, and illness prevention.

Everyday was filled with sporting antics; including a resident and staff Swing ball match, volunteers and staff taking residents across to the local park, where they formed a conga line around the park. Then, the children from the Busy Bees Nursery showed us what they had been learning about yoga, and we watched as our residents competed with staff and visitors in a garden golf tournament. The week was brought to a close with a Summer BBQ and an afternoon dancing and waving pompoms to the exquisite vocal talents of Guildhall trained singer and stage actress Gabriella Pinada-Rodriguez. We learnt that the more we all move the more fun we have...



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



## VISIT FROM THE MAYOR

We had a very special afternoon this month when the mayor, Helen Crawford, and the clerk to Bourne Town Council Ian Sismey came to pay a visit to one very special gentleman - 102 year old WWII veteran Ronald Priest.

Ron was presented with an engraved silver salver, a D-Day landing framed picture, a bouquet of flowers and two Victoria sponges that the mayor herself had kindly baked. Ron was dignified, poignant and humble and upon receiving them said, "This is too much, I shall treasure these gifts for ever."

## 15 YEARS LONG SERVICE AWARD

**A massive CONGRATULATIONS to our amazing carer Jenny Holdgate.** Jenny received flowers, a voucher and a beautiful pin badge for a dedicated fifteen years' service here. Becky Aldred said "Jenny is such a compassionate carer, who works so hard to provide our residents with the best care. Thank you for your dedication to The Cedars'.

Enjoy your award, so very deserved.



# LET'S TALK *facebook*

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

Our best story this month had  
62 likes:

This month, meet Rebecca Aldred, our Senior General Manager:

My name is Becky and I am the Senior General Manager here at the Cedars Care Home. I have been a qualified nurse since 2002 and have worked at the Cedars(Bourne) since 2010. During my time here I have progressed through different roles.

As the General Manager I love meeting new residents and getting to know them as individuals, providing a great environment for our residents to live in. I am very proud of my team who offer a wealth of experience to provide tailored care to all of our residents. My whole team are passionate in the care and support they deliver.

I look forward to meeting you and welcoming you to our home.

## NEWS FROM IN AND AROUND The Cedars Care Home

### VISIT FROM THE GYM

For Senior Health and Fitness Day residents were thrilled to welcome volunteers from The Universal Fitness Centre in Bourne, who demonstrated exercises for our residents in order to increase their mobility and maintain physical health.

The personal trainers from The Universal Fitness Centre went through a range of exercises; including stretches, the use of fitness bands and ball games designed for all levels of ability. The staff were very supportive and encouraging; and residents really enjoyed completing the session with them. Colin Norman said 'they really helped me. I would like to join their gym if I could.'

The session was arranged as part of The Cedars 'Wish Jar' scheme. Barbara Hurford wanted to attend a professional exercise class; and senior health and fitness day seemed the best time. Rebecca Aldred said: "Senior Health and Fitness Day is a great opportunity to learn new ways of maintaining fitness, whatever life brings. We all had a lot of fun, and we would like to say thank you to the staff from The Universal Fitness Centre for providing such a fun and engaging session.'

## 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 Charlie Claydon, our maintenance assistant, who has been voted employee of the month for his exceptional work in our home. One resident said 'very helpful when asked to do anything, it's a pleasure to be around him and he always helps with a smile'. If you would like to vote, please ask for a nomination form from reception.

Well deserved, Charlie!



The Cedars Care Home

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BARCHESTER

*Celebrating life*