



FOREST CARE

CARING SINCE 1981

Newsletter

WINTER 2023

Welcome to our latest newsletter which highlights some of the wonderful activities, celebrations and events taking place across our care homes.

This edition includes a special 100th birthday celebration, Christmas festivities, a resident spotlight, feedback from families, a delicious recipe to try at home and a taste of upcoming events for residents to enjoy.

Happy reading!



Activities & Animals at Forest Care



Adorable Ark Farm goats and pigs visit Rowan Lodge, whilst friendly Alpacas Steve & Erol visit Holly Lodge and cuddly rabbits bring many smiles at Cedar Lodge.

We partner with Famileo to create personalised newsletters for our residents. Every family member can share messages, happy memories, anecdotes and photos from their day-to-day life with just a few clicks on the Famileo app or website. Residents will then receive a printed copy to enjoy. It's free to sign-up to Famileo! If you haven't already please email: Terri@forestcare.co.uk for your unique code.

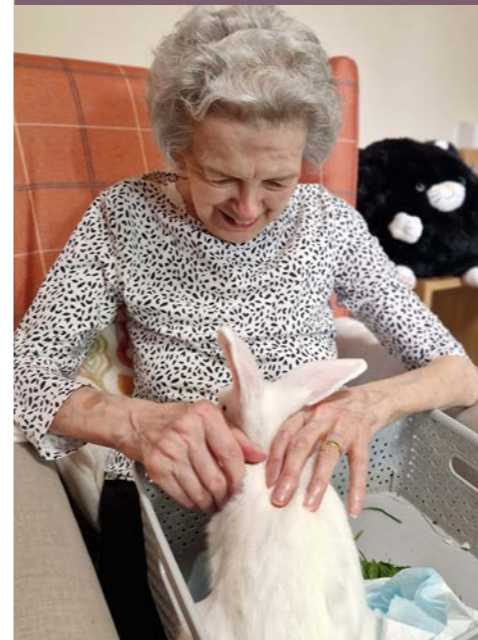


Flower arranging workshop with Nicci-G's Flower Studio

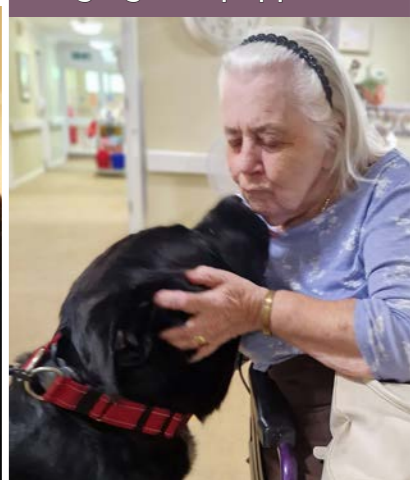
Poetry reading



Alec enjoys picking runner beans at Oak Lodge!



Pet Therapy with gorgeous puppies!



Events & Celebrations at Forest Care



Cedar Lodge resident Belen Dunlop celebrates her 55th Wedding Anniversary with husband Antony



John Paddon celebrates his 58th Wedding Anniversary with a special Afternoon Tea at Cedar Lodge



Barbara celebrates her 100th birthday at Cedar Lodge!

We celebrated International Men's Day with great food & beer!



Cedar Lodge residents host a Cake & Coffee morning in aid of Macmillan



Elvis is in the building! Residents enjoy live entertainment at Rowan Lodge & Oak Lodge



A Celebration of 'Arts in Care Homes'



Residents & families across our homes came together to celebrate 'Arts in Care Homes'. The event theme 'reflections' spanned painting, crafts, photography, Irish & Indian dance, music, poetry, creative writing, and martial arts.



FOREST CARE
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ARTS IN
CARE
HOMES



Events & Celebrations at Forest Care



Opera singing and a special dining experience at Cedar Lodge...



Celebrating Autumn & Oktoberfest!



Phantom of the Opera comes to Rowan Lodge...



Pumpkin carving and painting for Remembrance Day



Celebrating Bonfire Night with hot chocolate & marshmallows



Activities & Events at Forest Care



Exercising at Oak Lodge, whilst George has his photo taken!



Arts & Crafts with Hatch Warren School children



A special visit from the Rainbows, they sang carols and made beautiful Christmas cards for our residents



A trip out to Redfields Garden Centre

Ukulele & singing at Rowan Lodge



'Tickled Pink' Christmas concert at Holly Lodge



Terri Eakins is Forest Care's Group Activity Lead overseeing all Activity Provision. Passionate and imaginative with her ideas Terri continuously explores the best way of delivering a variety of new experiences and meaningful activities to our residents.

Terri won the National Activity Providers Association (NAPA) 'Service Recognition Award' in 2022 and was a finalist for their 'Leadership Award' in 2023.



A taste of our Upcoming Events at Forest Care:

28 December:
'Tap about Town'
at Oak Lodge

29 December:
Penguins at Oak Lodge

8 January:
Elvis Presley's Birthday
Celebration at Oak Lodge

25 January:
St Dwynwen's Day
& Burns Night at Rowan
Lodge

Festive Events at Forest Care



Christmas Market at Cedar Lodge with delicious treats, crafts, raffle and sausages on an open fire...



Panto at Cedar Lodge!



Lots of festive fun at Oak Lodge's Winter Fayre with mulled wine, Christmas cakes, handmade crafts, face painting, and a magical snow globe for everyone to enjoy!



Festive Events at Forest Care



Surrey Jivers visit Oak Lodge



Winter Fayre at Holly Lodge!



Delicious buffet at Rowan Lodge!



Rowan Lodge residents enjoy a spectacular performance from The Royal British Legion and a sing-a-long to the mandolin



Santa visits Holly Lodge!



Cakes, chutneys, raffle and The Purple Ladies Choir at Oak Lodge



More festive fun at Cedar Lodge!



Staff News & Celebrations



Celebrating the long service of our staff with our 'Years of Service Awards'. 42 staff within our Care, Nursing, Domestic, Activities, Maintenance and Administration teams celebrated either 5, 10, 15 or 20 years at Forest Care in 2023! A big Thank You to everyone for everything that you do. Enjoy the vouchers, flowers, chocolates and bubbly!



Congratulations to Valentina Nagy, our Cook at Rowan Lodge, for achieving a distinction in her Level 2 Commis Chef Apprenticeship!



Congratulations to Grace Adan who celebrates 10 years as Home Manager at Oak Lodge! Thank you Grace for all your compassion, hardwork and dedication to Oak Lodge and Forest Care over the years.



Staff & residents celebrating Diwali at Rowan Lodge!



Rowan Lodge arranged for a Basingstoke-based motorcycle club to take our resident Joy for a ride in style, on the back of a Harley Davidson! A lifelong dream come true to celebrate her 100th birthday. Joy then won NAPA's 'Grow Old Disgracefully' award! A big thank you to the bikers and Terri Eakins for making this event happen. Joy and her family will forever treasure the memories of this special day.



Resident Profile - Felicity Smith at Cedar Lodge

Felicity Smith was born in West London in 1935. Felicity was the middle child having an older sister and a younger brother. Felicity went to St Katherine's School in Somerset, she was a boarder for 8 years.

Felicity took up nursing and worked at Guy's Hospital, this is where she met her future husband Richard who was a doctor there. They fell in love and married when Felicity was 24 years old and they honeymooned in Fowey.

Felicity and Richard went on to have three daughters. The family made Crawley their home and Felicity worked in the local hospital as a nurse in the out-patient department. Felicity has six grandchildren and two great grandchildren.

Felicity's hobbies are knitting, embroidery and patch work. She also loves puffins! - she has a vast collection of them, ornaments, paintings and photos, a blanket to name a few. Felicity enjoys the social side of Cedar Lodge especially playing Dominoes and Scrabble, and likes to keep her mind active with crosswords, word games and word searches.





Cranberry & clementine polenta cake with cinnamon cream

Ingredients:

250g salted butter, softened, plus extra for tin
250g caster sugar
4 large eggs
200g self-raising flour
150g polenta
4 clementines, zested
150g fresh cranberries

For the cinnamon cream: 300g double or whipping cream, half a tsp cinnamon, 2 x tbsp icing sugar, 3 x tbsp clementine juice

Method:

1. Preheat oven to 160C/ fan 140C/ gas 3. Butter the base and side of a 23cm round cake tin and line with baking parchment.
2. Beat the butter and sugar with an electric whisk until pale and fluffy. Add the eggs, one at a time, with a spoonful of the flour between each addition. Mix well. Fold in the remaining flour, the polenta and clementine zest, then gently fold in the cranberries. Spoon into the tin and smooth the top using the back of a spoon. Bake for 1hr - 1 hr 15 mins, or until a skewer inserted into the middle comes out clean. Leave to cool in the tin for 15 mins, then transfer to a wire rack and leave to cool completely.
3. To make the cream, whisk all the ingredients together to soft peaks in a large bowl using an electric whisk. Chill until ready to serve. Serve the cake with the cream on the side.

Forest Care

Award-Winning Private Residential & Nursing Homes
0333 305 1785, enquiries@forestcare.co.uk



Group review score on carehome.co.uk

Feedback Corner

80.3% of the relatives of our residents either 'Strongly' or 'Mainly' agree that our service is Safe, Effective, Caring, Responsive and Well-led.

"The staff at Oak Lodge have been extremely supportive and compassionate in making Mum feel welcome, ensuring she has that 'home away from home' experience."

"From the first time I walked through the front door at Rowan Lodge, I just knew this was the place where a loved one would be made to feel at home and genuinely cared for with compassion and dignity. Everyone here deserves a shout-out for amazing service."

"Holly Lodge is an excellent dementia care home. The staff are brilliant - caring, friendly, and attentive. The activities and entertainment is engaging - you can see the resident's enjoyment. Holly Lodge gives relatives 'piece of mind' that their loved ones are safe and well looked after."

"As the staff know that Mum loves birds, they have put a bird feeding station right outside her window so she can watch all the goings on from her bed. Just one of the many kindnesses Mum has experienced. I'm so glad we found Cedar Lodge - Mum couldn't be in a better place and I cannot recommend it highly enough."



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