



# FOREST CARE

CARING SINCE 1981



## Summer Newsletter 2025

Welcome to our latest newsletter packed with summer celebrations, meaningful outreach, cherished lifestories and joyful moments from across our Forest Care community, plus a delicious recipe to try at home. Happy reading!







# VE Day Celebrations & Charity

We celebrated VE 80<sup>th</sup> Anniversary Day across our homes, with delicious cream teas and cakes following recipes from the WI, street party-themed lunches and traditional fish 'n' chip suppers, raising our flags and singing along to nostalgic wartime music.

There were fabulous musical performances from singing duos 'George and Ginger' and the 'D-Day Dollies', the White Hall Ukulele Band and wonderful jiving from Surrey Jive. A truly special day, honouring the past and celebrating all together.



Our Forest Care homes raised **£581.72** for Dementia UK from the sale of delicious cakes and refreshments during their 'Time for a Cuppa' mornings!

Staff and families across Forest Care came together to climb, bounce and slide their way through the Inflatable 5K Challenge in Guildford on 10<sup>th</sup> May, all in support of Parkinson's UK. Thank you to everyone for your generous donations - we raised an amazing **£1,400!**



The monthly 'Let's Sing for Memories' event at Milestones Museum is a popular outing for our Rowan and Elm residents - designed to stimulate memories through singing for people living with dementia.



Rowan residents had a lovely time meeting and chatting with parish members over a 'bring & share lunch' just across the green at St Nicholas' Church in Newnham.



Nest Day Nursery join Cedar residents for a wonderful teddy bear picnic in the garden to celebrate National Picnic Day.

## Community Engagement

### Memory Box Project

A powerful reminiscence project and intergenerational experience organised by the Memory Box Foundation and artist Kym Devine: Queen's Mary College students and Oak residents explored themes such as 'entertainment and leisure', 'holidays' and 'landmarks in life' in their weekly sessions, aided by multi-sensory items from a reminiscence box. The shared stories and experiences of lives in Basingstoke, inspired Kym to write a series of poems which were showcased at the Basingstoke Festival on 5<sup>th</sup> July.



### Classic Car Event

A wonderful display of classic cars kindly brought to Elm from enthusiasts of the Basingstoke Classic Car Club, complemented with delicious refreshments for everyone to enjoy on a sunny afternoon. Resident John from Cedar captured the moment perfectly; "It has been such a lovely afternoon looking at all these wonderful cars, I really wish I was able to take the Morgan for a spin!"



# Summer Celebrations

Kids (and grown-ups) had a blast with face painting, hook-a-duck, tombola, limbo and baton games, pizzas and line dancing at Elm's 'country & western' summer fete! A heartfelt thank you to everyone who helped make it such a special day.



Families and residents came together at Oak for a delicious afternoon tea, with music from Jimmy and Oak's choir and stalls selling homemade cakes, plus Ying's delicious Thai sauces! Zara and Terri brought fun and good vibes straight to our screens during Forest Care's first-ever Virtual Musical Bingo Night! We all enjoyed an evening of music, laughs, and low-stakes glory!



## Resident Spotlight

### Janet Miller at Holly Lodge



Janet is the eldest of six children, she speaks fluent French and studied finance and accounting before joining the budgeting department at the World Wide Fund (WWF), where she spent the next thirty years of her career. Janet visited several countries whilst working for the WWF, including India, Pakistan, Africa and Borneo, her visits led to many adventures including Safari expeditions, releasing turtles and meeting Masaai warriors.

She even met Sir David Attenborough on one trip!

After the WWF, Janet had an enthusiasm for painting and joined an art class at Normandy Cricket Club for a few hours each week. She would select beautiful landscapes and still life photos to paint from, mostly in watercolour. There, she met a professional artist Colin Castle, who offered Janet one-to-one classes and introduced her to the subject of painting animals. Janet developed her artistic flair and the finer details during these classes. Her favourite pieces were of lions, a gorilla, a Masaai warrior and of Petra (in Jordan). Janet had met a Masaai warrior in Borneo and he had been dressed traditionally in a Shuka - a traditional cloth made from cotton draped over his shoulders and carrying a large spear, and...he made a pass at Janet! When Janet declared, "but I'm too old for you!" the warrior replied, "age is just a number!"

Janet only sold a couple of her paintings - of byson and penguins, her other pieces have been cherished and gifted to her family. All of Janet's family came to celebrate her birthday and her achievements during a display of her forty beautiful paintings at Holly Lodge a few months ago.



# Staff Spotlight & Achievements

## Liam Esders - Care Supervisor at Elm Lodge

From a young age I had a keen interest in caring and helping others, having grown up around a health & social care environment. After school, I worked for 2 years as a dementia care assistant for Hampshire CC before joining the NHS working in ACU, theatres and finding my calling in A&E. I stayed for 14 years gaining phenomenal experience in a fast-paced and high expectation role, completing comprehensive training and qualifications such as NVQ 2, 3 and 4 in health & social care.

From A&E, I tried my hand at running a phlebotomy department in a high-end private hospital on Harley Street, with clients such as Saudi royalty, Hollywood actors, and even our very own royal family. This role gave me a taste of leading a team, whilst still maintaining a personal face-to-face service and the hands-on clinical aspect I love. After 3 years in London, I moved closer to family in Hampshire and joined Elm Lodge as Senior Care Assistant - an exciting new chapter beckoned me! I was then promoted to Care Supervisor in April.

Proudest achievements? Performing CPR on a relative who had suffered a cardiac arrest whilst we were eating lunch. Although extremely traumatic, I went into autopilot and performed CPR for over 17 minutes (felt like 17 hours) until the ambulance arrived. My relative survived and after 4 months in a coma she now leads a relatively able lifestyle. Also, helping to deliver a baby in the hospital car park stairwell, was an experience to say the least!



Outside of work I love the gym, freshwater swimming and spending time with family and friends.

Liam is incredibly passionate about person-centred care, ensuring our residents receive outstanding care. "I love building relationships with residents and families, as this wasn't always easy within A&E. Making a real difference to residents' lives brings me joy and only feeds my passion for the care sector even more."

## Staff promotions

Congratulations to Sarah Green at Elm Lodge for her promotion from Wellbeing Coordinator to Deputy Manager, and Katie Woodford at Holly Lodge from Activity Coordinator to Activity Lead. We wish you both the best in your new roles!

## Congratulations!

Oak Lodge received 'Best in Wellbeing' Top 10 Award from Care Finder Lottie and is listed in Lottie's Top 100 care homes! The Lottie Awards celebrate care homes that demonstrate exceptional commitment to residents, families, and staff.



Gifts of chocolates, flowers and bubbly for our wonderful nurses on Nurses Day and flowers for residents who had enjoyed a career in nursing. Cedar resident Brian commented; "The biggest thanks go to each of you for making Cedar Lodge feel like home."



Rowan Lodge took a whole-home approach during Carers Week - all departments and every team member plays an essential role in delivering person-centred care. Smiles, laughter and heartfelt thanks were shared all around, with delicious food and gifts kept aside for our amazing night staff.



Cedar staff, residents and families lovingly shared treasured wedding memorabilia for a nostalgic display that sparked stories, reminiscence and heartfelt conversations throughout Care Home Open Week. To complement the wedding theme, residents created beautiful floral arrangements to display in their rooms.







## Summer Fruit Layer Cake

Recipe from Maria Larkin at Cedar

### Cake Ingredients:

235g unsalted butter, 235g caster sugar, 4 large eggs, 235g self-raising flour, 1tsp vanilla extract, 170g strawberry jam, 300ml whipping cream, strawberries & blueberries, 1tbsp icing sugar.

### Method:

1. Pre-heat oven to 160°C fan/gas mark 4. Grease and line two x 8 inch cake tins.
2. Mix sugar and butter in electric mixer until fluffy. Whisk in the eggs and vanilla extract. Gently fold in the flour with a spatula until fully incorporated.
3. Divide the mixture equally between the tins. Bake for 20-25 minutes or until golden. Remove from the tins and leave to cool on cooling racks.
4. Whip the cream along with 1tbsp icing sugar and a little vanilla extract, until soft peaks form.
5. Spread jam on one sponge, layer (or pipe) the cream over the jam. Place the other sponge on top.
6. Top the cake with strawberries and blueberries. Pipe a little cream around the fruit.

9<sup>th</sup> Aug: Summer BBQ (Rowan)

20<sup>th</sup> Aug: 'Love Your Garden' competition

21<sup>st</sup> Aug: Harpist (Holly)

4<sup>th</sup> Sept: Birds of Prey (Cedar)

6<sup>th</sup> Sept: Hospital Radio Basingstoke Open Day

20<sup>th</sup> Sept: 'Newnham 900' event (Rowan)

24<sup>th</sup> Sept: Macmillan Coffee Morning  
(Elm & Rowan)

27<sup>th</sup> Sept: 'Crufts' Dog Show (Cedar)

# Testimonials

## Recipe & Events

"Choosing Cedar Lodge for my husband was one of our best ever decisions. Visiting was like going among friends - friendly, interested, supportive, always smiling, lovely staff."

"The Elm Lodge team are superstars and constantly go above and beyond to care for my Mum. They recently pulled out all the stops so that she could attend my brother's wedding...I cannot rate Elm Lodge highly enough."

"I can honestly say that throughout my visits all the staff at Holly Lodge and especially the manager have greeted me with nothing but support and kindness. But that same kindness has been amplified even greater in the care of my wife."

"Oak Lodge is the best care home. It is clean, calm and friendly all the time. My mum feels cared for and safe. I know that she is so well looked after... We are both well known by the friendly staff who go out of their way regularly to make us smile. Everything is included, nothing is too much trouble and there is nothing more I could ask for."

"Rowan Lodge cared for my late nan in the most nurturing way. We are so very grateful to all the amazing staff here. It's a beautiful place and we couldn't recommend them enough."



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