



# FOREST CARE

CARING SINCE 1981



# Spring

## Newsletter 2026

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



# Memorable Moments & Celebrations



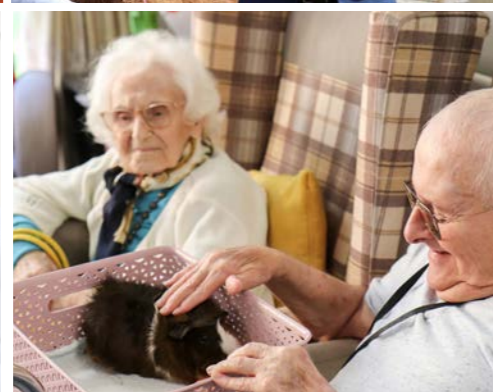
A big thank you to Chef Ola for hosting a hugely popular Breadmaking Masterclass at Rowan. Residents loved getting hands-on, baking their own breads, and tasting the warm, freshly baked loaves. Rowan also enjoyed a colourful Holi celebration, joining in the joyful Festival of Colours. Across all our homes, Nutrition and Hydration Week was celebrated with tasty treats, themed drinks, and fun wellbeing activities.



Arti and Fin the alpacas visited Holly, where residents enjoyed feeding them carrots and stroking their incredibly soft fleece. Cuddly Cavies visited Cedar and Rowan, while Browells Wood Pet Animals (hens and rabbits) delighted residents at Oak!



To mark International Women's Day, the ladies at Cedar enjoyed a pamper morning with makeovers for a special photoshoot. Across our homes, residents and families came together to enjoy afternoon teas and roast dinners for Mother's Day, sharing lots of laughter and love. One daughter summed it up perfectly, calling it "the best Mother's Day I've ever had."



## Cheering from the Stands: Marion's Football Day Out!

Marion had a wonderful day out at the Basingstoke Town FC vs Tiverton Town match. Although West Ham is still her number one team, that didn't stop her cheering enthusiastically for Basingstoke! A big thank you to Duncan Leahy, Commercial Director at Basingstoke Town FC, for making the day so special. Marion received a warm welcome, enjoyed a tour of the ground, spent half-time in the club area, and chatted with Duncan about the players.

Marion had an amazing time and is now proudly adding a Basingstoke scarf alongside her West Ham and England scarves. A big thank you to The Fire Fighters Charity for being there and capturing such special memories of Marion's day.



Over ten delightful days, our Elm residents were captivated as they watched chicks hatch through the Living Eggs Ready to Hatch programme. Seeing the chicks emerge, interact and grow more confident each day, and even holding them up close, was a truly heart-warming experience. Our Rowan residents also enjoyed a wonderful trip to Milestones Living History Museum, stepping back in time to explore the Victorian era, the 1930s and 1940s, and beyond.

## Community Engagement



Mike Boniface, Community Engagement Manager at Radfield Home Care, delivered an informative presentation to Holly Lodge families titled "Dementia: The Person Behind the Diagnosis."

Queen Mary's College students and Oak residents also came together for a meaningful intergenerational reminiscence session, sharing stories and experiences.



Aerobility gave Elm residents a thrilling flight simulator experience, with confident take-offs, perfect landings, and the odd splash in the Thames!

At Rowan, George and Ginger brought great energy to St George's Day celebrations, with everyone enjoying the music - especially Sonja, who commented they were "very good" and loved all the songs.

Jonathan Newell, Public Engagement Officer at RHS Wisley in Surrey, delivered three wonderful presentations to our residents at Rowan, Elm and Cedar - each one tailored to the Rowan, Elm and Cedar trees (and even Holly bushes!). Residents discovered a wealth of fascinating facts, rooted in British history and culture - including the surprising detail that the Crystal Palace was originally built around two Elm trees! The talks were deeply engaging and enjoyed by everyone who attended. As one resident shared, "It was very, very interesting - I thoroughly enjoyed it."



# Resident Spotlight

## Dolly Smith at Oak Lodge



I was born on 26<sup>th</sup> January 1926 in Frimley Green, Surrey, one of seven children, with two sisters and five brothers. I attended the local village school and, when I left, I began work in service at the local manor house.

During the Second World War, while still in my teens, I went to work at Vickers. I helped in the manufacture of aircraft wings, which were made from fabric and carefully treated before being fitted to the planes. It was important work in difficult times, and I was proud to do my part.

At the age of 19, I joined the GPO telephone exchange as a telephonist. By then I had met my future husband, Arthur. After a happy courtship, we married and made our home in Frimley Green. Over the years we gradually moved along the same road to Frimley, where we welcomed our two children, Caroline and Timothy.

Arthur and I shared 70 very happy years of marriage. We enjoyed many family holidays in Weymouth and Wales, creating memories I still treasure. Our garden at home was always our pride and joy, and we spent many contented hours there together.

Later in life, Arthur and I also enjoyed wonderful coach holidays to Italy with our local company, Truman's Coaches. Those trips gave us many happy adventures and lasting memories.

I sadly lost the love of my life in 2018, but I have been fortunate to find such a caring and welcoming home at Oak Lodge. Here I have made many new friends and am looked after by a truly kind and dedicated team.

In January, I celebrated my 100<sup>th</sup> birthday surrounded by my family and my friends at Oak Lodge, a very special milestone and a day I will always remember.



# Staff Spotlight & Achievements

We proudly celebrated National Activity Providers Professionals (NAPP) Week, recognising the amazing teams who bring creativity and connection to our residents.

We're also delighted that Elm Lodge has been named among the UK's Leading Luxury Care Homes in Knight Frank's Luxury Care Home Guide 2026. And congratulations to Nurse Lewis Munyama on his promotion to Head of Care at Rowan Lodge!

Finally, we bid a warm farewell to Marketing Assistant Zara. We're grateful for all she has contributed to Forest Care, and incredibly proud of her achievement in completing the Brighton Marathon and raising £1,000 for the Alzheimer's Society.



## Ola Kovalova - Chef at Rowan Lodge

My life began in Kharkiv, in eastern Ukraine, a city filled with the scent of linden trees and coffee, the hum of the metro, and quiet courtyards where every doorway seemed to hold its own story. I graduated with honours as a Pastry Chef, later completing my university studies to become a Food Engineer. I married, had two wonderful sons, and together we opened our own patisserie, a small but beloved family business.



Baking, cooking, travelling, and swimming have always been my greatest passions. I love experimenting in the kitchen, trying new recipes, and surprising my loved ones with delicious creations. I'm equally inspired by travelling - exploring new places, tasting local cuisine, and embracing new experiences. And then there is swimming, my constant source of peace and energy. Water is my element; it calms me, strengthens me, and makes me feel alive.

We lived. We made plans. We raised our children. I truly believed Kharkiv would always be my refuge. But when the war began, life split into "before" and "after". I now live and work in the UK, and every day I'm grateful for the chance to care for those who need attention and compassion. My journey has taught me to cherish silence, smiles, and the small joys - like a warm bun with tea.





## Sherry Berry Trifle

Recipe from Chef Ninja at Elm Lodge

### Ingredients:

**For the Base:** 200g of Raspberry or Strawberry Jelly Crystals, 250g of Sponge Fingers, 80ml of Sherry, 300g of Blueberries, Raspberries and Strawberries.

**For the Custard:** 1L of Milk, 1 tbsp of Vanilla Essence, 50g of Sugar, 3tbsp of Custard Powder

**For the Topping:** 200ml of Double Cream, 1tbsp of Vanilla Essence, 30g of Sugar, 20g of Flaked Almonds.

### Method:

1. Arrange sponge fingers at base of trifle bowl and scatter berries on top.
2. Prepare jelly according to packet instructions. Stir sherry into jelly mixture and pour over sponge fingers/fruit layer. Cover bowl with cling film and leave to set in fridge.
4. Heat milk and vanilla essence in a medium pan. When mixture comes to the boil, stir in sugar and custard powder until the mixture is thick enough to coat the back of a spoon. Cover surface of the custard with cling film to prevent a skin forming. Set aside until cool.
5. Pour the cooled custard on top of the set jelly.
6. Whip double cream with sugar and vanilla essence and whisk until soft peaks. Spoon or pipe the cream over the jelly and custard mixture and garnish with flaked almonds and berries.

## Testimonials

“Mum has been in Cedar Lodge for over a year, and she calls it her home as the team at Cedar Lodge have made it this way for her. The care and thought the team put into the smallest details is outstanding. From the chef checking on meal requirements to the nursing care (which is exceptional) and all the care and activities. As a team together they work to ensure that each person is special in their own home.”

“Elm Lodge is beautifully acquainted with very kind and attentive staff. My mother settled in and enjoys herself. All her needs are met, and the team are incredibly helpful.”

“I will be forever grateful to all the staff at Holly Lodge for their care and treatment of Dad during his 8-month residency. I was particularly impressed with the compassion and sensitivity shown to us and to him during the last weeks of his life.”

“Oak Lodge a welcoming, warm and safe environment and any needs and requests were always accommodated with understanding. It is extremely well led, and the cleanliness of the rooms and communal areas is excellent.”

“Rowan Lodge is a very friendly care home with a family atmosphere. The staff are lovely and kind and always pleasant. Food is very good.”

## Some Upcoming Events

- 21<sup>st</sup> May: Talk on “Different options of paying for care and care fee annuities” at Holly Lodge
- 10<sup>th</sup> June: Talk on LPAs at Cedar Lodge
- 13<sup>th</sup> June: Elm Lodge at Hartley Wintney Festival
- 18<sup>th</sup> June: Talk on LPAs at Elm Lodge
- 21<sup>st</sup> June: Holly Lodge Summer Fete
- 4<sup>th</sup> July: Forest Care Colour Dash (Frimley)
- 5<sup>th</sup> July: Oak Lodge Summer Fete
- 19<sup>th</sup> July: Classic Car Event at Rowan
- 24<sup>th</sup> July: Cedar Lodge Summer Fete
- 25<sup>th</sup> July: Elm Lodge Summer Fete