

News from **BROOKLANDS** CARE HOME

Dear Friends

Well, autumn is firmly here! We have been reflecting on all of the lovely things we've been up to in recent weeks and thought you'd like to see some of our photographs too.



Steam train adventures

September saw us take a nostalgic trip aboard the Poppy Line on a journey to Sheringham. For one resident Keith, this was made all the more special when he was invited into the cab to fulfil his lifelong dream of being a steam train driver! On arrival we were blessed with balmy weather and so stretched our legs with a stroll along the seafront and even a paddle in the sea! For lunch we enjoyed the seaside classic of delicious fish and chips. Then we had just enough time for an amble through the town to explore the shops before catching the train back to Holt. The whole day was lovely and helped us create lots of fantastic new memories with friends!

Time with animals



Autumn is the perfect season to get out into nature and so we headed out to Banham Zoo! This incredible place has a lively array of wildlife, from camels and giraffes to monkeys and seals. Our residents had a great time playing with the friendly goats and watching the majestic birds of prey! It was such a lovely, fun experience that we arranged a calming pet therapy session at Brooklands soon afterwards. Our residents were delighted to share cuddles with rabbits, guinea pigs and even a bearded dragon! Animal therapy has to be one of our favourite activities.



Back to the swinging 60's

We had a very entertaining return to the sixties recently which culminated in a special Nostalgia Day! Everyone came together to create a colourful memory wall of famous people and events from the era. Then residents and team members had a brilliant time dressing up in wigs and costumes, posing by a vintage car background with fun props! Finally it was time for a boogie when our visiting performer Kitty Collins treated us to some 60's hits after a fun pop quiz! It was a wonderful way to use happy memories to create new ones.



With love,
Julia Chapman-Wright
Home Manager

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**We always love reading your comments on Facebook!
Here are a few recent ones:**

"You give your residents some lovely days out. Just wonderful x" Christine

"Lovely to see the residents engaging with the activities you provide." Sandra

"You always do such an amazing job xx" Lily

"You do your residents proud! Xx" Myrtle



Fun times with friends



Our residents have been getting up to all sorts of fun these past few weeks! We went to Norwich Cathedral to see the incredible Dippy the Dinosaur, visiting from the Natural History Museum. Then the fun continued back home with our very own indoor carpet bowls championships, which provides residents with much entertainment as they all compete to win the coveted trophy! We have also been enjoying energetic mornings in our singing and movement sessions which gets everyone feeling good! To wind down, our talented residents have been making some beautiful flower arrangements and painting their own coffee mugs, both activities have been as mindful and calming as they are creative.

