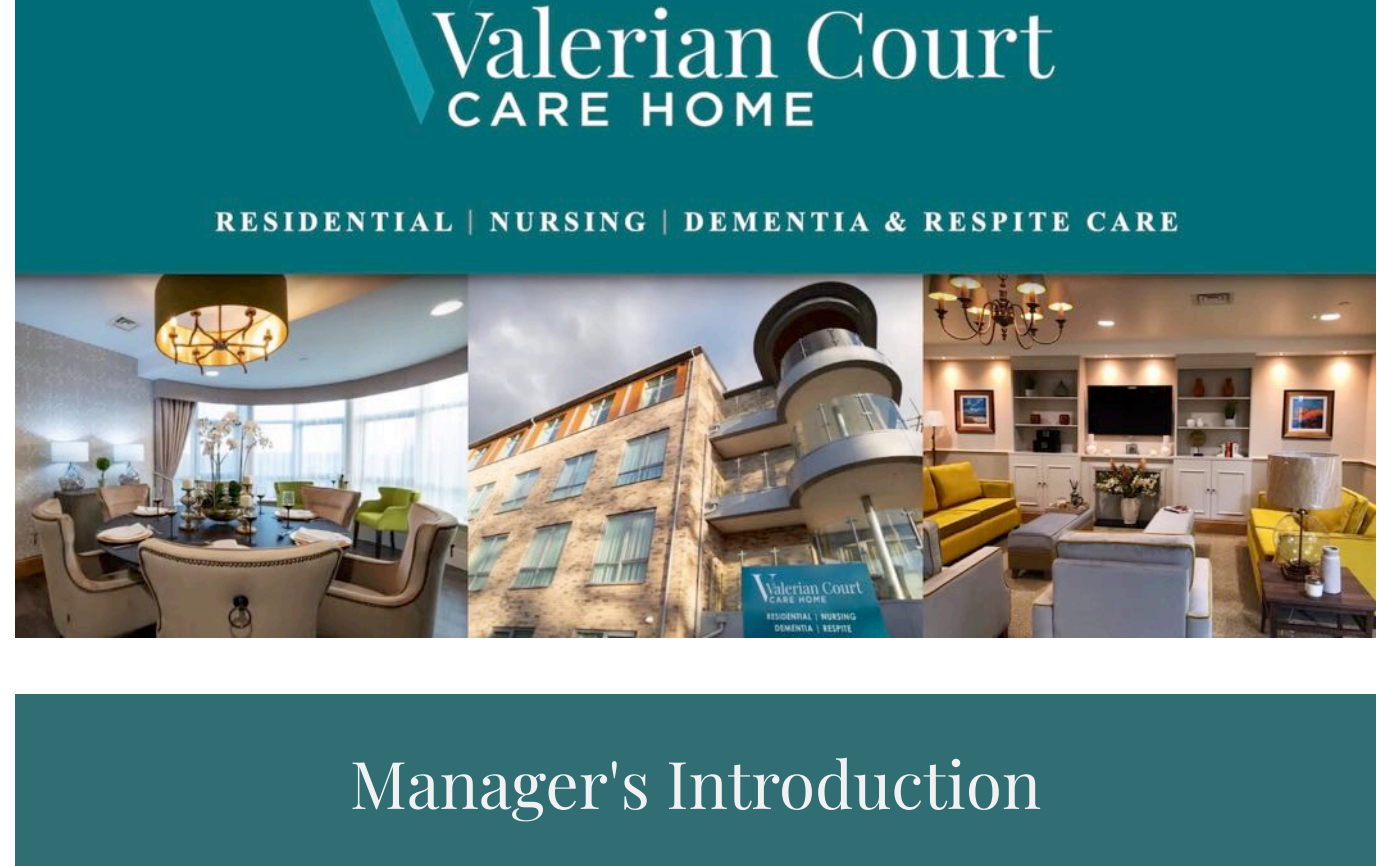


## A WARM WELCOME TO OUR SUMMER 2024

# Quarterly Newsletter



## Manager's Introduction

Summer has finally arrived, bringing with it a range of exciting events and activities. We are absolutely delighted to update everyone on the recent happenings, as our schedule is constantly filled with enjoyable and meaningful opportunities for our residents to embrace each day and season to the full.

If you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

[Newsletter Sign-Up](#)

Best wishes,

*Sonia*

**Sonia Kasese**  
Home Manager



## Events & Celebrations

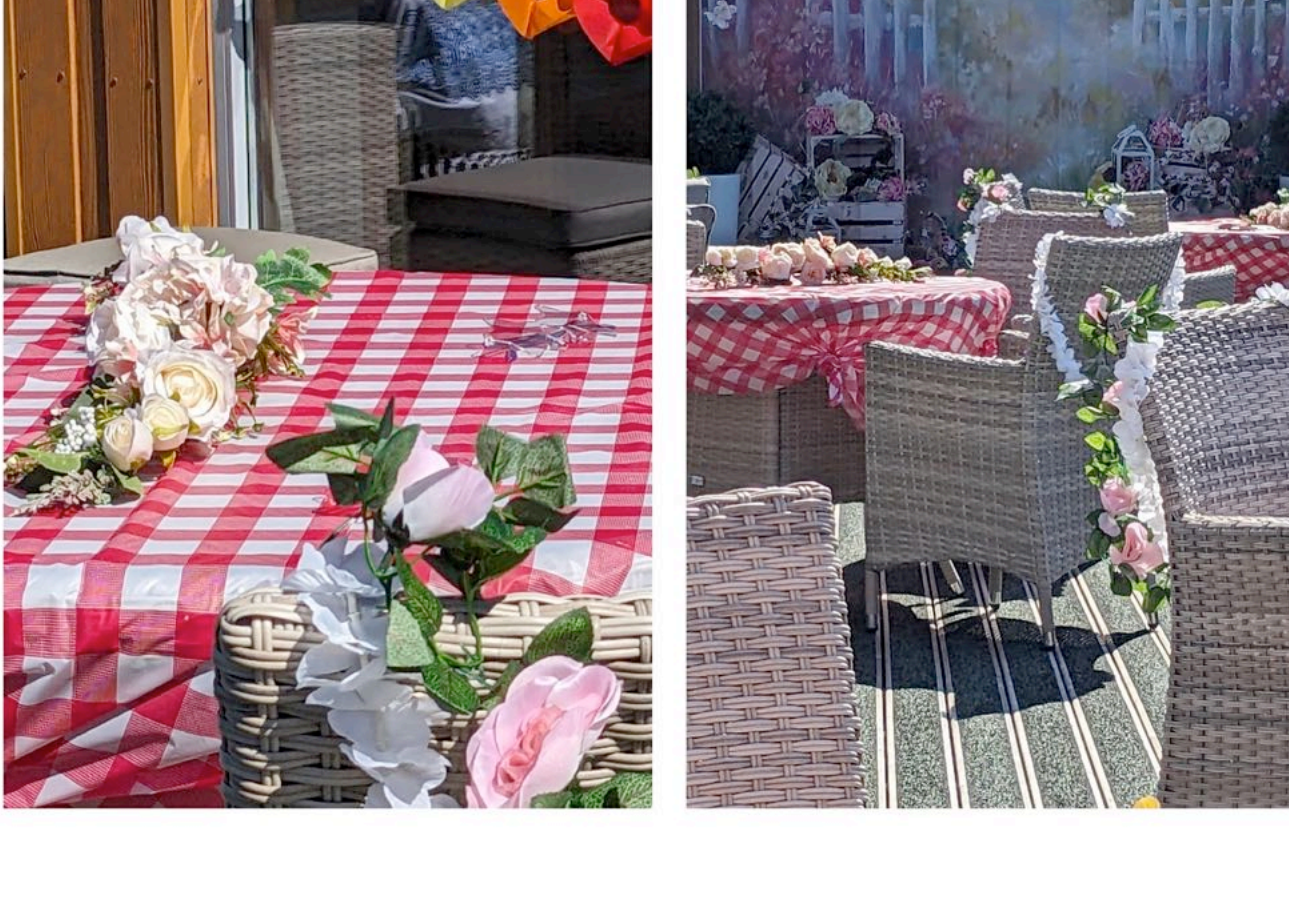
### D-Day Celebrations

We recently marked the anniversary of D-Day with a memorable event that featured an outstanding performance by Matthew Quilliam Music and a lunch with a ration theme. We extend our heartfelt gratitude to everyone who attended the occasion and contributed to its success.



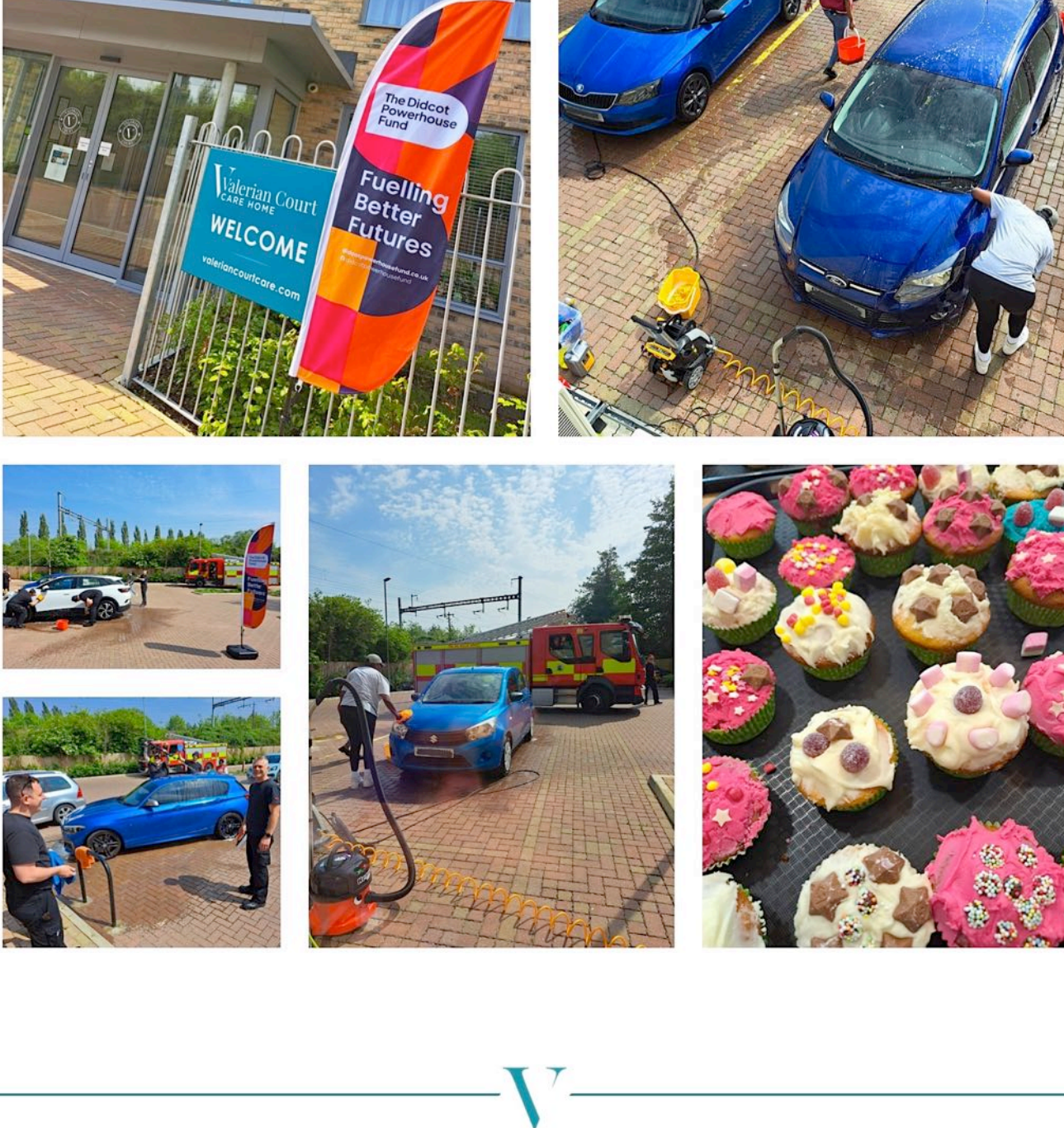
### International Picnic Day

During one glorious summer day, our Roof Garden became the perfect setting for residents, relatives, and friends to come together and enjoy a fabulous picnic prepared by our Dining Service and Lifestyle & Activities team. The open-air facilities provided much-appreciated fresh air, sunlight, and the essential Vitamin D and Serotonin, promoting happiness and well-being, which are at the forefront of everything we do for our residents.



### Car Wash Fundraiser

Our recent Car Wash Fundraiser was a resounding success, and we owe a huge debt of thanks to all our supporters and volunteers. We had a great time, and the presence of Didcot Fire Station was invaluable. We also want to express our appreciation to those who generously baked and donated cakes for the sale. Through everyone's combined efforts, we managed to raise over £300, which will be divided between our Resident's Fund and The Didcot Powerhouse Fund.



## Minibus Outings

### Out & About

At Valerian Court, we prioritise getting our residents out and about as part of our lifestyle and activities provision. We organise outings to places of interest and events within the Didcot community to ensure an active and engaging life for our residents.



## Memory Café

### Cuppa & Chat

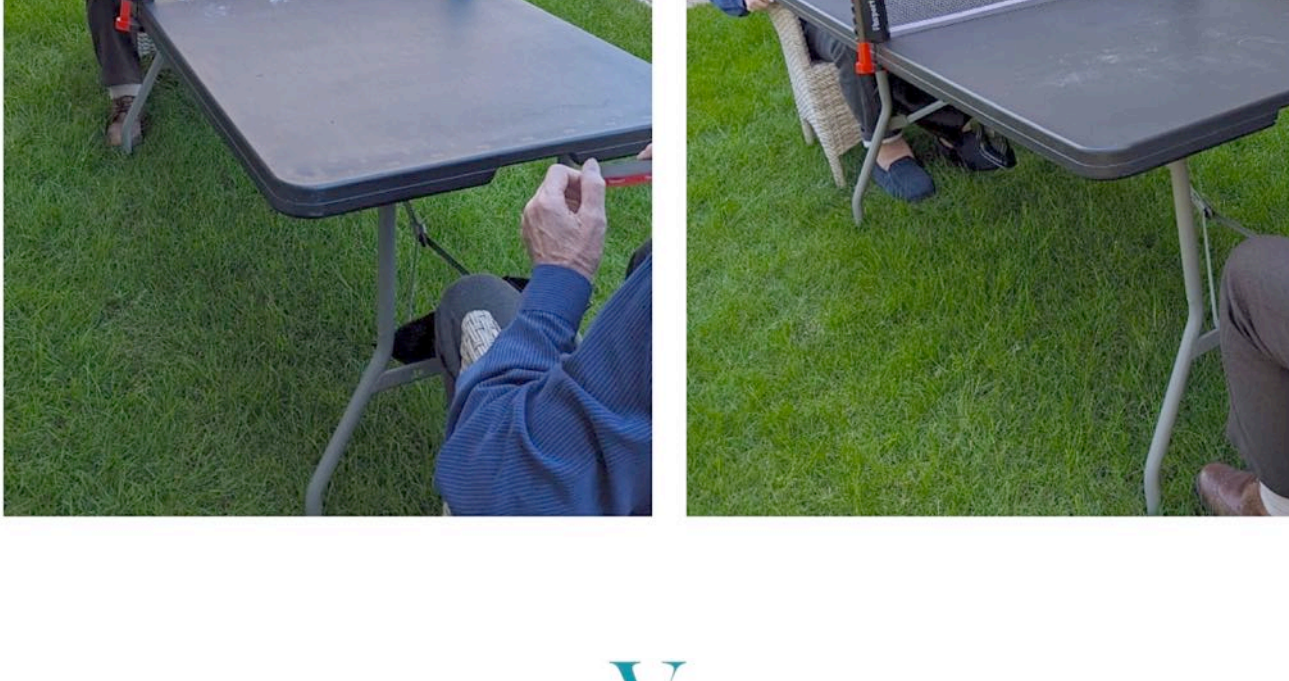
The Memory Café at Valerian Court offers opportunities for individuals to meet others with similar experiences in a friendly and relaxed environment. It also provides valuable support and information while aiming to prevent isolation within our community. Our beautiful facilities hosting the Memory Café biweekly, and we encourage anyone interested to reach out to our friendly team to find out more.



## Table Tennis Tournament

### Motion Is Lotion

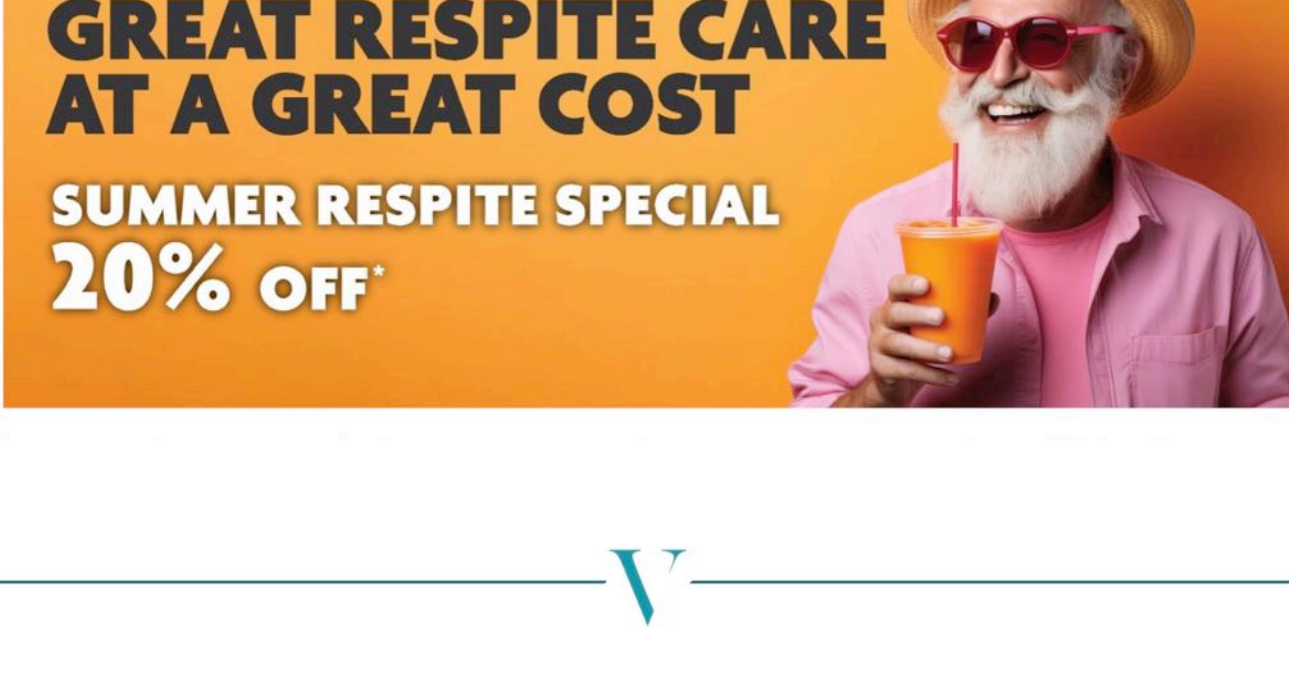
As Wimbledon approaches, our residents have started their own table tennis tournament, enjoying the fun of outdoor exercise in our accessible garden turned into our very own centre court. The event is complete with Prosecco and strawberries for all to enjoy.



## Respite Care

### A Warm Welcome

Understanding the challenges individuals face when resuming normal routines after illness or medical procedures, as well as the difficulties caregivers encounter at home, our compassionate team is dedicated to offering necessary respite. Whether someone needs care for a few weeks or several months, we customise their experience to ensure a valuable stay. At Valerian Court, rest assured that your loved one will receive exceptional care.



## Meet The Team

### All The Best

We are pleased to welcome our new Activities Coordinator, Adriana, to the Valerian Court Team.

"My name is Adriana, and I joined Valerian Court Care Home in June 2024. With over 20 years of experience in Health and Social Care, the role of Lifestyles and Activities aligns perfectly with my creativity. My holistic approach to activities will ensure that our residents engage in meaningful and purposeful opportunities that are person-centered. Based on feedback and suggestions from our residents and their loved ones, a month-long programme has been created to reflect their wishes, likes, and aspirations. Relatives, friends, and visitors are encouraged to participate in any of the activities, and more information can be found on posters within the foyer at reception. This is an exciting time for me to get to know you all!"

We wish Adriana all the best in this role!

## Social Media

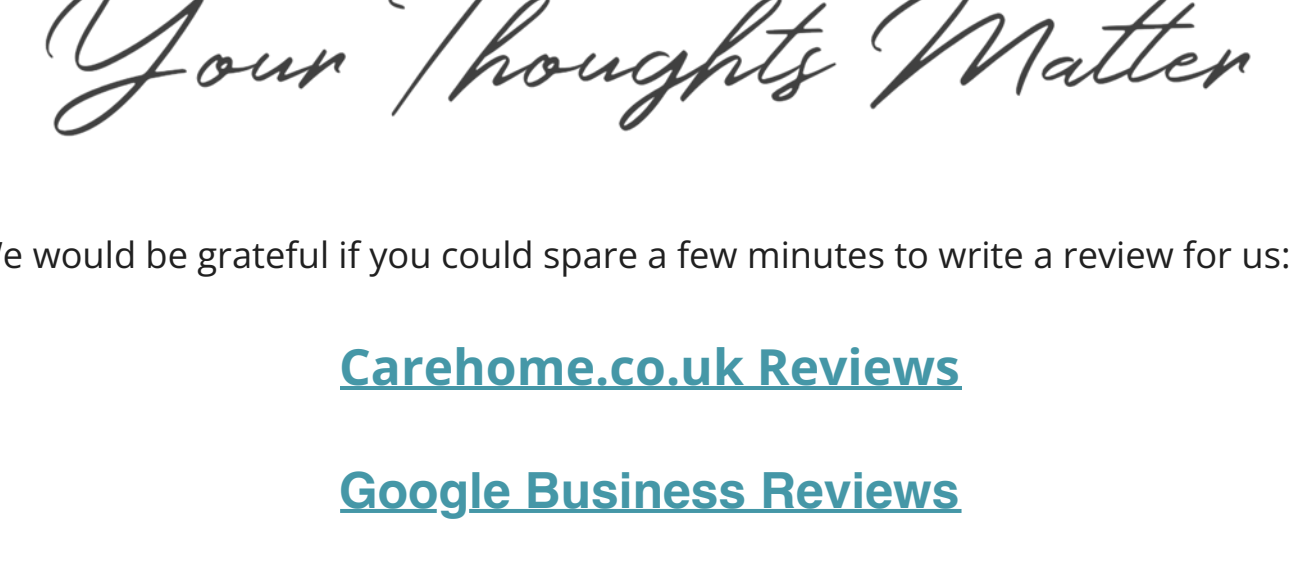


### Connect With Us

Make sure to check out the Valerian Court Care Home Facebook Page.

[Don't Forget To 'Like' Us!](#)

## Leave A Review

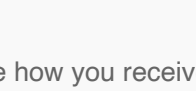


### Your Thoughts Matter

We would be grateful if you could spare a few minutes to write a review for us:

[Carehome.co.uk Reviews](#)

[Google Business Reviews](#)



Produced by ChiChat Marketing Ltd.

Copyright © 2024 Valerian Court Care Home. All rights reserved.

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#)

