



INTRODUCTION

Message From Our Manager

Welcome to our Autumn newsletter. It has been a busy few months at Valerian Court, with residents enjoying trips out, time in the garden, creative sessions and plenty of opportunities to stay connected with our local community.

Resident choice is an important part of life here, and this has been particularly evident in some of our recent outings and activities. From fish and chips beside the sea at Mudeford Quay to cycling around our local lake, gardening, crafts and our summer BBQ, there has been plenty for residents to choose from.

We have also welcomed some new faces, including Bailey, our new pet therapy dog, and we are pleased to share that our fourth floor, Hermitage, is now open and welcoming new residents.

With plenty more planned for autumn and Christmas, we hope you enjoy catching up on our latest news.

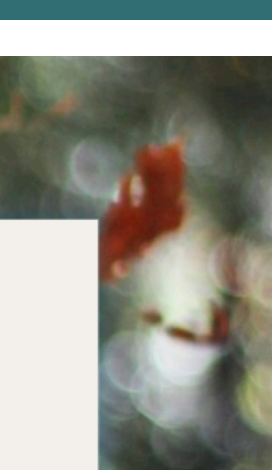
If you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

[Sign-Up Link](#)

Best wishes,

Andrei

Andrei Joanta
Home Manager



UPCOMING



ACTIVITIES & EVENTS

A Personalised Trip to Mudeford Quay

Residents play an important part in deciding how they would like to spend their time at Valerian Court, and our recent visits to Mudeford Quay are a lovely example of this.

The idea for the trip was inspired by memories from one of our residents, who recalled sitting near the beach and painting the beautiful view in front of her. Over the past few weeks, residents have had the opportunity to make some new visits to this much-loved seaside location.

There was plenty to enjoy, from traditional fish and chips and ice cream to watching people fishing and hunting for crabs, something Mudeford Quay is well known for. Residents also enjoyed chatting with passers-by and were particularly pleased whenever somebody stopped with a friendly dog.

There was even time for a little souvenir shopping before another ice cream by the sea. As Val summed it up perfectly, "Fish and chips and ice cream always taste better when you are at the seaside."

Outings like these are about much more than simply going somewhere for the day. They give residents the opportunity to revisit familiar places, continue enjoying lifelong interests and help shape the activities and experiences available to them.

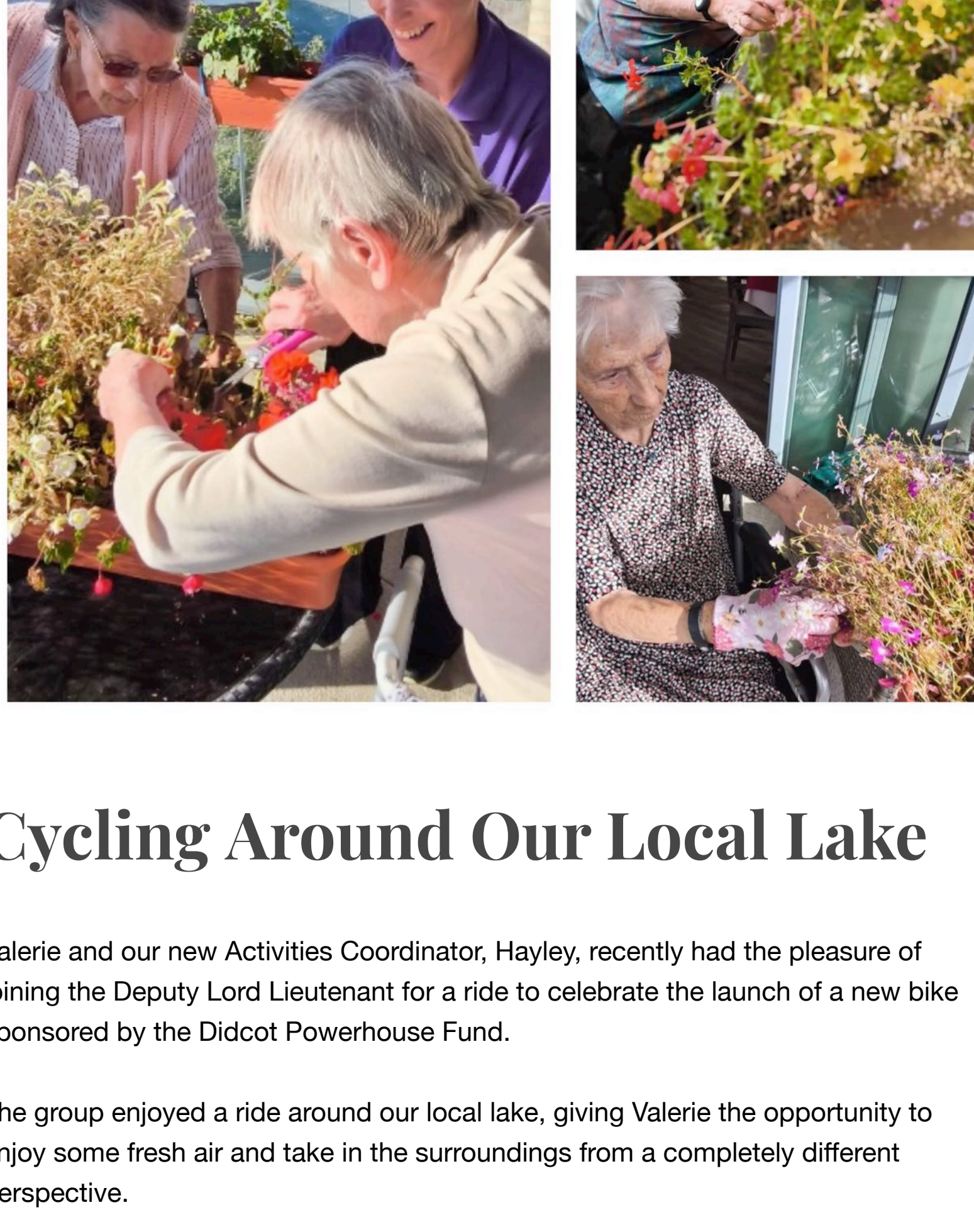


Getting Our Gardens Ready for Winter

September brought the perfect opportunity to give our outdoor spaces a little attention before the colder months arrive.

We are fortunate to have plenty of keen gardeners living at Valerian Court, so there was no shortage of willing hands when it came to deadheading, pruning and tidying our many planters.

Gardening provides a lovely opportunity to spend time outdoors while continuing with an interest many residents have enjoyed throughout their lives. It was good to see everyone working together and sharing their gardening knowledge as we prepared our plants for winter.

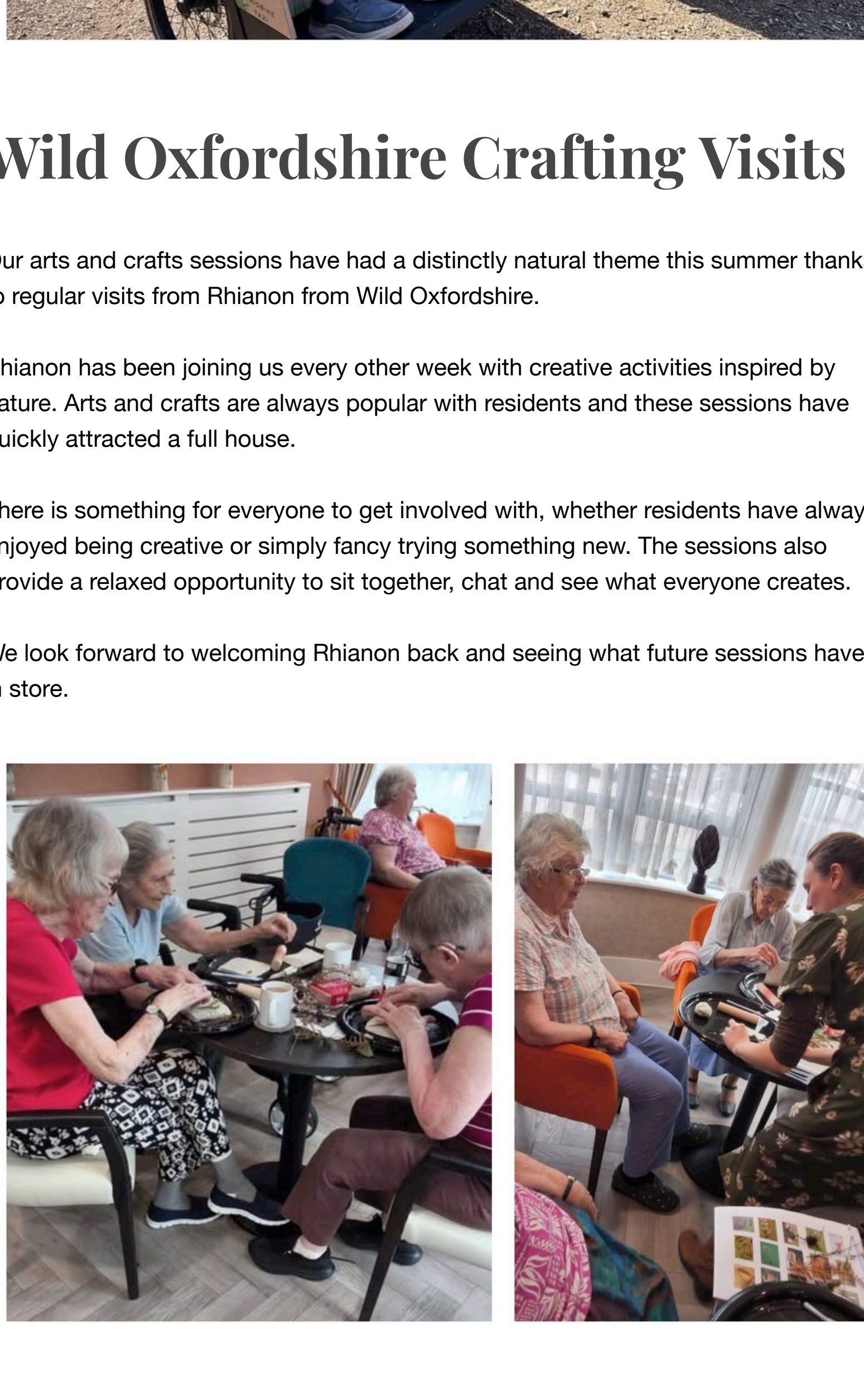


Cycling Around Our Local Lake

Valerie and our new Activities Coordinator, Hayley, recently had the pleasure of joining the Deputy Lord Lieutenant for a ride to celebrate the launch of a new bike sponsored by the Didcot Powerhouse Fund.

The group enjoyed a ride around our local lake, giving Valerie the opportunity to enjoy some fresh air and take in the surroundings from a completely different perspective.

We are delighted that Cycling Without Age visits us every week, helping residents get outdoors and enjoy accessible cycling experiences within the local community. Residents and relatives who would like to find out more can speak to Vicky for details.



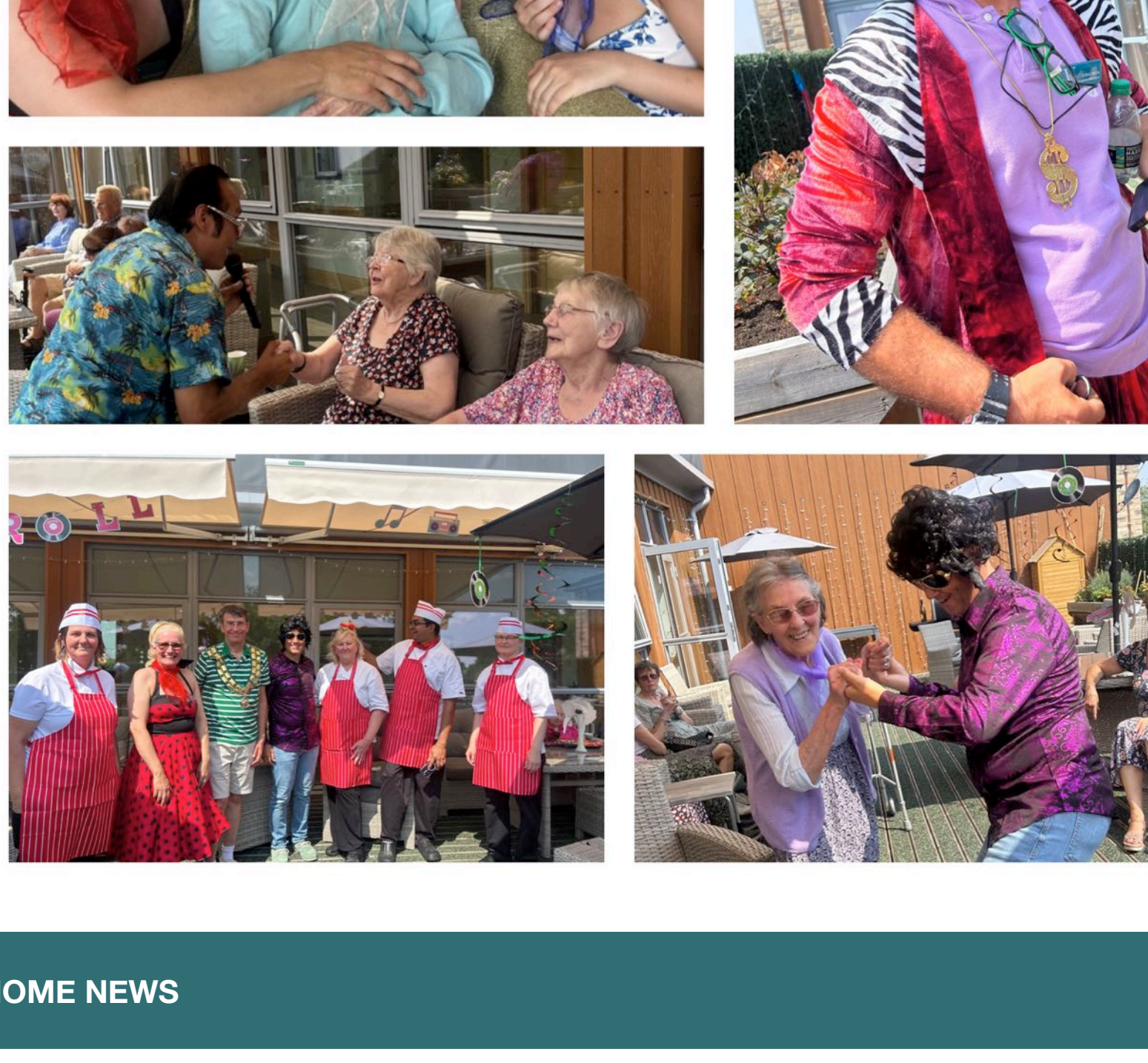
Wild Oxfordshire Crafting Visits

Our arts and crafts sessions have had a distinctly natural theme this summer thanks to regular visits from Rhianon from Wild Oxfordshire.

Rhianon has been joining us every other week with creative activities inspired by nature. Arts and crafts are always popular with residents and these sessions have quickly attracted a full house.

There is something for everyone to get involved with, whether residents have always enjoyed being creative or simply fancy trying something new. The sessions also provide a relaxed opportunity to sit together, chat and see what everyone creates.

We look forward to welcoming Rhianon back and seeing what future sessions have in store.



HOME NEWS



Meet Bailey, Our New Pet Therapy Dog

We have a new regular visitor at Valerian Court and he has already become a popular member of our community.

Bailey is our new pet therapy dog and visits the home each week with his owner, Niamh. Residents have enjoyed getting to know him, spending time stroking him and simply having his company around the home.

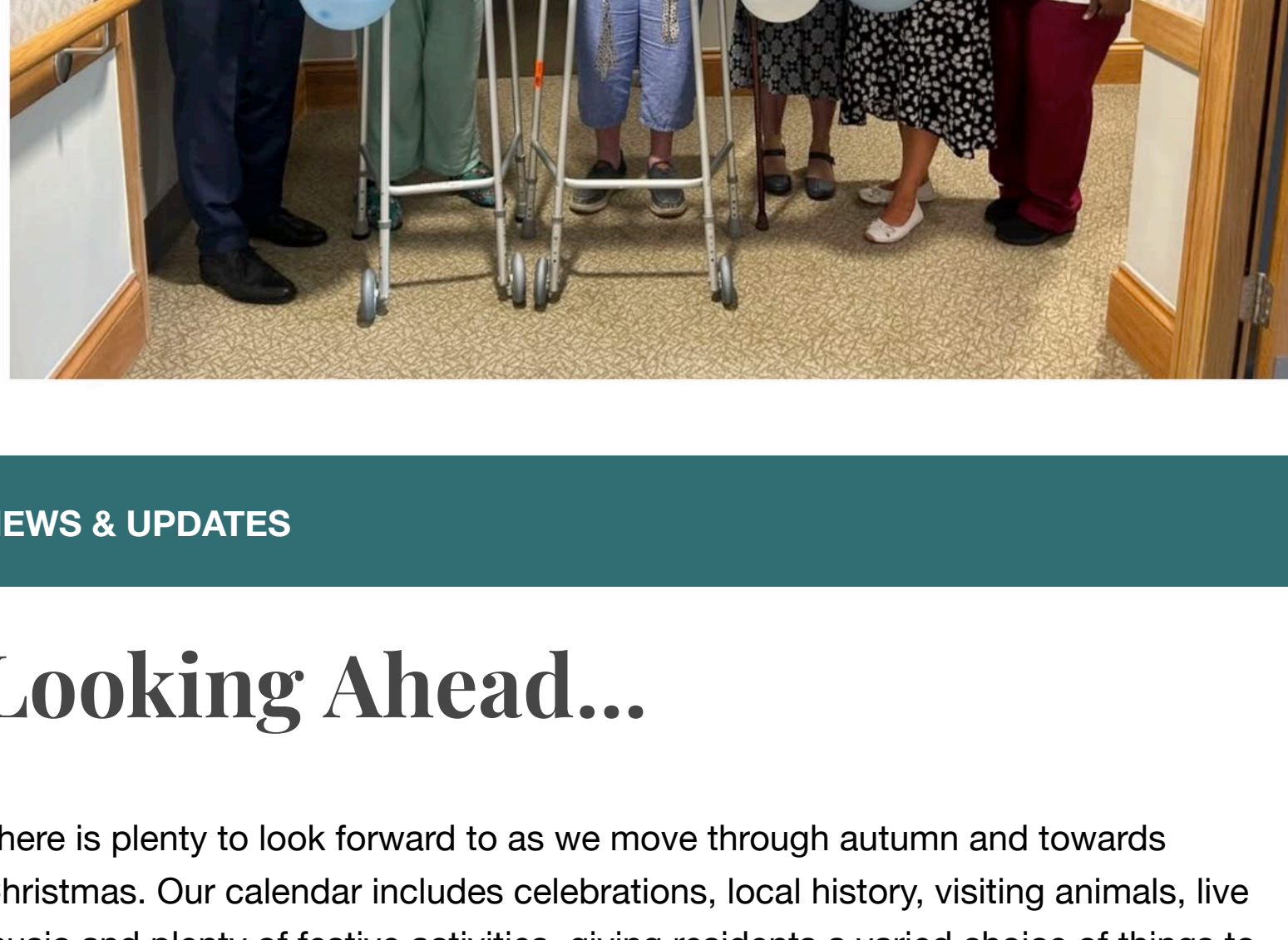
For many residents, animals have been an important part of family life over the years, so regular visits from Bailey provide the opportunity to continue enjoying that companionship.

We are very pleased to welcome Bailey and Niamh and look forward to their weekly visits.

Hermitage is Now Open

We are pleased to share that our fourth floor, Hermitage, is now open and welcoming new residents.

This is an exciting development for Valerian Court and we look forward to seeing our community continue to grow while maintaining the welcoming and individual approach that is important to life within the home.



NEWS & UPDATES

Looking Ahead...

There is plenty to look forward to as we move through autumn and towards Christmas. Our calendar includes celebrations, local history, visiting animals, live music and plenty of festive activities, giving residents a varied choice of things to take part in.

We will also continue our regular activities and community connections, including Cycling Without Age, Wild Oxfordshire craft sessions and Bailey's weekly visits.

As always, residents will remain at the heart of deciding what life at Valerian Court looks like. We look forward to continuing to provide opportunities to enjoy favourite interests, try something different and remain connected with the people and places that matter to them.

EXTERNAL LINKS

Social Media

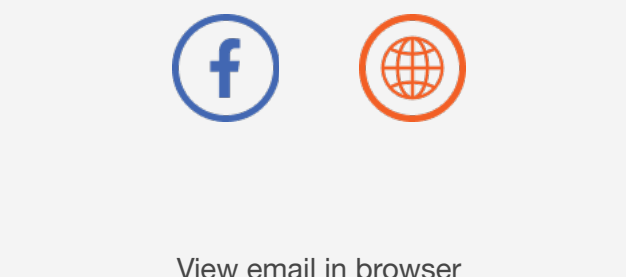
Make sure to check out the Valerian Court Care Home Facebook Page for all our latest photos!

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

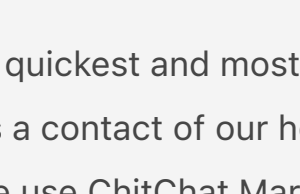
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