



NEWSLETTER **MAR 2025**

West Heanton
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The sun is shining and our activities & catering teams are planning and prepping for our Big Breakfast on Sat 22nd March. We would love for you to join us. We will be catering for all dietary needs, just let us know in advance. This is open to anyone who would like to come along and enjoy a hearty home cooked breakfast.

Even better, all proceeds will go towards our Activity Fund to enable us to keep providing innovative and engaging events, days out and celebrations. £7/adult and £5/children aged 10 and under, pay on the day.

All you have to do is book a table at our reception (or call us on 01409 281754), then turn up and enjoy!

PLEASE JOIN US FOR A



AT WEST HEANTON
BUCKLAND FILLEIGH, EX21 5PJ

RAISING FUNDS FOR OUR
ACTIVITIES PROGRAM



SAT 22ND MARCH

£7 PER PERSON

Don't miss out on this scrumptious event!

- Sittings from 9am to 11am
- Local produce, cooked by our talented catering team
- All dietary requirements catered for
- Book a table at our reception, or call us on 01409 281754

£5 for children aged 10 and under



Speaking of innovative activities, it was Homemade Soup Day in February and we took this as inspiration for a rather unusual challenge...

For Homemade Soup Day we didn't do the obvious and make soup... we left that to our catering team who do it best!



No, we took three popular soups, dyed them all red with food colouring and then had to identify the flavour by taste alone.

No ordinary soup taste test...

Only one person got them all right and most people identified tomato. We named as many soups as we could and then ingredients.



	1 Green	2 Blue	3 Purple
Janet	?	Tom	?
Ivan	Tom	Tom	?
Robin	?	?	?
Sylvia	Potato	Tom	?
Sue	oxal	Tom ✓	Chicken ✓
Maggie	-	-	-
Joan	?	Tom	?
Marion	?	Tom	Potato

February has been quite a foodie month, lots of baking sessions and we made the most delicious carrot cake, what a triumph!



Congratulations!

Tom's Draw

To our February winner... Bernie!!

Selected in a random draw, Bernie was nominated by a client:

"Carers are great and I have a great rapport with them all. Then one day Bernie arrived. I did not know what hit me. Where did she come from? Never had one like this before. Then I got to know her. Shes a pussy cat really. I know her not just as a carer but a good friend. She will always be welcome in my house. Have not seen her for yonks (Hint). Perhaps that will change soon fingers crossed."

Well done! A £50 Marks & Spencer voucher is on it's way to you.

Other nominations in this draw...

"... is totally professional and has helped me a great deal with my problems regarding my family care needs. She has gone over and above for us and always puts the extra effort in."

"... for being a great support to one of our homecare clients, ensuring they could keep contact with their beloved dog."

"For joining the housekeeping team in such a positive way. Mucking in and getting a good job done."

"For being so welcoming and cheerful when showing potential new staff around."

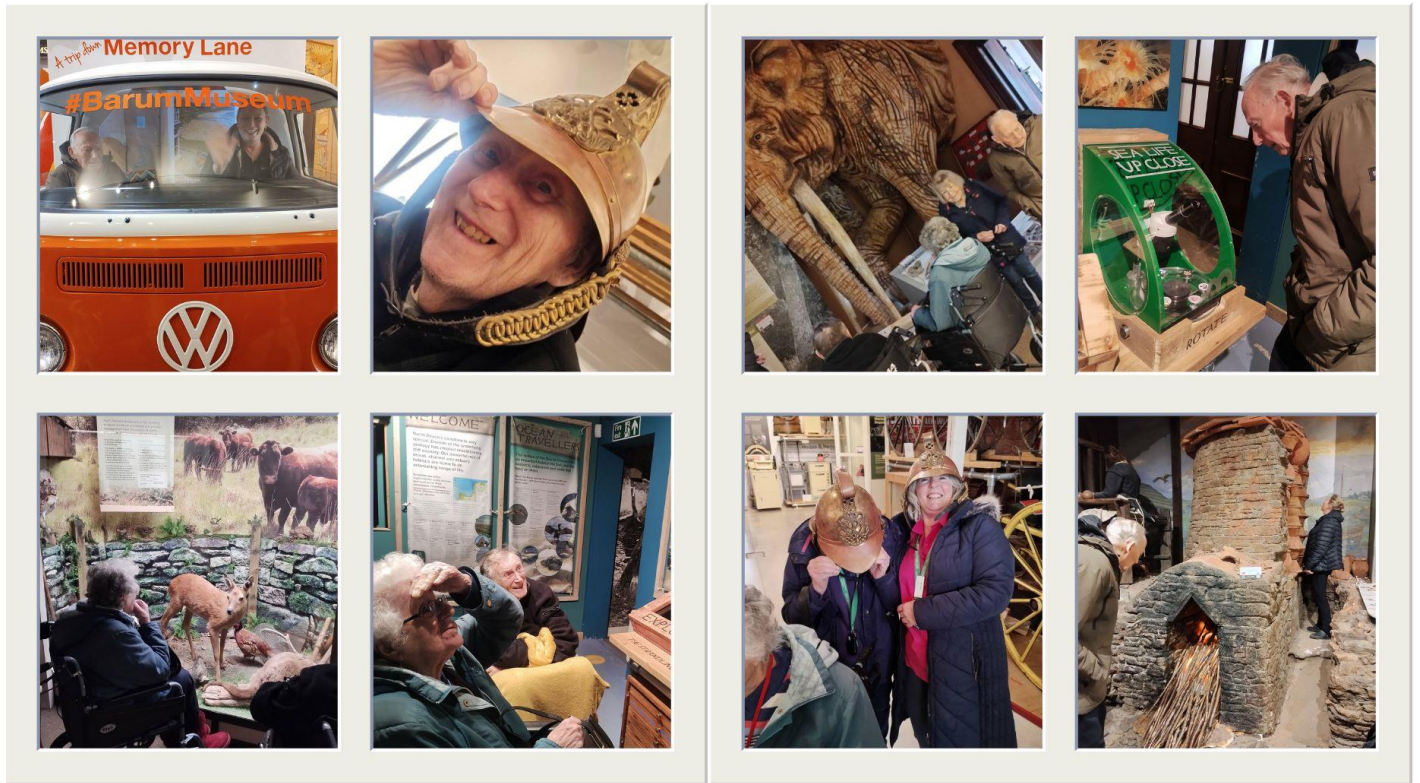
"...The way she repeatedly reassured a resident with hightened anxiety. Her calm and gentle manner to resolve this situation while still engaging other residents in activities."

Thankyou to everyone who has taken the time to nominate a team member for Tom's Draw this month. The draw is now open again for nominations.

Well done Bernie and thankyou to Ron for writing such a heartfelt and funny nomination! Bernie has many of her team mates feeling the same way....!

Our team is made up of so many different and wonderful characters, please do nominate if someone has gone out of their way to help you, made a real difference and put a smile on your face. You can nominate by ringing in, emailing or in person at our reception.

Have you ever been to the Museum of Barnstaple & North Devon? It's a real treasure trove, filled with artefacts from bygone eras. Among the highlights were the Barnstaple Elephant, an impressive collection of taxidermy, a working model railway and displays of modern-day pottery. There was also a charming gift shop and café that we enjoyed exploring.



Art Class

Our activities team is fortunate to spend quality one-on-one time with our clients.

Peter & Dawn were warmly welcomed at Shebbear Village Church for an art class.

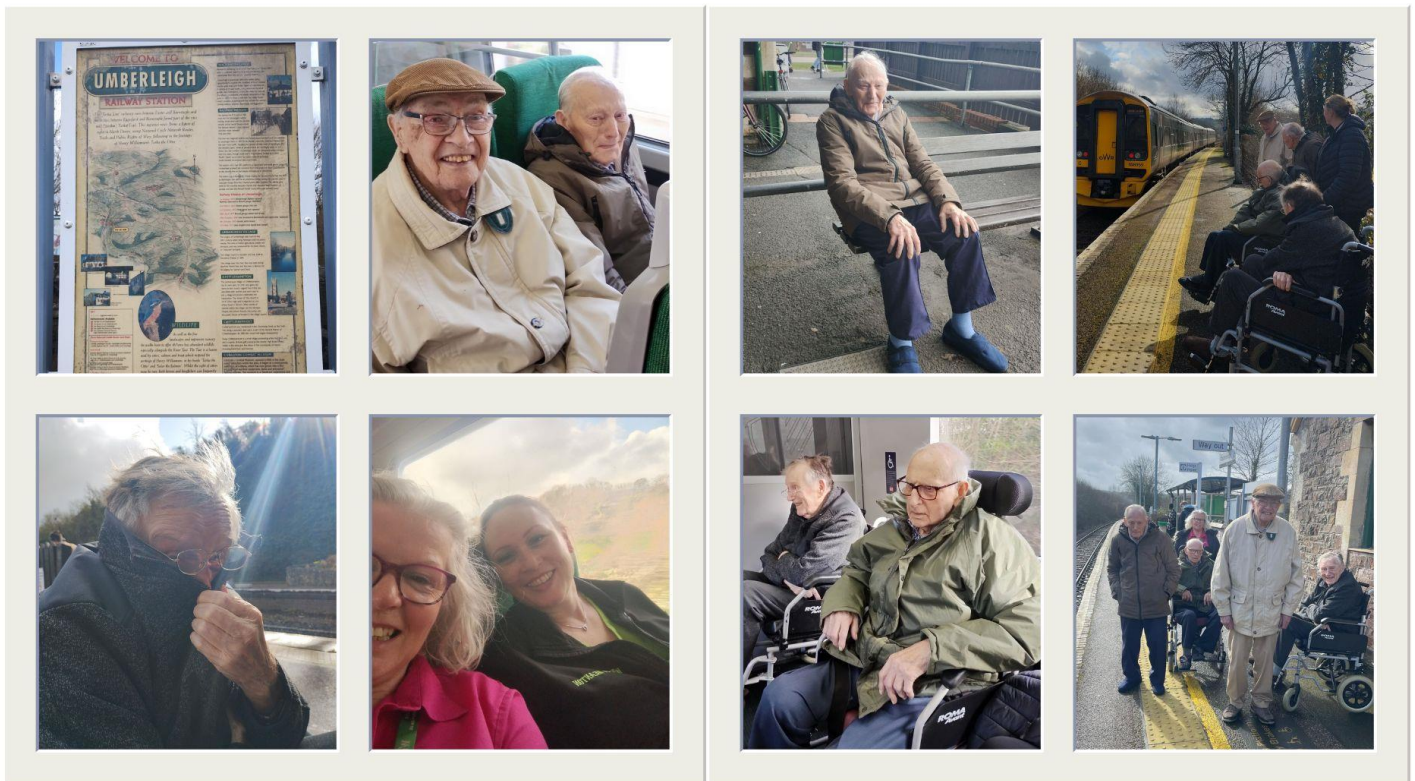
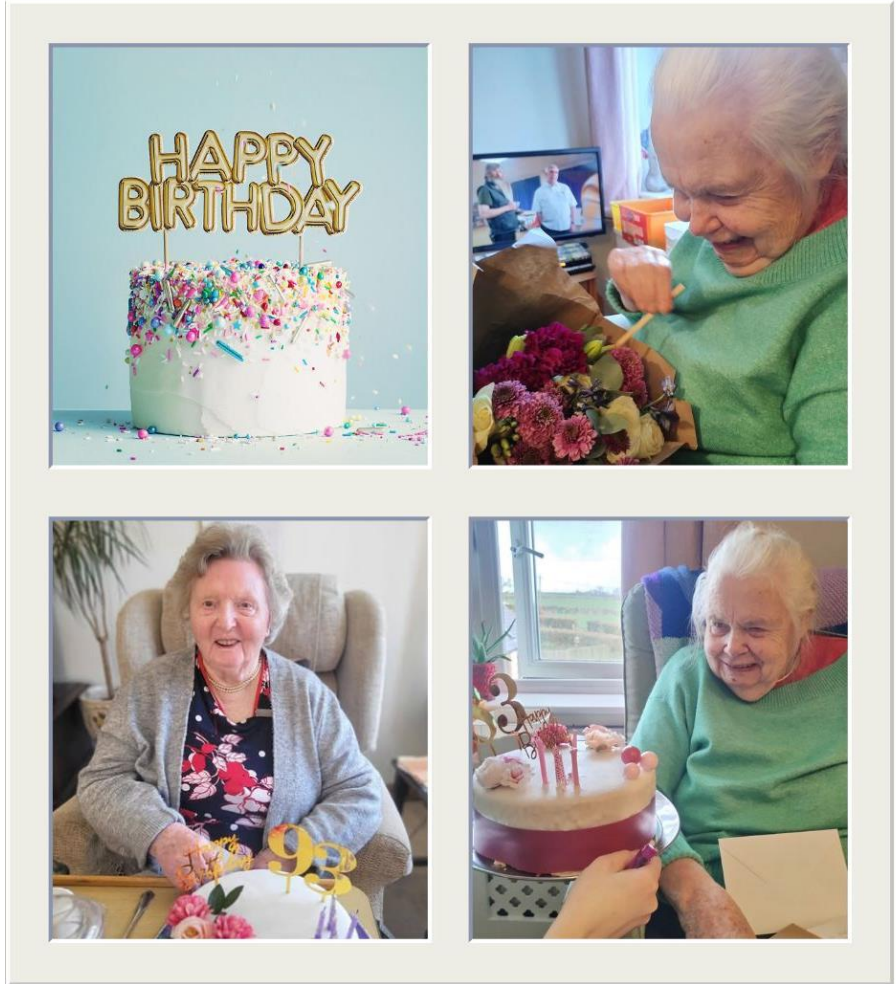
Peter, who hadn't drawn in a while, picked up a pencil and focused on creating a beautiful piece.

We're so impressed with Peter's creative talent.

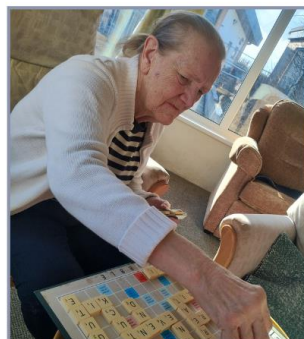
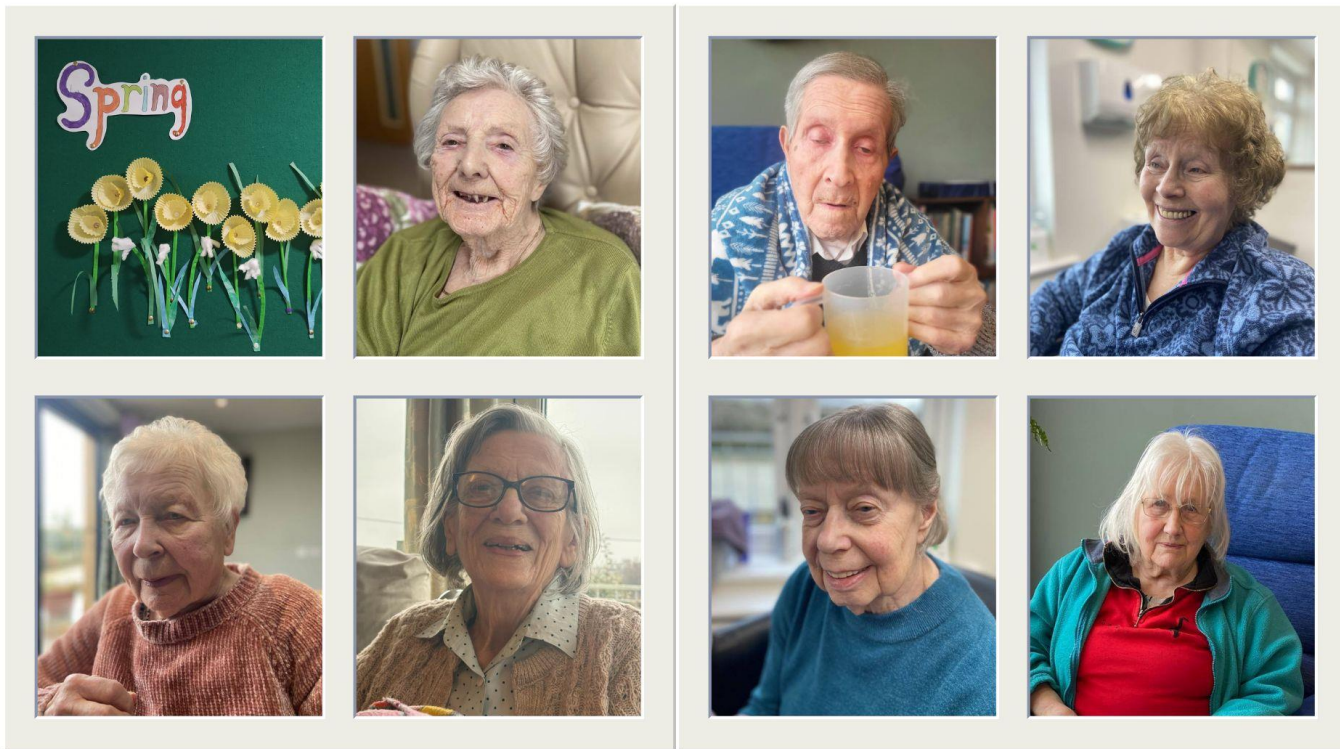


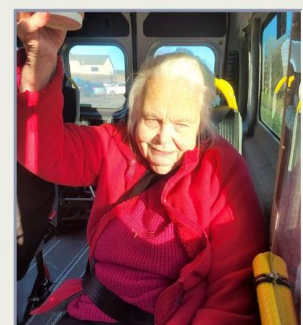
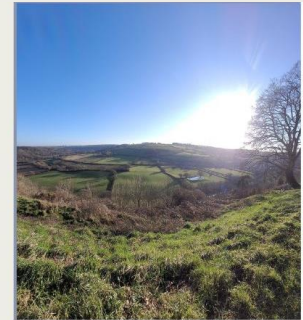
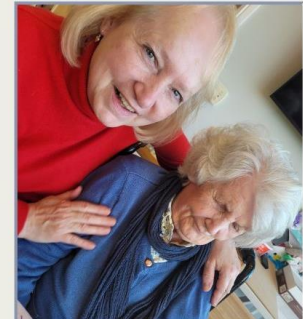
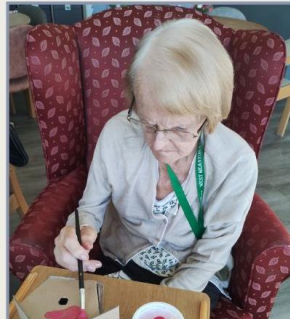
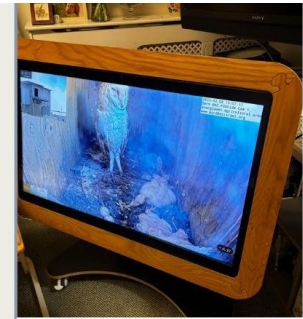
Many Happy Returns to Janet and Marion who both celebrated their birthdays in February.

After our trip to Okehampton Station a few weeks ago, the gents wanted to go on a train ride. We made it happen by taking them to Umberleigh Station, where we caught the train to Barnstaple. We enjoyed ham, egg & chips at The Station Masters Cafe and then took the train back to Umberleigh. Along the journey, conversations ranged from travels across Canada to trips within Scotland and family stories. We waited for the train back to Umberleigh in the sunshine, watching the world go by.



As always there is not enough room in our newsletter to include the hundreds of pictures we take each month, please do see our facebook page for lots more pictures and videos. Here is a round up from February:





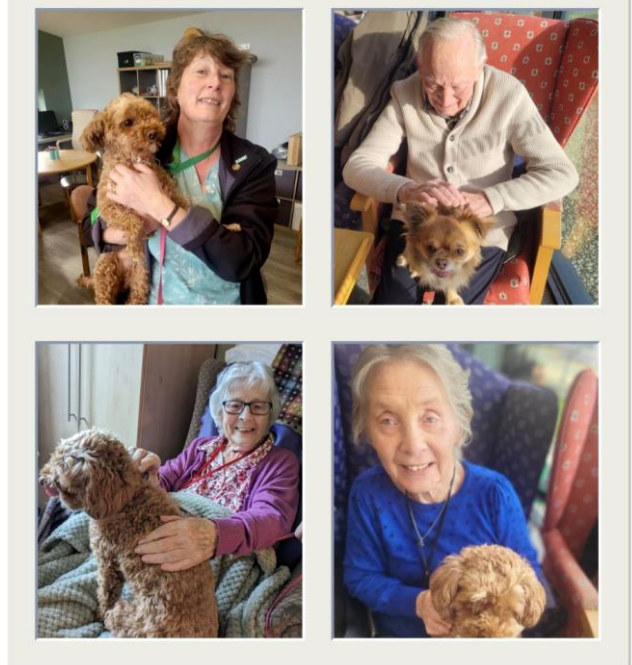


Fancy a rewarding change?

We are currently recruiting for new people to join our fun & friendly team.

We are looking especially for carers in the home and out in the community.

If you would like to learn more, please email Lucy at jobs@westheanton.co.uk or call for an informal chat 01409 281754.



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OR ASK FOR AN INFORMATION PACK

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