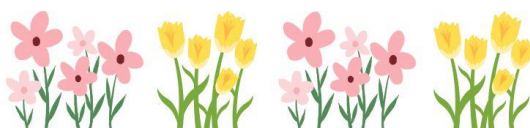




MOTHER'S DAY is always a very special day at West Heanton. This was our 35th Mother's Day celebration, since opening in 1991. Did you know that Mother's Day has been around in one form or another for centuries? The ancient Greeks & Romans held festivals for their favourite mother goddesses. A few centuries later and people were celebrating 'Mothering Sunday'; a day where people returned to their 'mother church', reuniting with family and especially their mothers. In the early 1900s the day became more focused on celebrating mums within family units and in 1914 'Mother's Day' was declared a national holiday in the United States. To celebrate all the wonderful ladies living at West Heanton, everyone was treated to a special brooch, as individual as they are. We welcomed lots of visitors and enjoyed a day of family and celebration.



Happy Mother's Day





We wanted to say a very special thankyou to the families who have very kindly made donations to our Sensory Room & Garden Project. Your generosity will help us to create a calming and special place that will make a huge difference to many people living at West Heanton for years to come. We really appreciate it and look forward to the day when people are benefitting from this space.

CONGRATULATIONS

TOM'S
DRAW
MAR 2026



SELECTED IN A RANDOM DRAW, GEORGE WAS NOMINATED BY A COLLEAGUE:

*"..George changed her day off to help with transport when a colleague was poorly.
Thank you George, that was so kind of you"*

WELL DONE! A £50 MARKS & SPENCER VOUCHER IS ON ITS WAY TO YOU.

AGENCY HOMECARE TRIAL

After the success of agency carers in the care home, we decided to trial an agency carer from Ark to go out on two of our homecare rounds. Thankyou to all clients who participated and gave valuable feedback. Andy was very popular on his visits and we look forward to being able to call on Ark again if the need arises. Ideally we wouldn't need to call on agency staff, however there are occasions when our own team can't cover all the rounds. Rather than let clients down by cancelling care we would rather build a quality back up option. We have found that the best way to utilise agency staff is to build up a regular team, who get to know you as well as our team do. Please do keep the feedback coming in.

NEW CONSENT FORMS

Thankyou to those brave souls who have attempted to fill in our new Consent Form on your own. This form is not intended to be filled in without assistance, however, as we need to roll it out to all clients, we are grateful to all those people who have attempted it solo! Please don't be concerned if you have a form and are not sure what to do with it, we will be in touch to assist you. Once the new forms are complete, they allow you to access all the services from West Heanton without the need to keep filling out repetitive paperwork.

We thoroughly enjoyed making **Welsh Cakes** during a Friday baking session in the Day Centre. If you fancy having a go at home, below is the recipe & method.



Step 1: Tip the flour, sugar, mixed spice, baking powder and a pinch of salt into a bowl. Then, with your fingers, rub in the butter and lard until crumbly. Mix in the currants. Work the egg into the mixture until you have soft dough, adding a splash of milk if it seems a little dry – it should be the same consistency as shortcrust pastry.

Step 2: Roll out the dough on a lightly floured work surface to the thickness of your little finger. Cut out rounds using a 6cm cutter, re-rolling any trimmings. Grease a heavy frying pan with lard, and place over a medium heat. Cook the Welsh cakes in batches, for about 3 mins each side, until golden brown, crisp and cooked through.

Delicious served warm with butter and jam, or simply sprinkled with caster sugar. Cakes will stay fresh in a tin for 1 week.

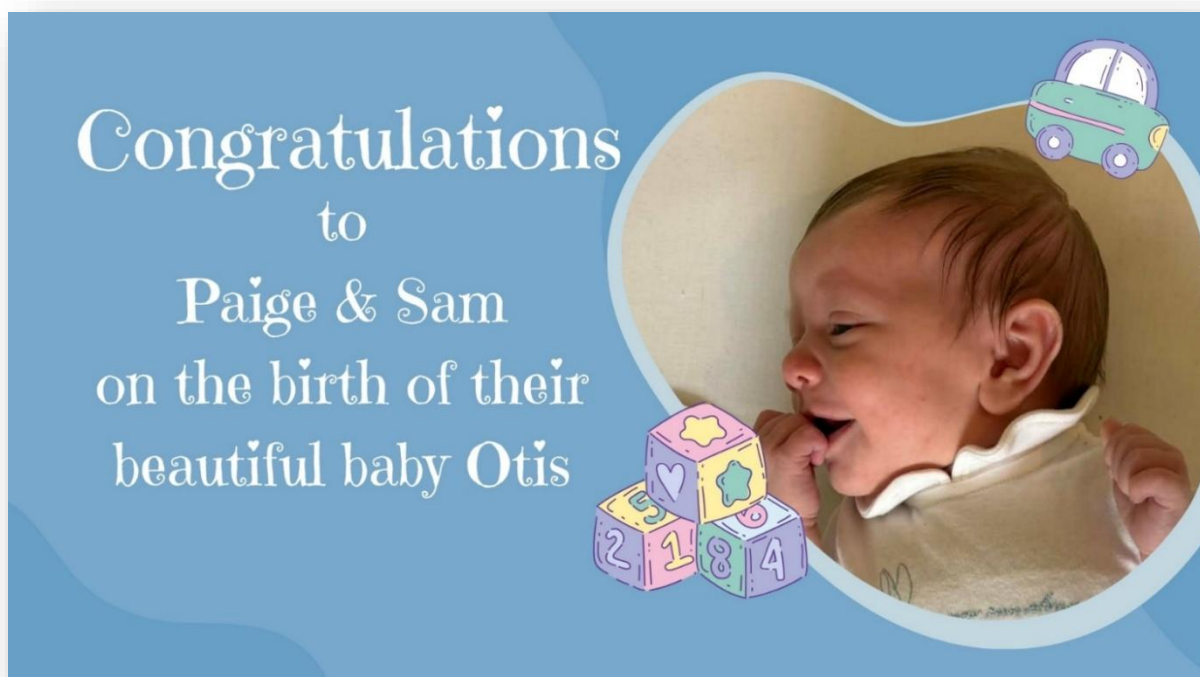


NEW CARS. Due to the growth in our Home Care service we have invested in three new electric cars, taking the fleet from 7 to 10. This will ensure there are always environmentally friendly pool cars available for our Home Carers to use. In readiness for the inevitable challenges the winter weather brings to our roads, we have also purchased a 4x4. This means we can reach more people when roads are flooded, iced over or snowed in, saving the need to use tractors for the very extreme conditions!



The world news is concerning right now and the situation is certainly affecting our community, with fuel prices rising sharply and people panic buying. Rest assured, fuel prices or shortages will not affect West Heanton as we can switch to using only our electric vehicles if necessary. Our bio-mass boiler runs on Miscanthus which we grow ourselves nearby, so the home is guaranteed to remain heated and cosy.

New Year, New Look! We are excited to be working on a new logo for West Heanton, something that will be instantly recognisable to us all and hopefully reflect our values, our passion for care and our lovely rural community. Once it is signed off, we will share it with you and you'll start to see it appear on our paperwork, brochures and website. If we're undecided, we may even put it out to a vote!





Wonderful March Birthdays!

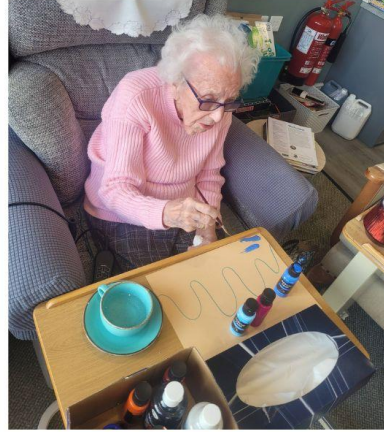
Here is a round up of activities from March. If you are a Facebook user, there are many more pictures, videos and the chance to chat on our Facebook Page www.facebook.com/WestHeanton

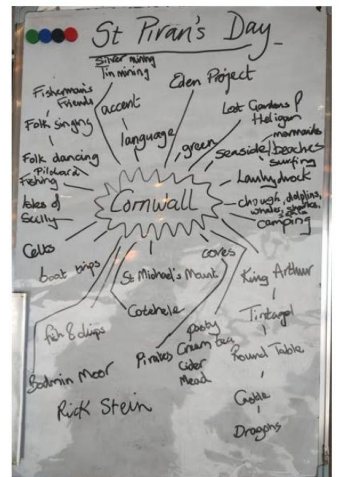


Singing Session with Bex Tupholme



Holi the Hindu Festival of Colours






Don't forget to follow us on Facebook for live news, events, updates & many more pictures, stories & videos
facebook.com/WestHeanton

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