

ARUNDEL ROAD, GREENSLEEVES, 4 MILL ROAD & THE  
HIVE Newsletter Winter 2020/21

Welcome to our Newsletter. We hope that you all enjoyed looking at the last one. If you have any suggestions for items or any news stories that you would like to see in the next edition then please let me know.

Unfortunately Coronavirus (Covid-19) continues to be part of our lives so we must all remember that washing your hands is one of the easiest ways to protect yourself and others from illness.



Remember that regular handwashing is very important and we must all still continue to do this.

Many service users took part in festive activities. Here are some of the photos of the celebrations.





## News from 4 Mill Road.

The refurbishment is nearing completion and they are currently moving in. We have decided to change the registered name from Sedgemoor and Framley to 4 Mill Road. The service users are happy with this change of name and like the idea of having a street name as opposed to a 'care home' name. They have been getting involved with helping to choose the colours. As you can see it looks amazing:



Kitchen



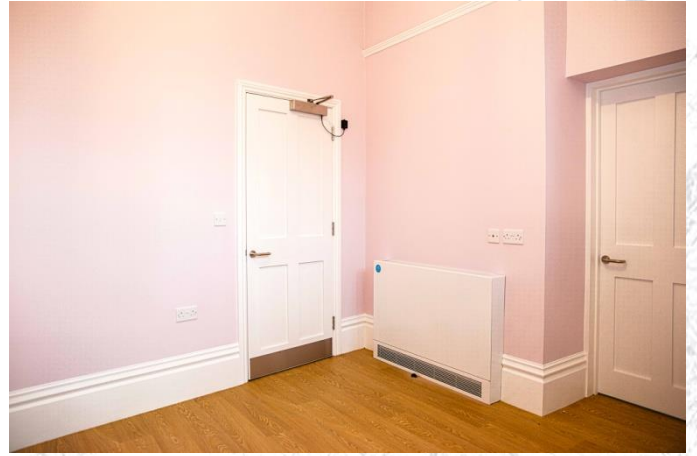
Light



Stained Glass window



Wall Art



Bedrooms & Bathrooms



The service user's have been getting involved in lots of in-house activities and 'themed weeks' to help keep them occupied during this current lockdown.

Gildredge Park



Arts & Crafts



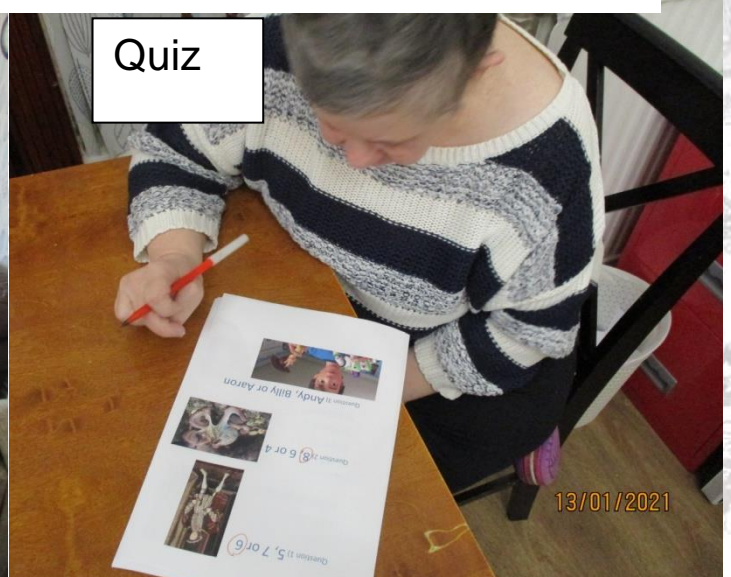
During Chinese week the service users made lanterns, listened to Chinese music and cooked a variety of Chinese meals. They have been learning how to cook healthier meals too.

Many of them have been enjoying Chair Yoga with Carlene on Fridays via Zoom and getting out for short local walks. They also did a quiz, which everyone enjoyed and our Senior (Poppy) did a 'Belly Dancing' class with them, which they loved getting involved with!

Belly Dancing



Quiz



Just after Christmas many of the service users went to 'Glo Wild' at Wakehurst Botanical Gardens in Haywards Heath, which was a spell binding winter adventure trail. The gardens were brought to life with glowing lanterns, mesmerising projections, immersive soundscapes and glistening torches of fire. It was a very enjoyable evening for everyone that went along, although it was an extremely cold night.



## News from Arundel Rd.

Our residents, at Arundel Road, have continued to go out on walks to the local parks and the seafront. They went out on the Christmas minibus delivering cards and saw the festive lights at Wakehurst Place. Below are some pictures of the Arundel Road residents enjoying themselves.





## News from Greensleeves.

Greensleeves service users get great pleasure from their Arts & Crafts activities. As you will see in the pictures Knitting, painting, jigsaws and embroidery are just some of the things they enjoy doing.



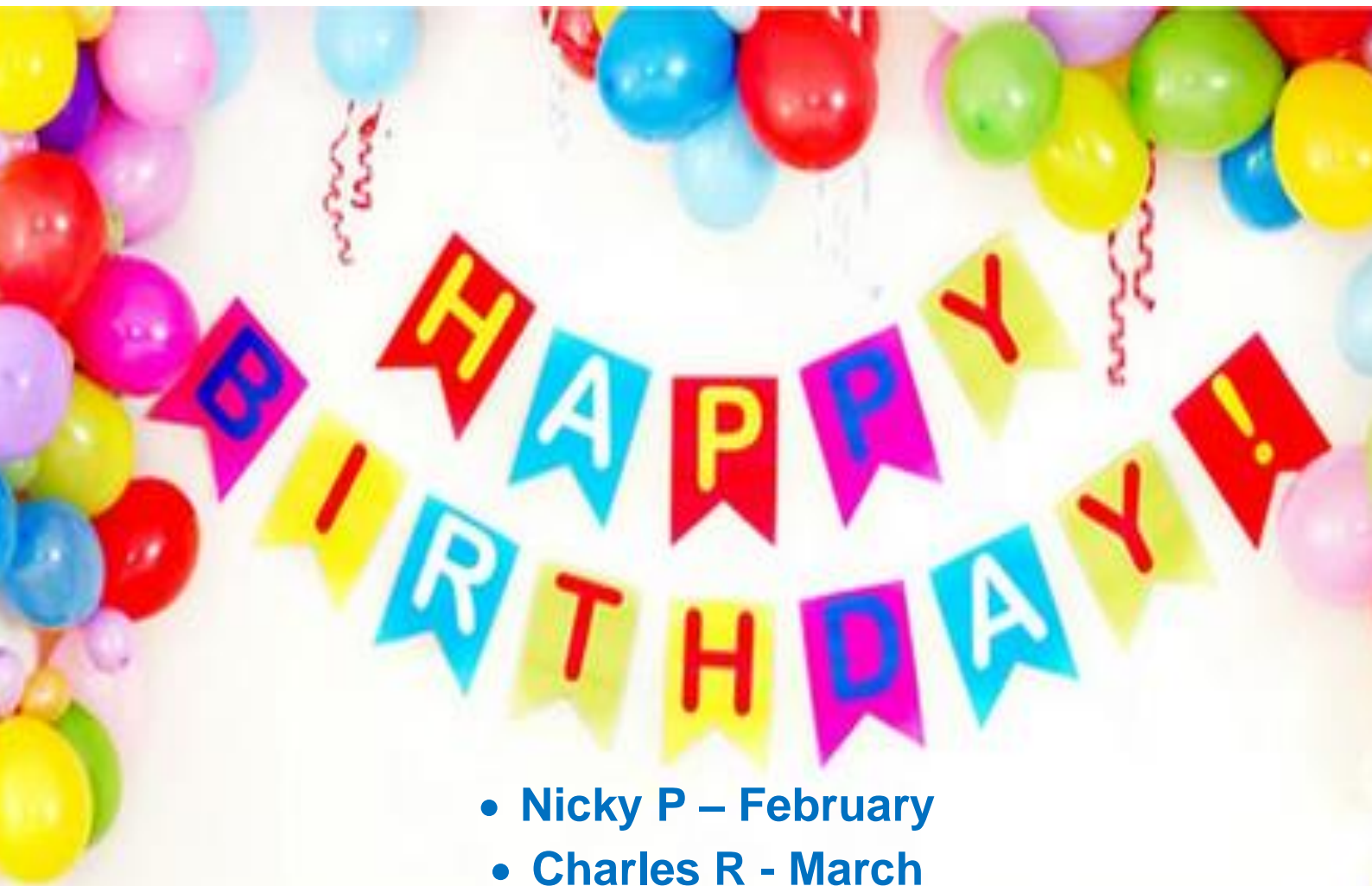
## News from the Hive.

Sadly the difficult decision was made that we needed to temporarily close our day service. This service will be missed by many of you. Fingers crossed we can open again soon.



## Great Christmas music session with Nick at The Hive.





- Nicky P – February
- Charles R - March
- Rosie P - March
- Tony B - April.
- Gary R – April
- Piers L - April
- Christina W - April
- Lesley C - April
- Yvette G – April
- David O'B – April



