



Hope you are all enjoying the summer sunshine as much as we are!

With best wishes

Jackie



Residents enjoy Jelly drops

Jelly drops are tasty, 95% water, sugar free treats, designed to boost health and hydration for people finding it difficult to hydrate. Residents have been enjoying them as snacks during the hot weather as they taste lovely and are a different way to ensure you are getting more water.



Big Step Out postponed until July

Due to the extreme weather in June, we have had to postpone our annual Big Step Out around the garden until July. Meanwhile, Lea-Ann & Hazel are getting ready for their sponsored walk to work which will also be taking place during July

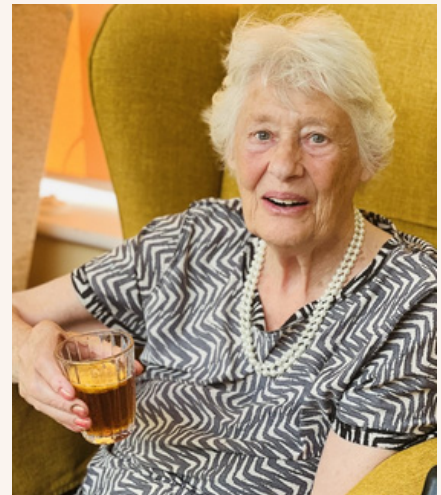
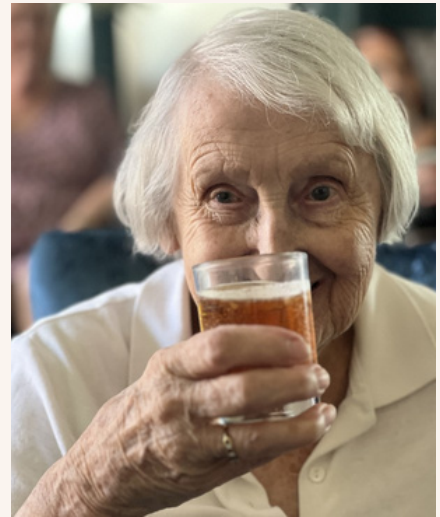
Lea-Ann and Hazel complete their sponsored walks

The pair walked to work once a week during July, some days they enjoyed lovely weather and some beautiful scenery, but other days, during the heatwave, were really quite hard work!! The ladies undertook this challenge to raise money to bring the 'Dementia Tour Bus' back to Margaret House - so that staff and relatives can get to experience what it might be like living with dementia.

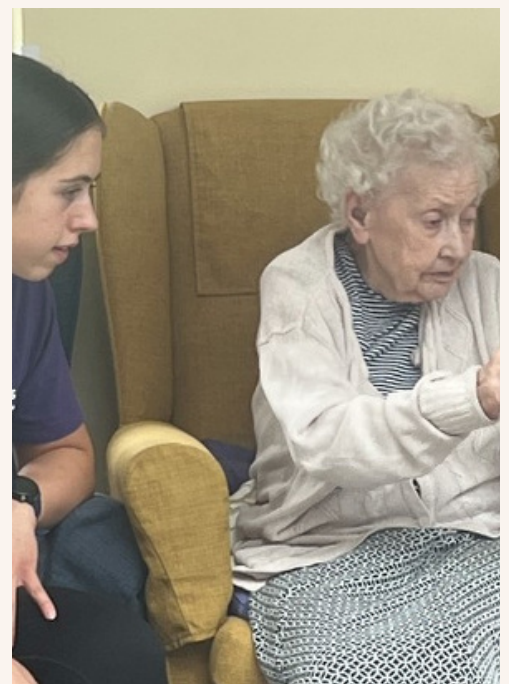
It is not too late to donate to help them reach their target - the link to their Go Fund Me page is : <https://gofund.me/a19e7e2b9>



Tennis & Pimms- followed by tea & cake- what a wonderful afternoon!!



Birthday celebrations for Jean & Ball skills with Maya\



An afternoon at Barley Fair and Homemade Cocktails





During the recent hot weather - staying hydrated has been very important - Jelly Drops and our Hydration stations, with a variety of flavoured waters, situated around the home have proved to be very popular with all our residents

