INTRODUCTION

Message From Our Manager

As we welcome another edition of our newsletter, I would like to begin by saying a heartfelt thank you to all residents, families, and friends who have made Cedars a home and the mission Cedars is the caring, welcoming place it is today. As we often say, "We're not just a care home, we're a care home that cares." Our compassion, dedication and commitment to quality care are what set us apart, and I am incredibly grateful for everything you do each day.

The past few months have been filled with a wide range of activities, outings and special moments for our residents, and as we move further into the summer, we are looking forward to many more opportunities to spend time together and enjoy everything our beautiful home has to offer.

I would like this newsletter to remind them of our wonderful community, especially those hospice, who generously gave up his time every Wednesday to provide hairdressing for our residents. Unfortunately, Nigel has had to step back from his position in dropping by the pub stand at the local garden centre, these haircuts sessions with something special to look forward to and create lasting memories.

Looking ahead, one of the most exciting developments at Cedars is the transformation of our ground floor into a dedicated nursing wing. This is an important step in our journey to ensure we can provide the focused commitment to providing the very highest standard of person-centred care.

The new nursing unit will be supported by a Registered Nurse working alongside our experienced care team, enabling us to meet the changing needs of our residents with greater confidence. This commitment to nurses compassionate, high-quality care is familiar and reassuring.

I am incredibly proud to be part of this exciting journey alongside our residents, families and staff. Together, we will continue to build on everything that makes Cedars such a special place to live and work, and I look forward to the next chapter ahead.

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,

Nicky

Nicky Dragan
Care Home Manager

WHAT'S BEEN HAPPENING?

Making the Most of Summer

The recent warm weather has given everyone plenty of opportunities to spend time outdoors in our beautiful gardens.

Residents and staff enjoyed an afternoon of traditional lawnsport games in the garden, bringing out everyone's competitive spirit and creating plenty of laughter along the way. Cedars garden specialist Scott (individual memories for many residents, who has been with us for over 20 years) kindly provided the equipment and set up all the boggish lawning games ever, from a determined effort to hook a duck using only her teeth, much to the amusement of everyone watching!

Residents have enjoyed relaxing together over good food, sharing stories and laughter while making the most of the sunshine. These simple moments are what make our home such a special place to live and visit. Our company continue to be part of the Food Justice Festival in early July at Cedars.

We were delighted to welcome the talented Kevin Davis to Cedars for a wonderful afternoon of live music.

As the summer sunshine streamed into the lounge, residents enjoyed a fantastic performance featuring familiar songs from the musical theatre stage that had, singing along and enjoying the relaxed atmosphere. Music has a remarkable way of bringing people together, and this made for an wonderful, heart-warming afternoon filled with joy and enjoyable afternoon.

A heartfelt thank you to Kevin for giving us her time and bringing so much warmth and happiness to everyone at Cedars.

ACTIVITIES & EVENTS

An Afternoon with the Mayflower Morris Men

We were delighted to welcome the Mayflower Morris Men to Cedars for a wonderful afternoon of traditional dance.

Residents thoroughly enjoyed watching the colourful Morris dancing performances, accompanied by lively music and plenty of energy. The familiar tunes and traditional dances brought smiles and memories to many residents, creating a joyful and warm atmosphere of residents singing along and clapping throughout the performances.

It was a fantastic community event, and we would like to extend our sincere thanks to the Mayflower Morris Men for sharing their time, enthusiasm and talent with us.

A Peaceful Afternoon by the Sea

A trip to the seaside provided residents with the opportunity to enjoy this simple pleasure of a sunny afternoon by the water.

Watching the waves roll in, feeling the warm sunshine and breathing in the fresh sea air was a wonderful way to spend a peaceful afternoon. There was no need for a timetable or constant conversation, as everyone enjoyed the calm surroundings and the chance to simply relax together.

Days like these remind us how important it is to slow down, appreciate nature and enjoy each other's company.

Summer Barbecue in the Garden

Our summer barbecue brought residents, families and staff together for an enjoyable afternoon in the sunshine.

Everyone tucked into a delicious barbecue while catching up with friends and enjoying the relaxed atmosphere in the garden. The afternoon was marked by lively conversation, laughter and plenty of good food, making it a wonderful opportunity to spend quality time together.

Filled with good food, laughter and great company, it was a wonderful celebration of our community spirit.

Delicious Dining at Cedars

Our kitchen team has been working incredibly hard over the past few months, continuing to enhance the dining experience for everyone at Cedars.

Residents have been enjoying an ever-changing selection of delicious home-cooked meals, with the team carefully listening to feedback and adapting menus to ensure quality and presentation is in mind. Good food plays such an important part in daily life, and it is wonderful to see the care and creativity put into every meal at Cedars and family alike.

A huge well done and thank you to big and little kitchen team for their continued hard work and dedication.

Returning to Southchurch Park

Residents enjoyed a lovely visit to Southchurch Park Lake, a place that held many happy childhood memories for several members of our community.

The peaceful surroundings, gentle movement of the water and familiar scenery sparked conversations and shared memories, bringing back moments from many years ago. Some residents kindly recalled watching the pleasure boats on the lake, while others reminisced about their children or spent enjoying one of the many band-based green spaces.

This visit was filled with sunshine, conversation and quiet moments of reflection, making it another enjoyable day out together.

Remembering VE Day

Residents came together to mark VE Day with a thoughtful day of remembrance and celebration.

Throughout the day we reflected on the significance of Victory in Europe Day, remembering those who served and those who lived through one of the most defining moments of our lifetime. We also took part in the wreath in Europe. Residents enjoyed delicious home-made cake and tea, sharing stories and memories with friends and treasured memorabilia and photograph meaningful conversations.

Residents shared personal stories about family members and loved ones who lived through the war, creating an opportunity to reflect on the resilience, courage and determination shown by that generation.

It was a moving occasion that honoured those who served, remembered those who were lost and celebrated the peace that followed.

NEWS & CELEBRATIONS

Happy Birthday!

We've enjoyed celebrating some very special birthdays recently.

We celebrated our 96th birthday, surrounded by her family, making it a truly memorable occasion filled with love, laughter and wonderful company.

We also celebrated Pauline's birthday, and it was lovely to see everyone coming together to mark her special day.

Happy Birthday once again to both Ivy and Pauline from everyone at Cedars. We hope you both had wonderful celebrations.

A Fond Farewell to Anna Holdstock

At the end of August, we will be saying goodbye to our much-valued Deputy Manager, Anna Holdstock, who has made the decision to step away from her role after seven years at Cedars Care Home.

During her time with us, Anna has played an important role in supporting both residents and colleagues, helping to create the caring and welcoming environment that Cedars is known for. Her dedication to her role and her compassionate nature have been greatly appreciated by everyone who has had the pleasure of working alongside her.

Speaking about her time at Cedars, Anna said:

"It has been an honour to help lead this care home over the past seven years. It has been a place where I have learned, grown and been supported by wonderful people and always rewarding moments. Together we created through both the hyper and the lows as one team.

I am sincerely grateful to our dedicated staff, whose hard work ensures our residents always receive the highest standard of care. I would also like to thank our residents' families for their trust and support, and I wish everyone at Cedars all the very best ahead. I leave feeling incredibly proud of everything we have achieved together and confident that the care home is in good hands moving forward."

On behalf of everyone at Cedars, we would like to thank Anna for her years of dedication, leadership and friendship. We wish her every happiness and success as she begins the next chapter.

COMING UP

Date for Your Diary

Thursday 13th August 2026
From 1:00pm

Residents, families and friends are warmly invited to join us for an afternoon of seaside themed fun, entertainment and laughter. We look forward to seeing everyone dressed in their favourite HI-DE-HI inspired outfits as we enjoy another memorable community event together.

Looking Ahead...

As we continue through the summer, we are looking forward to spending more time together as a community, making the most of the warm weather and continuing to build lasting memories with our local community. We hope to continue creating opportunities for residents to relax, reminisce and make new memories together.

Thank you to everyone who contributes to support Cedars Care Home. We look forward to sharing more of our activities and celebrations in our next newsletter.

EXTERNAL LINKS

Social Media

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

Elsie's Fortnight Tea Dance, Leigh

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