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A WARM WELCOME TO OUR
SPRING 2025
Quarterly Newsletter

Manager's Introduction

As we start to see the snowdrops and bulbing daffodils, it's clear that spring is here, and we're ready to welcome everyone back to The Fleet for a wonderful season. We've all delightful activities and events designed to fill our spirits and keep our minds vibrant and engaging.

We invite you to read on and discover some of the exciting happenings in our home...

If you know someone who would like to receive our email newsletter/updates just let us know, or forward them the newsletter sign up link below:

Newsletter Sign Up

Best wishes,

Mac

Mac Crossley
Home Manager

St Patrick's Day

Celebrations

On the lead up to St Patrick's Day, we decided to enjoy some arts/craft habit and celebrate the day with a little bit of decorations and some delicious treats. We had to get out the mould for our virtual adventures. We enjoyed seeds filled and videos of Ireland thanks to YouTube! One of our ladies, Beatrice, is proud to be Irish and was telling us some wonderful things.

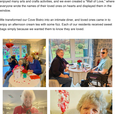
Thanks to Oomph Wellness, Golden Canons and Tiered we had some great entertainment available to learn lines, facts and even completed a quiz about the beautiful Emerald Isle.

A simple item like a white board can be really effective and we had a group discussion where people contributed with words and things they associate with Ireland. We ended the virtual trip to Ireland by enjoying Michael Flatley's Lord of The Dance. Some enjoyed it for the dancing and most appreciated the Celtic music.

Where in the world shall we visit next?

On the day itself, we couldn't leave St. Patrick's Day party without the lively contributions of Rich Fish and John Fiddler. It has probably become a tradition at this point! Everyone enjoyed plenty of refreshing drinks, delicious cakes, and engaging activities, which led to a day filled with dancing, singing, and good times.

Alex and Vitmanis also made Beef & Guinness pie, with creamy mash and green beans for lunch! Sláinte!



Knit & Natter

Keeping Busy

Each Monday, we now host a Knit & Natter group that is open to the entire community of Dartmouth. This group was set up by Fleet volunteer Gill Bateman. Residents have enjoyed knitting, crocheting, and other arts and crafts in numbers. This lady help our residents create new projects and assist with existing ones.

Big Plans

Always Improving

Since starting, our Garden Gardeners, Sue and Sarah have had a real positive impact on our outdoor spaces. They have created a beautiful garden with a wide variety of decorative planters, a cold frame, and compost onsite. They have done extensive work in the raised beds and external beds around the front of the building, including weeding, cutting back existing planting, and adding wood chips to the everything.

Sue and Sarah not only do the gardening but are also kind enough to host workshops for our residents. So far, we have planted bulbs, made bug hotels, and created bird feeders.

Plans for the garden include a Mediterranean area, a new updated seating area, sensory plants, and potentially a water feature. The ladies are so creative, and we look forward to seeing how the gardens develop over time.

Humpty Dumpty Childcare

Intergenerational

We have formed wonderful bonds with a local preschool, Humpty Dumpty Childcare. The children range in age from two to four years old. They visit several times a month and love to see the alpacas and sets. YOC has contributed to our fundraising efforts, and we joined them at a Children's Feast with to support their initiatives.

Humpty Dumpty has enjoyed Rhythm Time sessions and plenty of arts and crafts activities with our residents. The children have enjoyed learning about our residents, creating stories together. It's wonderful to witness these relationships develop.

Valentine's Day

Love In The Air

The Fleet was full of love on February 14th as we celebrated Valentine's Day. We decorated the lounge with hearts, balloons, and pink and red flowers. We also had everyone write the names of their loved ones on hearts and displayed them in the window.

We transformed our Core Bistro into an intimate diner, and loved ones came in to enjoy an afternoon cream tea with some fizz. Each of our residents received sweet treat goody bags as a special thank-you to know they are loved.

Welcome To Our Volunteers

Thank You!

We are proud to announce that we have an fully DBS-checked volunteers at The Fleet! These ladies have committed their free time to enhance the lives of our fabulous ladies and gents.

Yvonne attends every Tuesday morning to deliver a chair-based exercise class, she is also a founding member of the weekly Dartmouth Dawdle. Sunshine or rain, Yvonne will be down there.

Gill spends time with individuals and offers companionship. She is the founder of our weekly Knit & Natter group, which has become a wonderful addition to our community. Gill, along with Yvonne, plays a huge part in the setup and running of the weekly Dartmouth Dawdle.

Karen is a key part of our Fleet Voices Choir, and we enjoy the new-look every other week. Karen bonds moods and gives individuals confidence as they participate in our continued singing group.

Belinda assists with the Crafternoon sessions that we host with Activity Coordinator Kelly. She also helps at the Dawdle and supports our ladies and gents during the walk.

Sue and Sarah are our gardening supporters! They are incredible with their vision and work ethic. The ladies attend even in sleepy weather, constantly working to improve our outdoor spaces. They are remarkable and even have a gardening club, which is thriving! Sue and Sarah have had raised bed workshops, seed planting, and bird feeder workshops so far.

We cannot thank our volunteers enough. They are all truly remarkable for dedicating their time to us at The Fleet.

Leave A Review

Your Thoughts Matter

If you have a loved one staying with us and wouldn't mind leaving us a review it would be thankfully received. These reviews are always so helpful for people considering which care home to trust with the care of their treasured and cherished.

All reviews are from genuine people with personal experiences and opinions from those who have stayed or are still in our care.

Carehome.co.uk Reviews

Google Reviews

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