

# Peasmash Place Newsletter

## Welcome

We've all had a peaceful and comfortable start to the new year. January has been a quiet and cosy month here at Peasmash Place, and we're delighted to share some of the highlights



## A Cosy Month Indoors



With the colder winter days settling in, we've been spending more time indoors, enjoying warm drinks, good company, and gentle activities. The atmosphere has been relaxed and homely—perfect for easing into the year at our own pace.

## Quizzes & Brain Teasers

Our quizzes have continued to be a hit! From general knowledge to memory games, residents have enjoyed keeping their minds active and having a bit of fun along the way. Laughter, friendly competition, and great teamwork have made these sessions a lovely highlight of the week.



## This Month we meet Hilary Lee



Hilary has been a valued member of our Care Assistant team for over 10 years. Throughout her time with us, Hilary has shown remarkable calmness, compassion, and warmth, qualities that make her truly special to both residents and colleagues.

Outside of work, Hilary enjoys spending time in her garden, where she's an avid and enthusiastic gardener. She also loves long walks and cherishes time spent with her grandchildren and family.

Thank You Hilary your dedication and kindness continues to make a positive difference for everyone here at the Peasmash Place

## Keep Moving! Gentle Exercise Sessions



This month, we continued with our regular exercise sessions. These gentle, guided exercises are designed to keep everyone moving safely and comfortably.

Even completing a few simple exercises each day can make a big difference.

## Redecorating and Refreshing

The drawing room has been freshly decorated, giving it a brighter, cleaner, and more welcoming feel. And it's not quite finished yet—new curtains will be arriving soon, which will complete the room's refreshed look.

The dining room has also received a beautiful update, with new curtains now fitted, adding a warm, cosy feel to the room



## January Birthday Celebrations



This month, we celebrated Ann's birthday here at the home.

Ann enjoyed a wonderful homemade cake, lovingly prepared, along with some beautiful flowers to mark her special day.

We hope you had a truly fantastic day, Ann! It was lovely to celebrate with you.



## What's going on in February!

**10<sup>th</sup> February – Gemini Clothing from 9am**

**17<sup>th</sup> February – Coffee Morning – Drawing Room**

**27<sup>th</sup> February – Fish and Chip Lunch – Cooked by The Flying Fryer**