

The Anchorage Care Home Monthly Newsletter



Coombelands Lane, Pulborough, West Sussex RH20 1AG
Our boutique luxury home delivering individual care for our residents



Here's to brighter days, positive thoughts, and a summer filled with smiles.

Our residents continue to enjoy our popular yoga sessions, promoting relaxation, wellbeing, and a sense of calm. Alongside this, they have been getting creative by designing and painting beautiful positivity stones for our garden, each carrying messages of hope, kindness, and encouragement.

These special stones will help create a colourful and uplifting space for everyone to enjoy, reflecting the warmth and positivity that our residents bring to The Anchorage every day.



www.anchoragecarehome.co.uk

Sometimes the weather has other ideas!

As part of Care Home Open Week at The Anchorage, we had planned to take our herb garden activity outdoors, but the British weather had different ideas! Not to be deterred, our residents enjoyed bringing the gardening indoors, planting a selection of herbs and sharing memories of gardens, cooking, and favourite summer scents. The activity provided plenty of smiles, conversation, and a wonderful sensory experience for everyone involved.

Well done everyone!

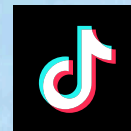


Summer Solstice Celebrations

As part of our Summer Solstice celebrations at The Anchorage, residents were gifted a beautiful organza bag containing a citrine crystal, fragrant lavender and a positive affirmation. The sensory benefits of the calming lavender, combined with the uplifting symbolism of the citrine crystal and encouraging affirmations, created a thoughtful keepsake to promote wellbeing, positivity and reflection. Residents enjoyed exploring the different scents, textures and messages, taking time to embrace mindfulness, gratitude and the warmth of the season. A simple but meaningful activity celebrating light, positivity and the joy of summer.



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