The Anchorage Care Home

Monthly Newsletter

@PREMIUMCAREGROUP

Coombelands Lane, Pulborough
West Sussex RH20 1AG

Our boutique luxury home delivering individual care for our residents



A Month of Adventures, Activities & Special Moments

From getting out and about in the local community to celebrating special occasions and enjoying plenty of activities at home, there's certainly been no shortage of things to do! Our residents enjoyed a trip to Marks & Spencer for a spot of shopping, a change of scenery and a chance to browse the aisles. Meanwhile, others headed to the local leisure centre for a Winter Warm-Up class, focusing on improving balance, building strength and helping to reduce the risk of falls. With chairs available for support, everyone could take part in a safe and encouraging environment, working at their own pace. It was a fantastic opportunity to boost confidence, promote independence and support physical wellbeing while enjoying some gentle exercise together.







Smiles, Laughter and Connection at Our Dementia Café

We enjoyed another wonderful visit to our ever-popular Dementia Café at Pulborough Village Hall! From activity books and friendly chats to a fun game of pass the balloon and a lively Hokey Cokey, the morning was filled with smiles, laughter and plenty of joy.

Our Dementia Café sessions provide a welcoming space for people to socialise, build connections and enjoy a sense of belonging within our local community. Join us for our next Dementia Café on Tuesday 10th November at 10am. We look forward to welcoming familiar faces and new visitors for another lovely morning together!







We celebrated Valerie's birthday in style with a lovely cake and candles! Making our residents feel special on their birthdays means so much to us, and we always go the extra mile to ensure everyone feels loved and celebrated on their special day.

We also enjoyed a lovely trip to Beedings Castle with one of our residents, taking in the beautiful surroundings, breathtaking countryside views and making the most of the welcome autumn sunshine.





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