

## A WARM WELCOME TO OUR AUTUMN 2025

# Quarterly Newsletter



## Introduction

As autumn arrives with its crisp mornings and colourful leaves, we've been reflecting on the summer just gone. It has been a season filled with sunshine, laughter and treasured memories. From lively gatherings to peaceful afternoons in the garden, our residents and staff have shared many special moments together.

Also, 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:

[Newsletter Sign-Up](#)

Best wishes,

White House Home Team



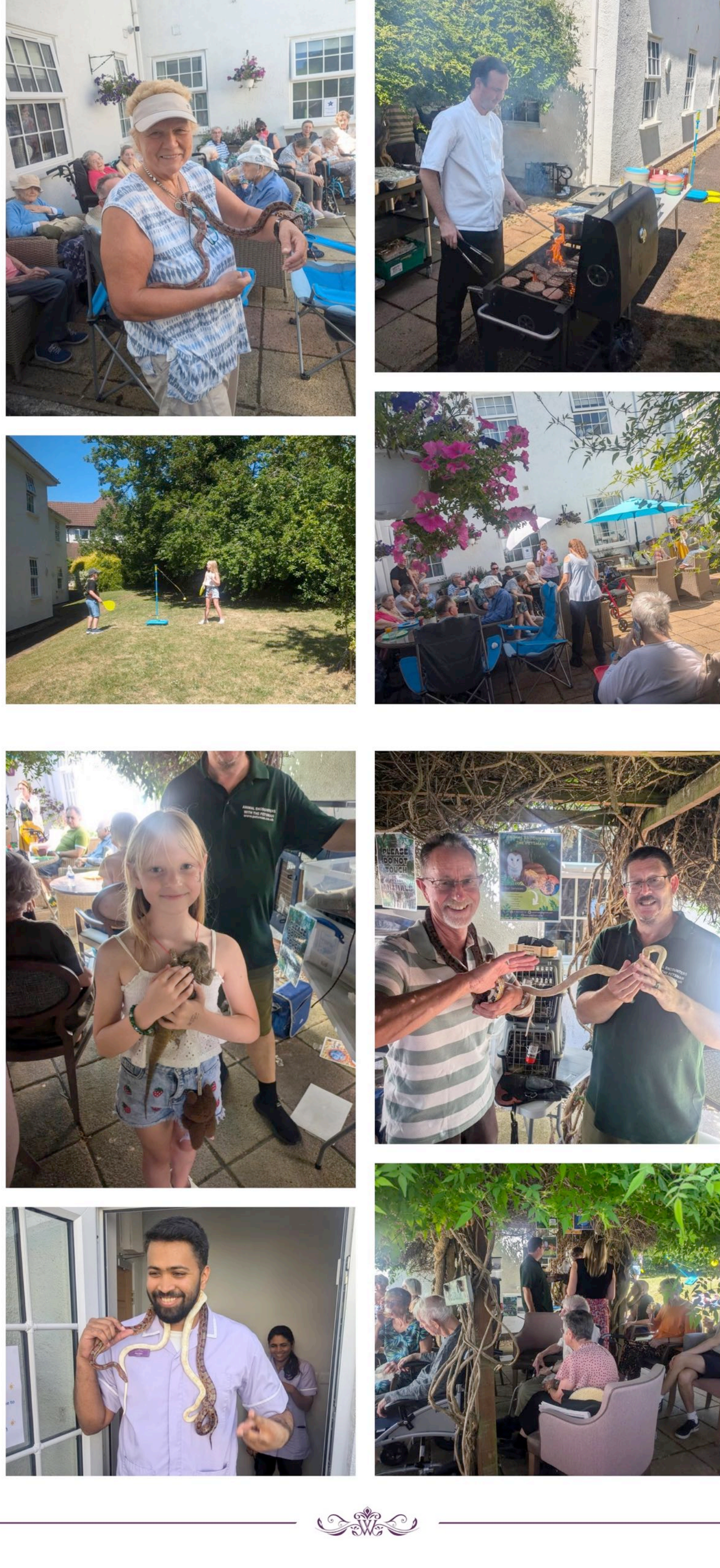
## Family Fun Day Success

We recently held our much-anticipated Annual Family Fun Day, and what a fantastic celebration it turned out to be! The event brought together residents, families, and staff for an afternoon filled with laughter, connection, and joy.

A very special thank you goes to Talia, who provided wonderful entertainment that had everyone smiling. We were also delighted to welcome Animal Encounters – the Petsman, who introduced us to a range of fascinating animals. Residents and families alike enjoyed the opportunity to get up close and personal with some truly unique creatures.

Of course, no summer celebration would be complete without great food, and our thanks go to Phil, our talented Head Chef, and Komal, our dedicated Sous Chef, for preparing a delicious barbecue feast that everyone thoroughly enjoyed. The aromas from the grill created the perfect atmosphere, and the food was a highlight of the day.

We are so grateful to everyone who came along and made the day such a success – it truly was a day to remember.



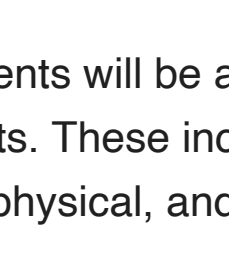
## New Wellbeing Initiative

### WELLBEING AT WHITE HOUSE

All of the treatments that I am offering here at White House will be tailored specifically to you elevating the experience from routine to refined. Offering results that feel personal and genuinely transformative.

#### KEY BENEFITS

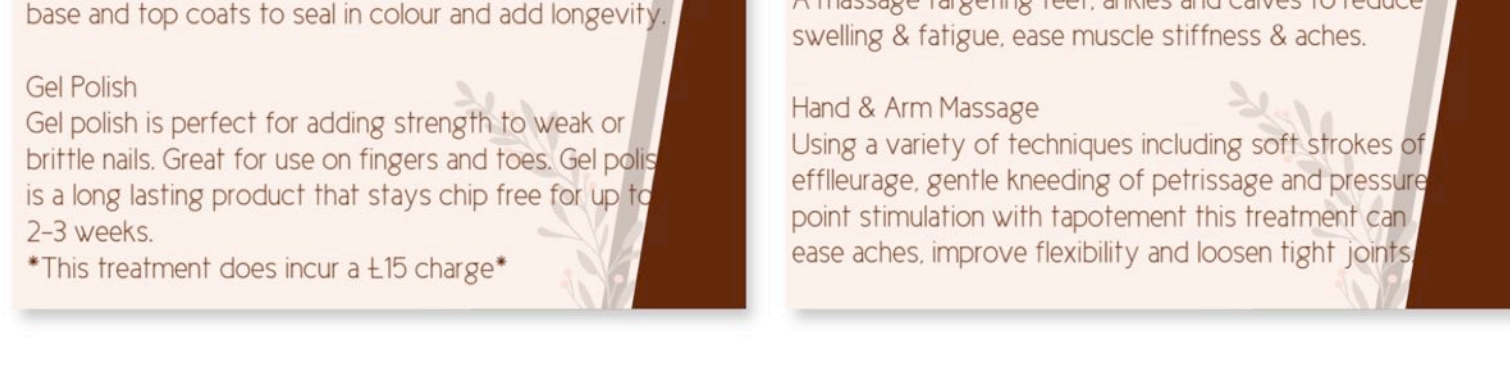
All treatments promote physical, emotional and spiritual wellbeing as well as relaxation and mental clarity. I can't wait to welcome you to the salon. Haley.



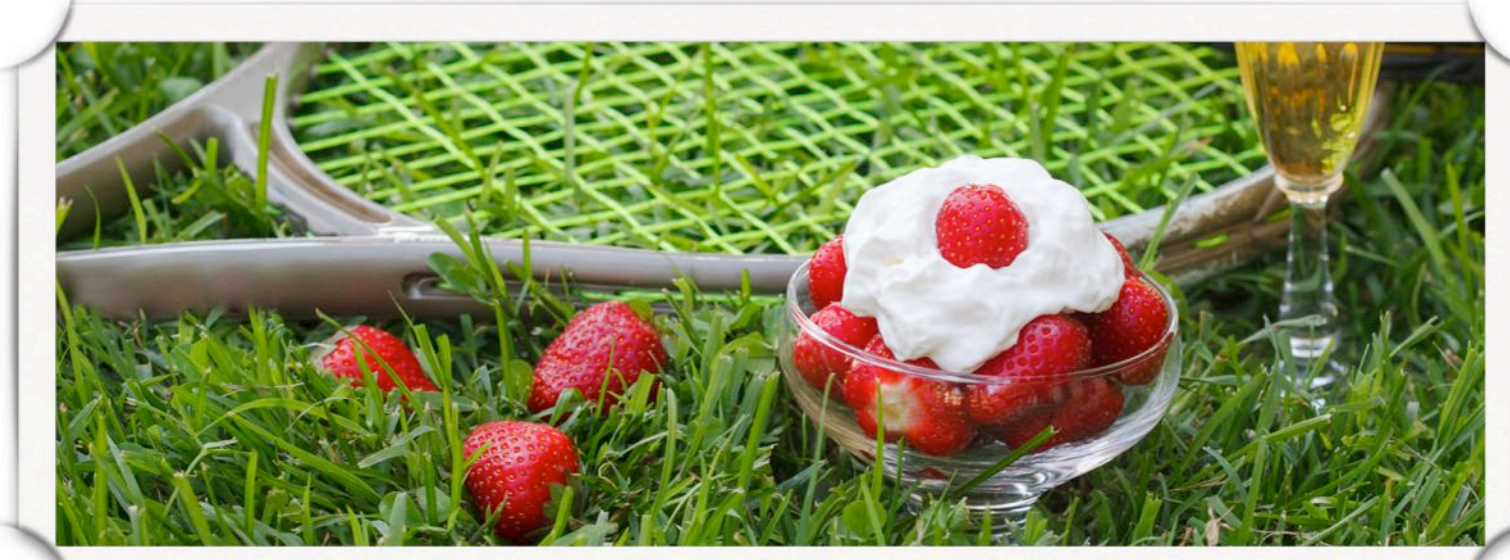
At White House, we are always looking for ways to enhance the wellbeing of our residents. We are delighted to announce the launch of a brand-new Wellbeing Initiative.

Every Tuesday and Thursday, residents will be able to visit the salon, where Haley will be offering a variety of treatments. These include holistic therapies and nail care, carefully chosen to nurture mental, physical, and spiritual wellbeing.

We believe this initiative will add an extra layer of comfort and relaxation to life at White House, and we look forward to seeing our residents enjoy the benefits of these special treatments.



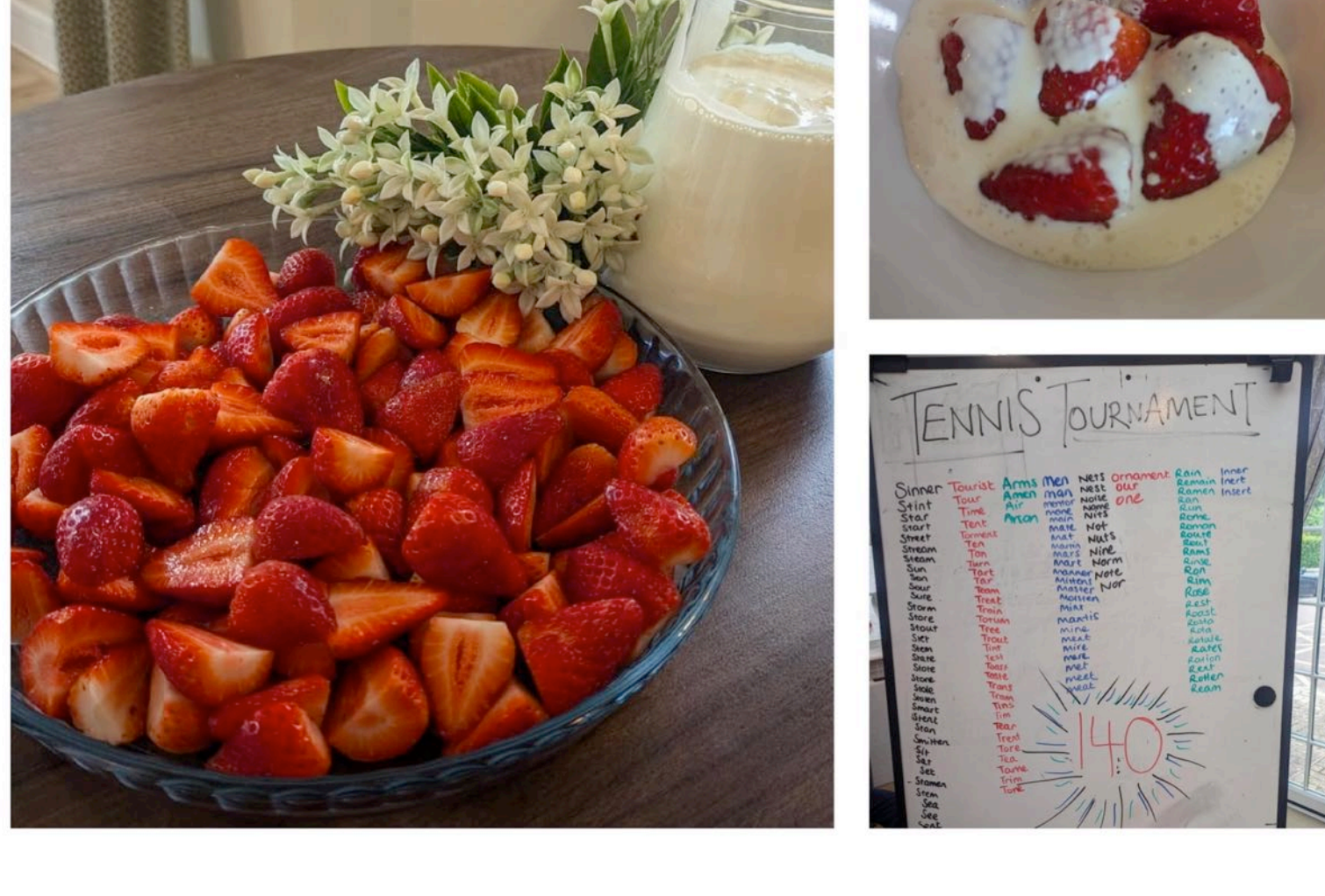
## Game, Set, and Match!



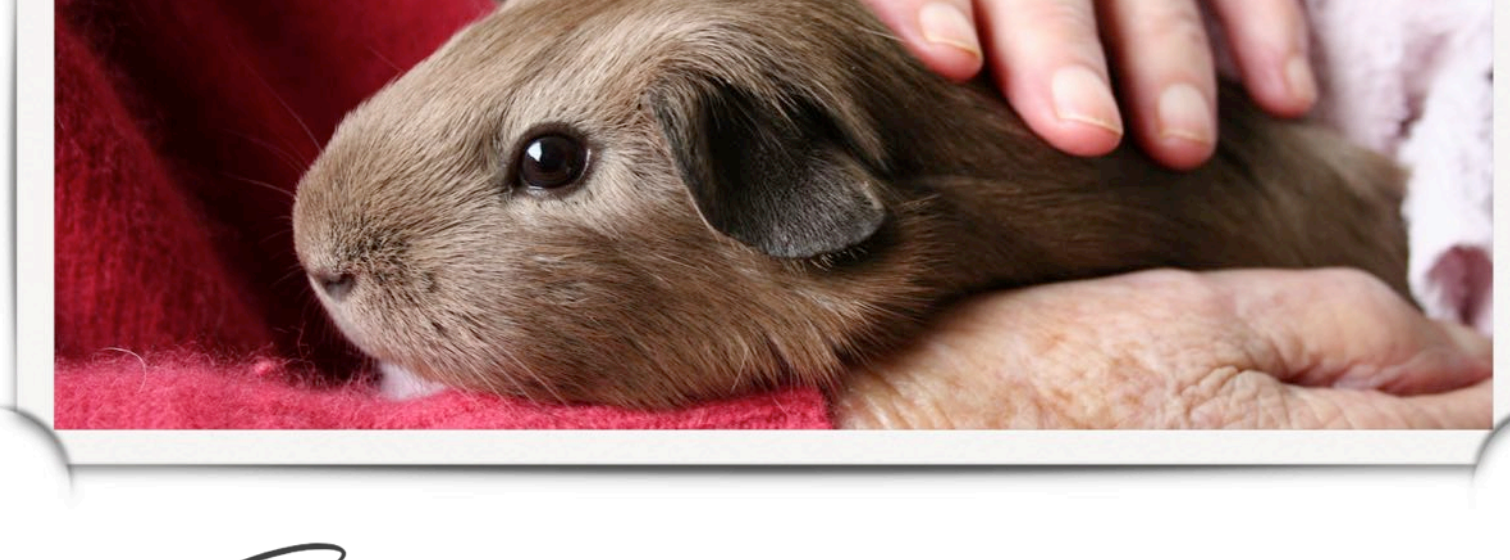
## Well Done

Our latest themed activity took inspiration from the world of tennis, and what an enjoyable time it was! Residents worked together on a lively word game, where the goal was to find as many words as possible. We are proud to share that we smashed our previous record by finding 140 words before lunchtime brought the challenge to a close.

Sticking with the tennis theme, it was only fitting that we served the sport's most famous snack - strawberries and cream. Residents thoroughly enjoyed this refreshing treat, which perfectly captured the spirit of summer and Wimbledon.



## The Benefits of Pet Therapy



## Amazing Experience

At White House Care Home, we recognise how powerful pet therapy can be in enriching the lives of our residents. Alongside our full programme of activities, we welcome visits from a variety of animals to bring companionship, laughter and warmth to our home. Whether it is a gentle dog eager for cuddles, a playful rabbit or a colourful parrot, these visits are always met with smiles.

#### Benefits of Pet Therapy for Older Adults

1. Reducing Feelings of Isolation
2. Boosting Mental Stimulation
3. Supporting Emotional Wellbeing
4. Encouraging Gentle Physical Activity
5. Lowering Blood Pressure and Promoting Relaxation



If you would like to learn more about the benefits of pet therapy or explore life at White House Care Home, visit our website:

<https://www.whitehousecare.co.uk/news-events/benefits-pet-therapy-care-homes/>



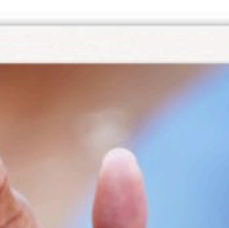
## Social Media



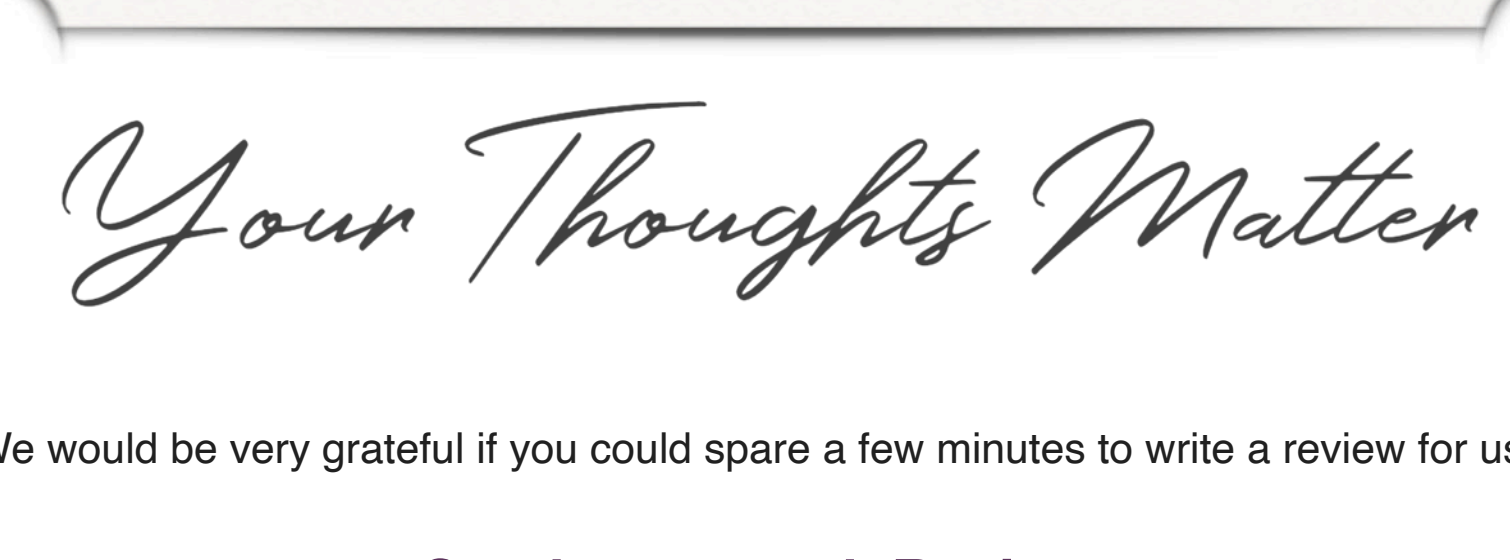
## Connect With Us

Make sure to check out the White House Care Home Facebook Page.

[Don't Forget To 'Like' Us!](#)



## Leave A Review

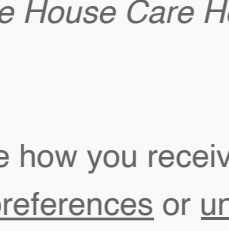


## Your Thoughts Matter

We would be very grateful if you could spare a few minutes to write a review for us:

[Carehome.co.uk Reviews](#)

[Google Business Reviews](#)



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