



THE LATEST WINTER NEWS

- Keep Fit with the YMCA
- Picnic at Herstmonceux Castle
- Summer Tea Party
- Salvation Army Carol Service
- Bonfire Night Celebrations

Interesting articles inside



Summer Tea Party

It was a beautiful summer's day and we all enjoyed cream teas and stalls in the sun.

Read more on page 2



Featured Articles

Aromatherapy and Massage

Residents enjoy a relaxing day of treatments including hand and foot massages to unwind and relax.

Read more on page 3



Keep Fit - Yoga Style

Pentlow residents enjoy weekly Yoga armchair and wheelchair sessions, which is a great way to keep fit.

Read more on page 3



Summer Tea Party

In August, we held our Summer Tea Party, which proved to be a great success.

It was a beautiful summer's day and the party was well attended by residents, staff, relatives and other visitors. There were cream teas, a children's band, singers and some stalls. A huge thank you to all the helpers as the day would not have been possible without them and all money raised went to the Chestnut Tree House.

Karen Ford, one of the visitors said, "What a fabulous day and great to see all the residents enjoying the cream teas."



Daphne Hughes with her friend Mary



Mrs Fenton and family



The Kingfisher Band





Mr Jevans, his wife and son lan



Val and Billy Breeze have been helping the home for more than 20 years
Inset: Stella Ford with her daughter Karen

Aromatherapy and Massage

Residents enjoy a relaxing day of aromatherapy treatments including hand and foot massages.

Maureen is a local therapist and is a regular visitor to the home. She provides some wonderful treatments to our residents, which they thoroughly enjoy as they unwind and relax.





Keep Fit - Yoga Style

Pentlow residents enjoy weekly Yoga armchair and wheelchair sessions, which is a great way to keep fit.

Nicole visits the home to take the class with the residents who really enjoy the activity and the opportunity to do some exercise and have some fun in the process.





Picnic at Herstmonceux Castle

Residents and staff had a lovely picnic at the historic Herstmonceux Castle.

The gardens and grounds of Herstmonceux cover 300 acres including the estate, woodlands, formal themed gardens and of course a 15th century moated castle. It is made from red brick and is one of the earliest examples of a brick built building in England.



The residents had a beautiful day and enjoyed a delicious picnic

Bonfire Night Party

Residents and staff had a lovely Bonfire Night at Pentlow, which they celebrated with an amazing fireworks display in the garden.

Even those residents who were unable to leave their rooms were able to watch the display from their window.

Delicious homemade hot dogs were served with plenty of onions and ketchup and a great night was had by all!



Salvation Army Carol Service

The local Salvation Army visited Pentlow for our annual Carol Service, where residents, relatives and staff joined in singing some lovely traditional hymns and festive carols.

After the carols we all enjoyed tea, coffee and some delicious mince pies. The Salvation Army have been coming to the home for many years now and their visit is always enjoyed by the residents.

Keep Fit with the YMCA

On a beautiful warm sunny afternoon, we thought we would hold our weekly YMCA class outside in the lovely garden of Pentlow Nursing Home.

Our residents always enjoy the company of the young students and it's important to help them to keep fit. We all think that physical exercise is always so much better under the shade of the large cherry tree!





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