

Woodside Newsletter

January 2026





“Small steps taken
daily can create big
changes this year.”

Meet our new activities coordinator Chan



Chan is currently working hard to create a new activity planner to engage our residents, help with cognitive/motor skills, encourage community spirit between those that live here at Woodside and most of all, have fun!

Some of the activities that will be making their way into our new activity planner are:

- 1 to 1 sensory activities
 - Chair yoga
- Manicures and hand massages
 - Grooming sessions
 - Cognitive game play
- Arts & crafts fitting themes, consisting of knitting and crochet, painting and colouring for display boards.
- Motor-skill Movement Monday's for hand-eye-coordination fun!
 - Bingo (a resident favourite)

If anyone would like to offer any ideas to Chan, she will welcome them all.

Dates for the diary January 2026

- Monday 5th January- Chiropodist
- Hair dressers- To be confirmed- likely to be Tuesday 13th January
- Friday 30th January- Food bank haul (see next page for more information)

Birthday's



We will not be celebrating any birthday's in January.

There are plenty of birthdays to look forward to in February ☺

Giving back to the community

Here at Woodside, we were grateful to receive so much love and support from our local community.

We welcomed local church choirs, a theatre group, a local primary school made gifts for each resident- which everyone absolutely loved!

We would like your help to give back to those that gave us their thoughts over the Christmas period.

So over the month of January, we will be collecting food bank donations (collection box in the reception area) to be given to Dover Food Bank by 30th January.

Items needed:

Chocolate, sweets
Cleaning spray
Cooking sauce in jars, gravy granules
Fabric conditioner, washing powder
Gluten-free food items
Household Cleaner
Instant coffee
Instant mashed potato
Long-life juice
Long-life milk
Mayonnaise, salad cream, tomato sauce
Men's & women's deodorant
Multipack crisps/ snacks e.g cereal bars
Nappies - size 4, 5, 6, 7
Preserves
Shampoo, conditioner
Spreads
Stock cubes
Tinned fish, meat, meatballs, spaghetti
Toothpaste
Washing up liquid

Items not needed:

Pasta
Tinned potatoes
Tinned pulses

Woodside's Employee of the Month



Megha

Megha has been voted as Woodside's employee of the month for January. She has recently become a Flexi senior and has taken to learning and carrying out the role exceptionally well.

Here are a few reasons as to why Megha was voted this month:

"She always gives 100%. She steps in as a senior and has had some hard situations but still is smiling and happy."

"Stepping in as a senior, works hard, always happy."

"Megha goes above and beyond, doesn't ever give up and does everything to the best of her ability".

Well done Megha! We all appreciate everything you do here at Woodside for the residents and for your colleagues.

Thank you to all of our
friends and family for your
ongoing love and support
here at Woodside.

If anyone would like to reach out to us please feel free to contact: **01304 825713**

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