



# Blair Park



# Newsletter

April 2026 Issue

*Throughout our newsletter you can expect to read a little bit about what goes on here at Blair Park. We hope you enjoy!*



Residents celebrating their birthday this month  
are...

Kath – 16<sup>th</sup>



Pam – 18<sup>th</sup>



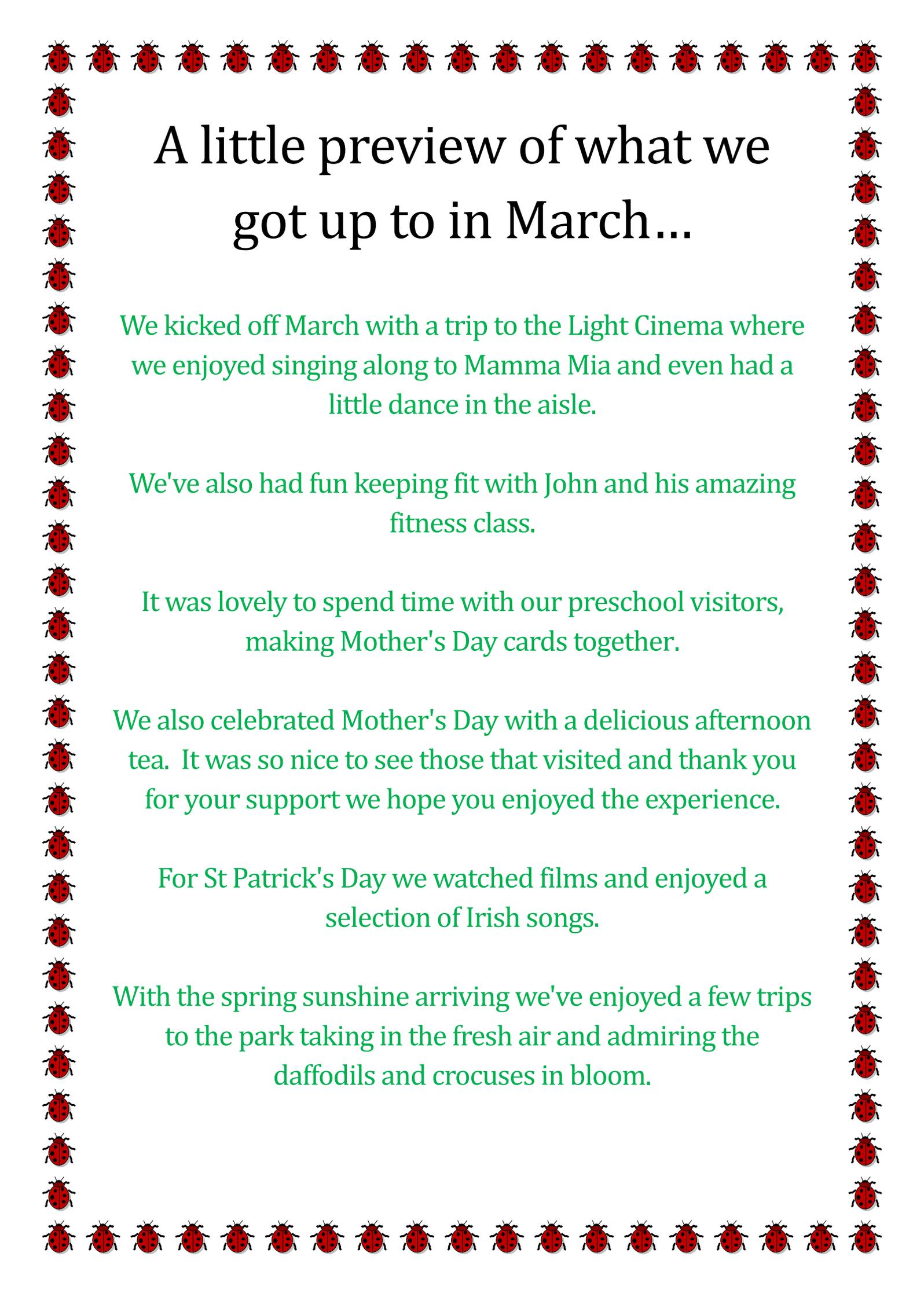
Brian – 26<sup>th</sup>



Janet – 28<sup>th</sup>



Wishing you all a very happy birthday xx



# A little preview of what we got up to in March...

We kicked off March with a trip to the Light Cinema where we enjoyed singing along to Mamma Mia and even had a little dance in the aisle.

We've also had fun keeping fit with John and his amazing fitness class.

It was lovely to spend time with our preschool visitors, making Mother's Day cards together.

We also celebrated Mother's Day with a delicious afternoon tea. It was so nice to see those that visited and thank you for your support we hope you enjoyed the experience.

For St Patrick's Day we watched films and enjoyed a selection of Irish songs.

With the spring sunshine arriving we've enjoyed a few trips to the park taking in the fresh air and admiring the daffodils and crocuses in bloom.



We also supported Nutrition and Hydration Week with our residents with fresh fruit and smoothies for everyone to enjoy.

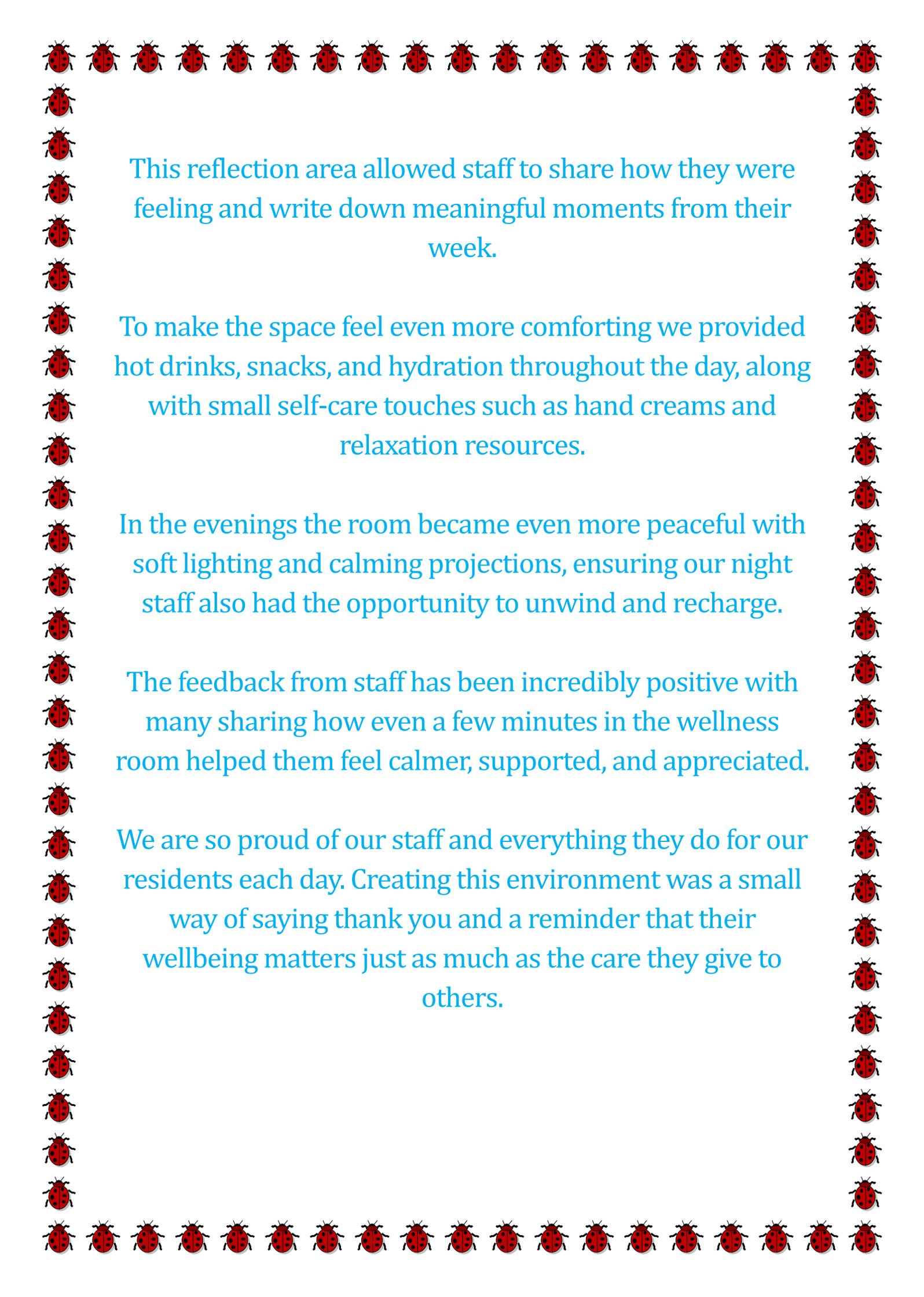
We also said goodbye to our wonderful Ellie this month as she begins her maternity leave. We wish her all the very best and look forward to welcoming another gorgeous Blair Park baby very soon.

### Staff Wellbeing Week

Caring for people living with dementia takes compassion, patience, and emotional strength every single day. We felt it was important to give something back to our team by creating a space where they could pause, take a breath, and feel truly valued for all that they do.

So this month, we created a dedicated Wellbeing Space for our staff at Blair Park. It was a calm and welcoming environment designed to encourage relaxation, reflection, and self-care.

Throughout the week staff were invited to spend a few quiet moments in the wellness room, whether that was taking part in 5-minute breathing exercises, enjoying hand and shoulder relaxation, or simply sitting quietly with a drink.



This reflection area allowed staff to share how they were feeling and write down meaningful moments from their week.

To make the space feel even more comforting we provided hot drinks, snacks, and hydration throughout the day, along with small self-care touches such as hand creams and relaxation resources.

In the evenings the room became even more peaceful with soft lighting and calming projections, ensuring our night staff also had the opportunity to unwind and recharge.

The feedback from staff has been incredibly positive with many sharing how even a few minutes in the wellness room helped them feel calmer, supported, and appreciated.

We are so proud of our staff and everything they do for our residents each day. Creating this environment was a small way of saying thank you and a reminder that their wellbeing matters just as much as the care they give to others.

Cinema trip  
March 4th



HAIRDRESSER AND NAILS



MARCH 5TH

March 4th



Vintage movie and puzzles

CHURCH SERVICE



MARCH 5TH





**RICHARD THE BARBER**  
**MARCH 9TH**

PIC-COLLAGES



**MARCH 9TH**

**PUB QUIZ**

PIC-COLLAGES



**WALK IN THE PARK**  
**COLLECTING THE PAPERS**

**MARCH 10TH**

PIC-COLLAGES



**SPRING ARTS AND CRAFTS**

**MARCH 10TH**



**PREPARING HATS FOR OUR EASTER PARTY!**



**SPRING CRAFTS**

**MARCH 10TH**



**PREPARING HATS FOR OUR EASTER PARTY!**





# Mother's Day

Afternoon Tea

You are invited!



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Afternoon Tea

You are invited!



# Mother's Day

Afternoon Tea

You are invited!



# Mother's Day

Afternoon Tea

You are invited!



# Mother's Day

Afternoon Tea

You are invited!



Happy  
st Patrick's day  
17th march

# LUCK O THE Irish



**MARCH 18TH**

**TRIP TO THE SHOP**



**A WALK IN THE PARK**



PIC•COLLAGE

**Hairstresser**



**March 19th  
Pampering**



PIC•COLLAGE

**INDOOR GAMES**



**20TH MARCH**



PIC•COLLAGE



OUR BEAUTIFUL  
ELLIE HAS NOW  
gone on  
MATERNITY LEAVE  
20TH MARCH



# BLAIR PARK WELLNESS WEEK

## A space for staff to pause & reset

Monday  
5 minute - breathing  
reset



Thursday  
Quiet wellbeing  
space & relaxation



Tuesday  
Hand & shoulder  
release



Friday  
Appreciation



Wednesday  
Reflection & positivity  
board



# BLAIR PARK WELLBEING WEEK

A space to pause, breathe & feel appreciated

### WHAT WE OFFERED

- Calm wellbeing space
- 5-minute breathing resets
- Hand & shoulder relaxation
- Reflection & positivity wall
- Hot drinks, snacks & hydration



### STAFF FEEDBACK

"Very relaxing - I felt calmer."  
"Such a lovely idea - really appreciated."  
"Even a few minutes made every difference."

Hot drinks, snacks, and hydration were available throughout the week - small moments that made a big difference.

### THANK YOU

To all our staff - for your kindness, dedication, and care every single day.

Could this be something we continue? ♥

# Blair Park Wellbeing Week Evening Sessions



*The room was adapted into a calm softly lit atmosphere for night staff a space for them to reflect & relax*







SPRING CARD  
GAMES 26TH  
MARCH



Enjoying the  
new books  
26th march

OUR NEW DONATION  
BOX



26TH MARCH



SPRING CARD  
GAMES  
26TH MARCH



27th march



# Coming up in the future

We are excited about our Easter Party on Friday 3rd April with entertainment, an Easter bonnet parade and a special visit from Daisy the Easter Bunny. Tickets are on sale now at £3.00 per person and we will also be holding an Easter raffle. Raffle tickets are on sale now at £1.00 a strip



Wednesday, 22<sup>nd</sup> April - cinema trip – Singin' in the Rain

Also, coming up - we have another fun session of seniors and pre-schoolers on Tuesday, 28<sup>th</sup> April at 1.45 pm until 2.30 pm.

In May we have our VE Day celebrations and an exciting cultural day on Monday 18th May with amazing entertainment from African dancers.



# \*Friends & Family\*

We would like to welcome all our new residents and their relatives to Blair Park.

We have a new donation box on display in reception with all funds raised going towards our Residents' Fund.

Bingo prizes are also running low if you can donate. Again, we would appreciate it and thank you

May we remind you when bringing toiletries for your relative could you put your relative's name on them before bringing in please.

Please keep an eye out for emails with upcoming events or see posters on display around the home.

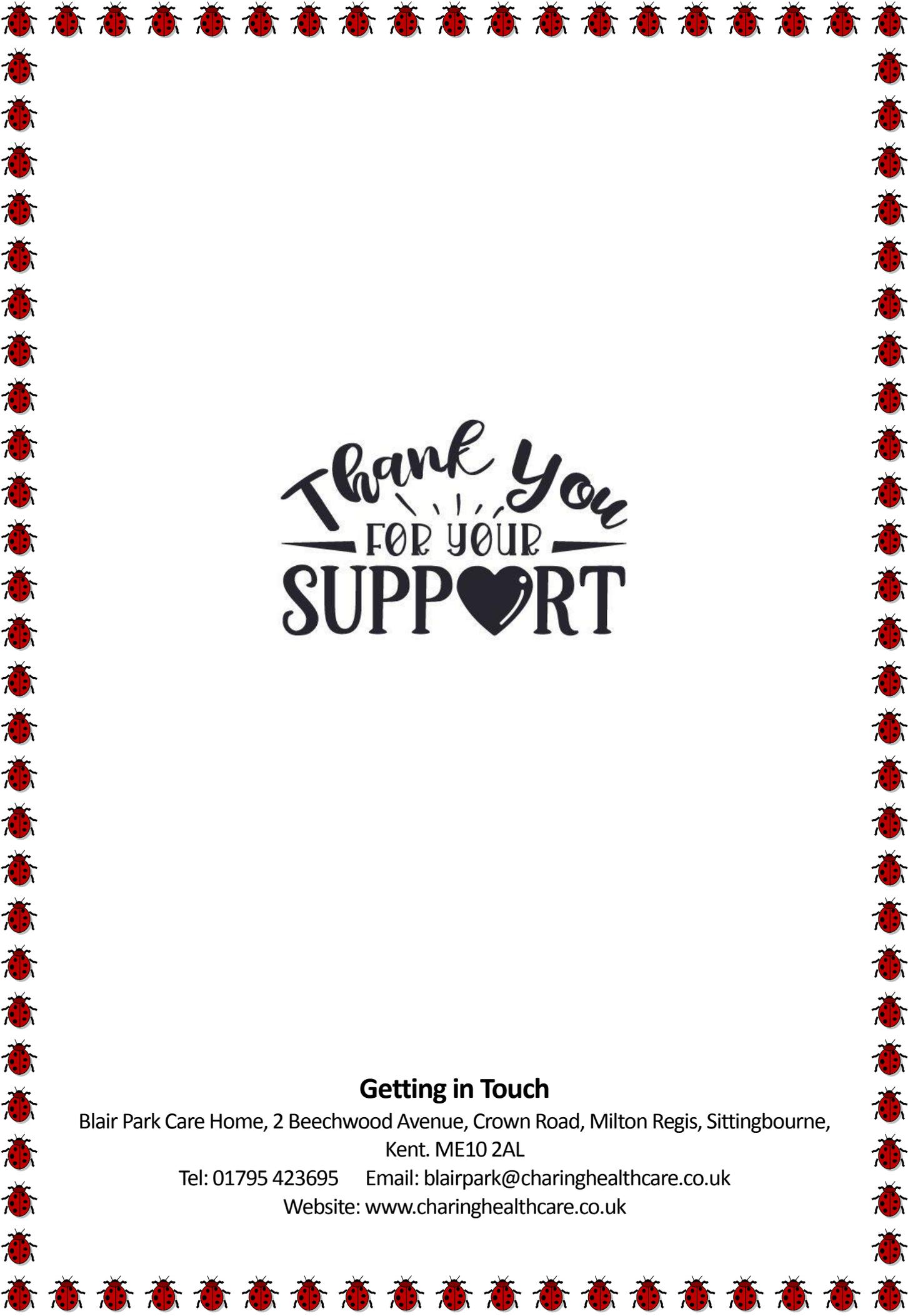
## Dates to Remember

Friday, 8<sup>th</sup> May – VE Day

Monday, 18<sup>th</sup> May – Culture Day

Saturday, 1<sup>st</sup> August - Summer fair

Sunday, 30<sup>th</sup> August - Sittingbourne Carnival



Thank You  
FOR YOUR  
SUPPORT

**Getting in Touch**

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