

### **Greetings from the DON**

“Residents don’t live in our facilities; we work in their homes”.

As we welcome the crisp air and golden hues of Autumn, we are delighted to share the latest updates from Cheltenham House.

First and foremost, we extend a heartfelt welcome to all the new residents and families who have recently joined our ever-growing Cheltenham House. We are pleased to have you with us and look forward to creating many wonderful memories together.

The past few months have been filled with joy, laughter, and meaningful connections. Our residents have truly made the most of the beautiful weather, enjoying scenic outings, engaging bus trips, and a variety of stimulating activities within Cheltenham House. It has been wonderful to see everyone participating with enthusiasm, and we are grateful for the feedback we continue to receive.

Your thoughts and suggestions are invaluable in shaping our programs to better align with the interests and preferences of our residents.

At the heart of Cheltenham House is our dedicated team of caregivers who work tirelessly to ensure our residents receive the highest level of care, comfort, and companionship. For their commitment, kindness, and compassion, we deeply appreciate all they do. We also extend our gratitude to the families and friends who support us with their encouragement, feedback, and suggestions—your

involvement is the backbone of Cheltenham House.

In addition to this, in September 2024, we received unannounced visit from the Commission for a comprehensive three-day audit. We are pleased to share that the audit resulted in successful outcomes, reflecting the dedication and hard work of everyone involved. This achievement would not have been possible without the invaluable support of our residents and their families, whose cooperation and trust continue to strengthen our house. We sincerely appreciate your ongoing commitment, which plays a vital role in maintaining the high standards of care and service at Cheltenham House.

As a special milestone, Cheltenham House will be celebrating its first anniversary on April 2nd! This is a moment of great pride and reflection for us, as we look back on a year of growth, warmth and shared experiences. We would like to take this opportunity to express our heartfelt gratitude to all our residents, families, and staff for your unwavering support, understanding, and trust. This journey would not have been possible without each one of you, and we look forward to many more years of providing exceptional care and fostering a loving home for our residents.

Wishing you all a wonderful autumn season filled with warmth, happiness, and cherished moments.

Regards,

Rajani Thapa

### Activity Highlights

#### Multicultural day:-

We celebrated Multicultural Day in the month of September 2024. The café was decorated with the national flags of different countries and balloons. For our movie lovers, International Movies were screened all throughout the week.



However, the main highlight of this event was stunning performances given by our lovely staff! Staff members shared their heritage through singing, dancing, playing traditional music and giving live cooking demonstration! These performances not only entertained residents but also educated them about different cultures, fostering a deeper understanding and appreciation of diversity.



### Christmas Party: -

The Christmas party at Cheltenham house was a heartwarming celebration organised by our dedicated Lifestyle staff. The facility was beautifully decorated with Christmas trees and twinkling lights creating festive vibes. Many thanks to our lovely Residents who helped staff with the decoration! The music was cheerful, and residents enjoyed singing along to Classic Carols during the Concert. The kitchen staff prepared a delicious festive meal with traditional dessert. There was a special Santa visit that brought joy to everyone's faces. Each resident received a lovely gift which made their day even more special!



### Australia Day :-

Cheltenham house celebrated its very first Australia Day this year! Residents participated in art and craft activities, making bunting and doing sand art. Aussie style BBQ was arranged and music entertainment was arranged as well. These celebrations provided an opportunity for residents to reminisce about past Australia Day experiences and share stories, fostering connections and a sense of belonging.

One of the family members ran Australia themed Art Class which was highly appreciated by residents. Many thanks to lovely Parris for that !



### Valentine's Day High Tea:-

Valentine's Day was celebrated in Cheltenham House quite enthusiastically. The Café was decorated with beautiful Red and Pink hearts and balloons creating a festive atmosphere. The kitchen provided delicious sweets and savories to enjoy. There was a "Live" entertainment that added romance in the air !



### Residents' contribution :-



Christmas Craft led by residents



Resident Shirley, providing music entertainment

### Birthdays and Anniversaries



Rosemary and Malcolm celebrating Anniversary

### Art therapy



### Bus trips



### Carpet bowls



### Jewellery making





### Upcoming events:-

- 19 March:- Residents' – Relatives meeting*
- 17 March:- St. Patrick's day*
- 2 April:- 1<sup>st</sup> Anniversary of Cheltenham house*
- 18 April:- Good Friday*
- 19 April:- Easter Saturday*
- 20 April:- Easter Sunday*
- 25 April:- Anzac Day service*
- 8 May:- Mother's day High Tea*