

News from

BRAMLEY COURT CARE HOME

Dear Friends

As we welcome in a new year and all the hope and anticipation it brings, we wanted to share with you the happy times we enjoyed in the final months of 2020.



Cosy nights with our Bramley Family

As the seasons changed and the Winter days crept in, it was time for our residents to cosy up with their Bramley family; whether that was enjoying Bonfire Night sparklers in our own outdoor Bramley Village or putting their best foot forward in our Strictly dance classes in the lounge, it's been a fun few months! In the evenings our team would bring out the warm blankets and fluffy robes for residents as they whipped up everyone's favourite hot chocolate - or glass of sherry for those who enjoy a tippie. These nights would often be accompanied by the sweet treats that residents had made earlier in Bake Off Club. It seems there's always something to do and someone to enjoy it with here, and our residents wouldn't have it any other way!

Staying strong and active



We believe movement and mobility is essential to creating a life of independence and wellbeing for our much-loved residents - particularly in the colder months with less outdoor activity. So under the guidance of Bramley's personal trainer Jane, our very own 'Exercise Champion' Steph has been busy running individual and group exercise programmes for all our residents. Our weekly exercise class 'Pumped up Pears' has been a hit within our nursing community while we kept up with all our old favourites, from Silent Discos to boxing. As our lively residents will attest, there's something about having a twirl around the lounge or donning a pair of boxing gloves that gives them as much mental strength as physical strength!



Quality time with loved ones

At the end of the year we were thrilled to launch our new COVID-safe, socially-distanced Visitors Lodge, which our team took great joy in decking out for Christmas. At Bramley Court, one of our top priorities has been supporting our residents to have quality time with their loved ones in a welcoming, home-from-home environment. So we were utterly overjoyed when a family member told us that it was “just like visiting mum in her own living room.” Our team went above and beyond to make sure the lodge was as homely and tranquil as possible. This is our residents home, after all, and it is our mission for it to always feel like one.



It's panto time... oh, yes it is!



As it came to that time of year when we usually embark on a day trip to enjoy our favourite Christmas pantomime, we decided that if we can't go to the theatre then the theatre shall come to us! So both team members and residents came together to stage a special production of *The Wizard of Oz* for the rest of our home. We felt the show's famous song “Somewhere Over the Rainbow” was perfectly fitting, after rainbows became the symbol to honour carers and NHS workers across the country. We were delighted that everyone wanted to get involved - and we're not just talking about Pip the dog playing the role of Toto! Residents got creative painting the set, making the props and creating the costumes as part of our fun little project in the lead up opening night.



With love,
Lisa Houghton,
Home Manager

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We always love reading your comments on Facebook! Here are a few recent ones:

“Fantastic and wonderful, you have excelled yourselves. You offer so much!” Jean

“[The Visitors Lodge] is incredible, Bramley carry on bringing the magic to these lovely people. You are all truly amazing.” Brenda

“Having such a big beautiful Bramley family must be such comfort... and lots of fun too.” Madeleine

“Another really lovely blog to read about the Bramley family, makes me smile, you all are so caring.” Rona

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