

# Newsletter



## Care UK Wilmslow

Issue 3

March/April 2023

Welcome to the third edition of our Wilmslow newsletter. Thank you to everyone who sent suggestions for the name of the home – we hope to be able to reveal the winner very soon. In the meantime, enjoy our latest construction update, and find out more about how we plan to ensure residents at our future home lead fulfilling lives.

### Construction update

Following our commencement on site, we will now be installing the attenuation tank and form the new entrance to the care home, an essential step to set up our temporary site cabins. Other works due to take place shortly will include installing the piling mat, commencing soft strip cut and fill and starting to form the car park build-up in preparation for a tarmacked surface.

We also have utilities – including gas and electric – being routed to site commencing at the start of April. As always, we'll keep you updated every step of the way. Should we feel any of the above may cause disruptions in the local area, please rest assured we'll advise wherever possible.

### Home is where the art is

Here at Care UK, we truly believe in the power of arts and crafts. We've sponsored The Big Draw, an international drawing festival, for three years running, and we always promote the therapeutic benefits of drawing, painting and everything in between. We love to get the community involved in our projects too, and over the years we've seen some incredible collaborative pieces being created by residents in our homes in partnership with local organisations. That's why for every new home we build, we like to team up with a local school as a way to showcase their pupils' creative talents.



We're pleased to announce that we've started working with Lacey Green Primary School to decorate the boards in front of the site. We've asked the pupils who they care about as a prompt to create a series of artworks, which we can't wait to show you. These should appear in Spring, so keep your eyes peeled!

## Happy World Wish Day!

World Wish Day is just a few weeks away, which gives us the perfect opportunity to tell you all about our Wishing Tree initiative.

The Wishing Tree initiative runs across all of our care homes and enables residents to make wishes. It can be anything – from trying something new or reconnecting with a former, beloved hobby to visiting or revisiting important places.

No matter how big or small, our teams always work hard to make them happen. Over the years, we're proud to have granted hundreds of them. We've taken residents to the seaside to enjoy a fish and chip dinner from their favourite shop, organised unusual animal visits – from reptiles to penguins – and helped a figure skating enthusiast to get back on the ice, with a special message from Dancing on Ice's Torvill and Dean no less.



More recently, one of our sister homes in Cheshire, Deewater Grange, took resident and outdoor fanatic Sally to Wales, where she was able to go down the world's fastest zipline with her daughter. In her own words – “Doing the zipline today really made me feel alive. I never thought at my age I'd see myself at the top of Snowdonia – never mind ziplining down it!”

We can't wait to see which milestones future residents at our Wilmslow home will reach, and how we can keep proving that age is just a number.

## Hopping into a stress-free family Easter

Easter is coming up, and it often means spending time together with family. While this is an occasion that those who celebrate look forward to, it can come with its own challenges when caring for an older relative living with dementia. With a bit of help from our dementia experts, we've compiled some of our top tips.

1. Involve everyone in the preparations so they can feel part of the celebration and retain some independence – whether it's helping to set the table or decorate, prepare the food or even hide the Easter eggs for younger relatives.
2. Take the opportunity to reminisce by asking your loved ones questions about how they used to celebrate Easter when they were younger. If you can, why not try and recreate some of their old traditions too to make it extra special?
3. Think nutrition. If your loved one struggles to maintain a healthy weight or to be fully hydrated, occasions like these offer opportunities for extra nutrition and hydration in a fun, engaging way.
4. Get some fresh air together by inviting them to take part in the Easter egg hunt. Spending time outdoors has plenty of benefits for older people – from helping them maintain their strength and mobility to reducing stress.
5. Have fun! Encouraging your loved to get involved in various games is a fantastic way to spend quality time together.

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If you'd like to know more about our new care home at Wilmslow, visit [careuk.com/wilmslow](http://careuk.com/wilmslow) – or email [careukwilmslow@wpragency.co.uk](mailto:careukwilmslow@wpragency.co.uk) for any queries about the build.