

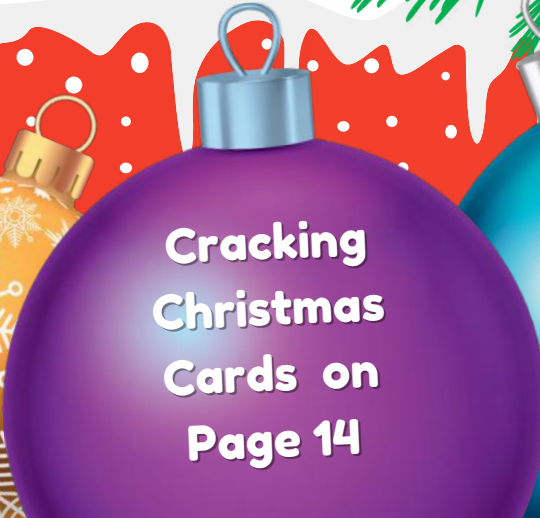
ADEPT NEWS

CHRISTMAS 2023

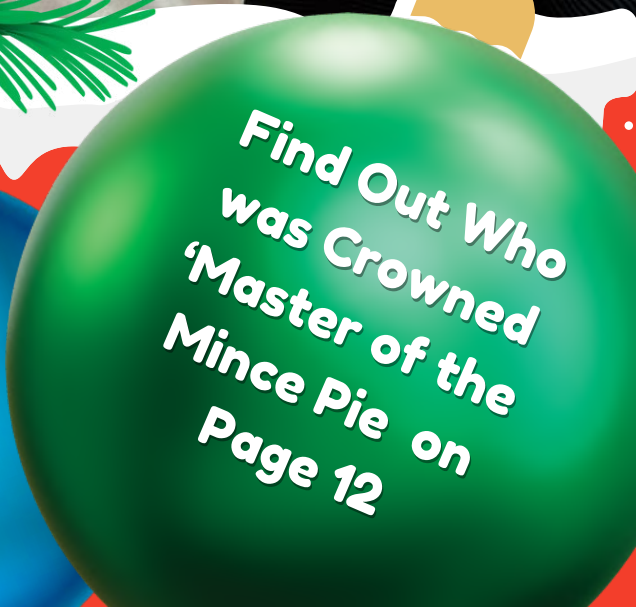
EDITION 22



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was Crowned
'Master of the
Mince Pie on
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WELCOME TO OUR WINTER NEWSLETTER



BY DAVE LOCK
EXECUTIVE CHAIRMAN

As we bid farewell to the festive season and usher in the promising year of 2024, we are thrilled to bring you the latest edition of our Newsletter filled with the warmth of the holiday season and the joy of new beginnings.

We certainly enjoyed another year at our wonderful Christmas Choir Competition, a much-loved favourite among the residents. There were some truly uplifting performances and hearing all the resident choirs perform their carols set the scene perfectly for a very Merry Christmas.

Reflecting on the past months, our Homes have been bustling with festive cheer and heart-warming moments. From enchanting decorations that adorned our home, to the laughter that echoed through our halls during Christmas celebrations, each moment has been a testament to the spirit of togetherness that defines our community.

In this edition, we invite you to delve into the pages that capture the essence of our Christmas and New Year celebrations; discover the stories of joy and happiness that have unfolded within Adept Care Homes. From uplifting resident anecdotes, to the creative expressions of our dedicated team, we are excited to share the highlights of our shared journey.

As we embark on the journey that is 2024, we look forward to a year filled with positivity, growth, and continued compassion. Our commitment to providing exceptional care remains unwavering, and we are eager to explore new avenues that enhance the well-being of our residents.

We extend our deepest gratitude to each member of the Adept Care Homes family for contributing to our vibrant community. Your support and enthusiasm are the driving forces behind our shared success.

Wishing you all a wonderful year ahead, filled with love, laughter, and countless moments of joy.

Dave Lock
Executive Chairman

We have a annual charity budget that we donate mainly to local charities. We would like to assure our residents and their families that our charity giving has no adverse effect whatsoever on the fees. Adept's owner, Dave Lock, benefits from a private investment income and has for many years elected to donate his salary to local charities via Adept Care Homes

A MAGICAL CHRISTMAS WISH GRANTED FOR JOAN AT CHETWYND HOUSE

Chetwynd House Care Home in Chilwell, Nottingham has embraced the magic of Christmas this year with its heartwarming Make a Wish program. One resident whose Christmas wish was granted through the Make A Wish program is Joan, with her simple yet heartfelt wish to lay her eyes on a real reindeer at Christmas, experienced a magical day filled with wonder and joy.

The spirit of Christmas came alive as Joan was whisked away on a festive adventure to Driftwood Land at Dale Abbey. The sparkle in Joan's eyes and the radiant smile on her face spoke volumes as her Christmas wish unfolded before her.



Meeting a real reindeer at Driftwood Land brought an abundance of joy and wonder to Joan's heart. In that enchanting encounter, Joan found a connection to the spirit of the season, and her happiness became a heartwarming reminder of the magic that resides in the simplest yet most cherished wishes. The joy in her eyes and the infectious laughter that echoed through the air were a testament to the magic created by 'the Elves' at Chetwynd House Care Home.

A special thanks to Carl, the owner at Driftwood Land for allowing Joan to enjoy a secluded close encounter with the reindeers outside of normal business hours. He made Joans wish a moment to remember, with a cup of warming hot chocolate for everyone involved and the gift of waving the usual admission fee "to spread a little joy this Christmas."

"We believe that every wish is special, and Joan's wish to see a reindeer was a joy to fulfil. The Make A Wish program is all about creating moments that bring happiness and meaning to our residents' lives, and we are delighted to have made Joan's Christmas extra special," said Danielle, a member of the wellbeing and activities team.



BOWOOD COURT RESIDENTS EXPERIENCE THE MAGIC OF CHRISTMAS SHOPPING

Bowood Court in Redditch was aglow with the spirit of the season as residents recently had their wishes granted through the Adept Care Homes' Make A Wish program. This heartwarming initiative, which encourages residents to dream big, recently fulfilled the collective wish of multiple residents who yearned to "Go Christmas Shopping Like We Used to Do!" Over 500 residents at Adept Care Homes participate in this program, contributing to a magical atmosphere of joy and hope.

The Make A Wish program invites residents to share their wishes, no matter how big or small, by placing them on the home's magic wishing tree. Each month, at least one resident's wish is chosen to be granted, creating moments of happiness and fulfilment. The program is designed to provide residents with the opportunity to experience something special, achieve personal goals, or revisit cherished memories.

"We want to give all our residents the opportunity to have something, achieve something, or revisit something they thought they'd never get a chance to do again," explains Kerry Hant, Care Manager at Bowood Court. "It could be anything from seeing their favourite show in the West End to finding a long-lost relative. It's also a great reminiscence activity, particularly for our residents living with dementia."



The Bowood Elves, the affectionate name for the activities and wellbeing team at Bowood Court Care Home, took swift action to fulfil the residents' collective wish for a Christmas shopping spree. The residents, accompanied by the team, embarked on a fun-filled shopping adventure, reminiscent of the holiday shopping excursions they enjoyed in years past.

During the shopping spree, residents delighted in the festive atmosphere, carefully selecting thoughtful gifts for their families and friends. The team ensured the experience was not only joyful but also included moments to savour with coffee and cake, providing a chance for the residents to showcase the heartwarming gifts they had chosen with each other. "I can't wait to get back and start wrapping them," chuckled Winnie, a resident at Bowood Court.



DOUGLAS COURT TURNED CANNED GOODS INTO CAN-DO'S TO SUPPORT THEIR COMMUNITY THIS CHRISTMAS

Douglas Court Care Home in Derby was delighted to be supporting the local community over the holiday season by hosting a food drive to help their friends at Doorways Derby Charity Food Bank.



Doorways Derby has played a significant role in supporting the residents' wellbeing at Douglas Court Care Home. In an effort to give back to the community and contribute to Doorways Derby's mission, Douglas Court Care Home has collected non-perishable food items throughout the month of December.

Team, relatives, friends, and the wider community were encouraged to contribute any unwanted or superfluous non-perishable items such as canned goods, pasta, rice, and other essential items. Donation points were set up at both Douglas Court Care Home and Kiwi House Care Home to facilitate convenient drop-offs for contributors.



This heartfelt initiative took place up until December 22nd, when the collected donations were gathered from both donation points. This strategic timing ensured that Doorways Derby's food bank was well-stocked and ready to bring holiday cheer to those in need in Derby during the Christmas season.

"We are excited to launch this food drive in collaboration with Doorways Derby. Supporting our local community is one of the core values at Douglas Court Care Home, and we believe that coming together to help those in need is a wonderful way to celebrate the spirit of the season," said the Home Manager at Douglas Court Care Home.

This initiative not only demonstrates Douglas Court Care Home's dedication to providing exceptional care within its own community but also showcases the importance of collaboration and social responsibility.



A HEARTWARMING HOLIDAY TALE

CHRISTMAS WISH FULFILLED FOR

HARRIER HOUSE RESIDENT

Harrier House Care Home has embraced the festive season with their Make A Wish Program. One resident whose Christmas wish was granted through the program is Margaret 'Rosaline' O'Brian (96) who relished in the magic of Christmas as her lifelong dream and a heartwarming Christmas wish came true. An audience with Sir Tom Jones.

From a very early age, Rosaline has been an ardent fan of the legendary singer Tom Jones, considering him her lifelong idol. This Christmas, the Harrier House's Make a Wish program made it their mission to bring a sparkle to Rosaline's eyes and make her dream a reality.

Rosaline was treated to a morning of indulgence in the in-house salon at Harrier House, where she

received pampering fit for a queen. Surrounded by the soothing melodies of Tom Jones' greatest hits, Rosaline relished every moment as her dreams unfolded. With a fresh hair style, newly painted nails in her favourite colour, and her makeup done, Rosaline dressed in her very best and prepared for a night she will never forget.

"I feel like I am falling in love with him all over again, he's brilliant isn't he?" chuckled Rosaline.



The Wellbeing and Activities team, with the help of Ros' family worked tirelessly to bring her dream to life. The highlight of the day was an unforgettable visit to the Motorpoint Arena, where Rosaline had the opportunity to see Tom Jones live in concert. Accompanied by her loved ones, they shared precious moments, creating memories that will last a lifetime.

"We are overjoyed to have been a part of making Rosaline's Christmas wish and lifelong dream come true," said Toni, Activity & Wellbeing Lead at Harrier House Care Home. "Our residents are at the heart of everything we do, and we are committed to creating moments of happiness and fulfilment for each and every one of them."



MOAT HOUSE RESIDENTS' WINTER WONDERLAND ADVENTURE AT COOMBE ABBEY

Residents at Moat House Care Home in Burbage recently had their Christmas Wish granted through the Moat House 'Make A Wish' program, as they embarked on a magical journey to the Coombe Abbey Winter Light Trail 2023. Organized by the dedicated Activities Team, this enchanting experience illuminated the lives of multiple residents and brought the spirit of joy and wonder to the festive season.



The Coombe Abbey Winter Light Trail, aptly named Luminate Coombe, is a spectacular display of lights, promising a journey filled with wonder and intrigue. The historic grounds of Coombe Abbey Park served as the canvas for a mesmerizing mile-long trail, adorned with stunning lights, all harmonised to the beats of enchanting music.

Residents, bundled up warmly against the winter chill, set out on this enchanting adventure as darkness descended. The captivating light trail weaved through the picturesque surroundings, creating a magical atmosphere that delighted and enthralled the senses of all who attended.

One of the highlights of the evening was the opportunity for residents to indulge in tasty hot food and beverages while exploring the trail.

The residents eagerly sought out the marshmallow roasting fire pits, adding a delightful touch of warmth and sweetness to their unforgettable evening.

Moat House Care Home continues to prioritise resident well-being and happiness, making dreams come true through initiatives like the Moat House Make A Wish program. This heartwarming experience at the Coombe Abbey Winter Light Trail exemplifies the care and commitment of the Moat House team to create memorable moments for their residents.



MAGICAL CHRISTMAS WISHES DO COME TRUE AT THE OLD VICARAGE WITH CHRISTMAS VISIT

The Old Vicarage Care Home in Clay Cross has been fulfilling residents' wishes through its Make A Wish program, soaring to new heights with helicopter rides and childhood seaside adventures. This Christmas, Ann and Janice saw their festive dreams come to life with an enchanting visit to the famous Chatsworth House.



Cherishing their tradition of experiencing the Christmas wonder at Chatsworth House, Ann and Janice, accompanied by The Old Vicarage's Activities and Wellbeing Team, embarked on an enchanting journey. They were mesmerized by 24 festively adorned rooms, each brimming with the scents, sights, and sounds.



of Christmas. Their path led them under archways decked with candy canes and mistletoe, offering a glimpse into the bustling Father Christmas' workshop, and culminated in an awe-inspiring light and sound trail.

As they wandered through the winter wonderland, the duo discovered a glittering forest of Christmas tree brooches and savored delicious festive treats. The visit not only reignited the joy of their beloved tradition but also showcased the spirit of community and compassion.

The Old Vicarage extends heartfelt thanks to Chatsworth House for opening its doors and hearts, helping turn these Christmas wishes into cherished memories, and demonstrating the profound impact of kindness and community spirit during the festive season.



A MAGICAL CHRISTMAS WISH GRANTED FOR BETTY AT KIWI HOUSE

One resident at Kiwi House Care Home in Alvaston, Derby, whose Christmas wish was granted through the Make A Wish Program was Betty. Her simple yet heartfelt wish was to lay her eyes on a real reindeer at Christmas. She experienced a magical day filled with wonder and joy.

The Wellbeing and Activities team, fondly known as the Elves, worked tirelessly to bring Betty's dream to life with the extra surprise of her son and daughter-in-law, all the way from the Isle of Wight, joining her for the day.

The spirit of Christmas came alive as Betty and her family were whisked away on a festive adventure to Garden King in Swadlincote.

Betty not only had the opportunity to see reindeers up close but also had the delight of feeding these majestic creatures. With a handful of moss, which is a reindeer's favourite snack, Betty was able to sit in the reindeer pen, where the reindeers gathered to eat from her hand. The joy in her eyes and the infectious laughter that echoed through the air was a testament to the magic created by 'the Elves' at Kiwi House Care Home.

"We believe that every wish is special, and Betty's wish to see a reindeer was a joy to fulfil. The Make A Wish program is all about creating moments that bring happiness and meaning to our residents' lives, and we are delighted to have made Betty's Christmas extra special," said Marie, a member of the Wellbeing and Activities team.

Kiwi House Care Home is dedicated to fostering a vibrant and caring community for its residents, and the Make A Wish program is a testament to the commitment to person-centred, meaningful experiences.



THE ANNUAL ADEPT CHRISTMAS CHOIR COMPETITION

In the heart of the festive season, the spirit of Christmas resonated beautifully through the voices of our talented residents across all Adept Care Homes.



This season's Christmas Choir Competition, set in St. Catherine's Church, Burbage, was a symphony of melody and yuletide cheer. Participants from seven homes converged, blending their passion for music with seasonal merriment. Douglas Court, with soulful renditions, captivated the audience, securing the title of Best Small Choir.

After these performances, a festive fish and chip luncheon offered a nostalgic taste of holiday traditions. The ambiance was jovial as everyone indulged in this fare. Harrier House, known for vocal excellence, filled the church with robust carol interpretations. Their dedication to harmony and expressive singing earned them the accolade of Best Vocal Choir.



Following the meal, the air was sweetened by the arrival of homemade mince pies, contributing a delightful twist to the afternoon's festivities. The Old Vicarage took to the stage with a contemporary edge, infusing the competition with their renditions of traditional carols, earning them the Best Contemporary Choir award.



The event continued with sips of heartening mulled wine, creating a warm, convivial atmosphere. Bowood Court, with their inventive spirit, dazzled the gathering, clinching the title of Best Creative Choir. Their imaginative take on caroling showcased the diverse talents across our homes.



Laughter and smiles were in abundance as residents and guests intermingled, relishing the festive spirit. Chetwynd House, boasting an impressive choir ensemble, showcased the beauty of collective effort. Their full, harmonious sound enveloped the church, rightfully winning them the Best Large Choir award.



This gathering underscored the strong sense of community and shared delight in our homes. Kiwi House, true to the classic Christmas carol tradition, delivered heartwarming performances. Their commitment to tradition earned them the Best Traditional Choir accolade, contributing to the festive mood as everyone celebrated music.



Moat House, with their standout performance, held everyone spellbound as the Best Overall Performance. Their fusion of skill, inventiveness, and emotional depth was a standout moment of the competition. We are immensely grateful to St. Catherine's Church for hosting this enchanting event and to all our residents and staff who devoted their hearts to these performances.

BOWOOD COURT



In a delectable side competition held during our annual Christmas Choir Competition, Bowood Court emerged victorious in the 'Master of the Mince Pie' contest. This accolade, much coveted among our homes, was proudly accepted by Christine, a keen baker from Bowood Court.

Their exceptional baking skills won the hearts (and taste buds!) of the judges and participants, earning them the prestigious 'Master of the Mince Pie' chef's hat.

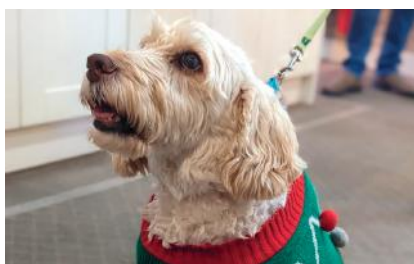
Congratulations to everyone at Bowood Court for adding an extra sprinkle of sweetness to this festive season!





OUR FESTIVE FUN

As we reflect on the year, we realise there's so much we've experienced and accomplished together that we couldn't possibly capture it all in words. However, this page offers a glimpse into the myriad of festive activities and joyful moments that have filled our days and warmed our hearts.



CRACKING CHRISTMAS CARDS

We are thrilled to showcase the creativity and holiday cheer of our residents. Their seven winning Christmas card designs, each a unique expression of the season's joy, truly capture the warmth and talent within our community

Barbara at Moat House



Designed by The Old Vicarage



Designed by Bowood Court's Arts & Crafts Club



This years overall winning card was designed by Kiwi House



Hazel at Chetwynd House



Designed by Harrier House



Frances at Douglas Court



EMPLOYEES OF THE YEAR

Heartfelt congratulations to the seven outstanding individuals across the group for their exceptional dedication and commitment to excellence in care!

Michelle At Bowood Court



Amy At Harrier House

Kelly At Kiwi House



Zoe At Moat House



Louise At Douglas Court

Keith At The Old Vicarage



Joy At Chetwynd House

Our Dementia Manager Karen Middleton

"I'm here to support residents and their families. Please contact me if you have any questions about dementia"

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Adept proudly supports the Care Workers Charity, dedicated to providing financial assistance to current and former care workers in need. We'd like to encourage our Team Members to confidentially speak with their manager about how to access these financial grants.



the care workers charity

Don't forget to apply for one of our payday loans which are interest free, now up to £2000. Contact your Home Manager for more details or to apply

Adept Benefits

HAVE YOU LOGGED IN YET?

Visit www.adeptbenefits.co.uk and log in with your email address (which you provided to Adept) and the password **Adept2021**

Don't forget you can save on your favourite big brands, shopping, holidays, dining out and more!



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For further information about any features in this newsletter, or to suggest future stories, please contact your home manager or

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Adept Care Homes use photos from events on social media and to publicise our home. If you would prefer for you or members of your group not to be photographed, please speak to Maree

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**Don't forget to sign up to our text
message service.**

We'll text you important information such
as key dates and door code changes.

Please speak to your Home Manager to
be added to our list