

Weald Hall Care Home Monthly Newsletter



Weald Hall Lane, Thornwood, Epping, Essex, CM16 6ND

Our boutique luxury home delivering individual care for our residents



Through The Eyes of a Child

We were thrilled to welcome Daisy, the 11-year-old leader and champion of Premium Care Group's Through the Eyes of a Child program! Daisy visited our sister homes, spreading the joy of the project far and wide. She is now supporting the growth of the program and was recently honoured with the Saxon Weald Youth Award for Champions of Care in recognition of her outstanding contribution.

Daisy plays a key role in planning activities and guiding a group of children as they experience life in a care home from a child's perspective. Her dedication brings laughter, connection, and inspiration to our residents - a wonderful celebration of intergenerational relationships.

To get involved with this inspiring program, contact kate@anchorcarehome.co.uk



Where Community Meets a Good Time!

We don't let the January blues get to us at Weald Hall! We've had a wonderful month filled with fun activities and outings, all focused on what our residents love to do. Our activities are always resident-led - they decide what to do, and we make it happen!

We've shopped till we dropped, enjoyed our body weight in cake, and even had a blast at Topgolf!

Our residents love getting out and about in the local community, and we love making it possible. With lots of community outings and events lined up for the months ahead, we can't wait to see what 2026 has in store!

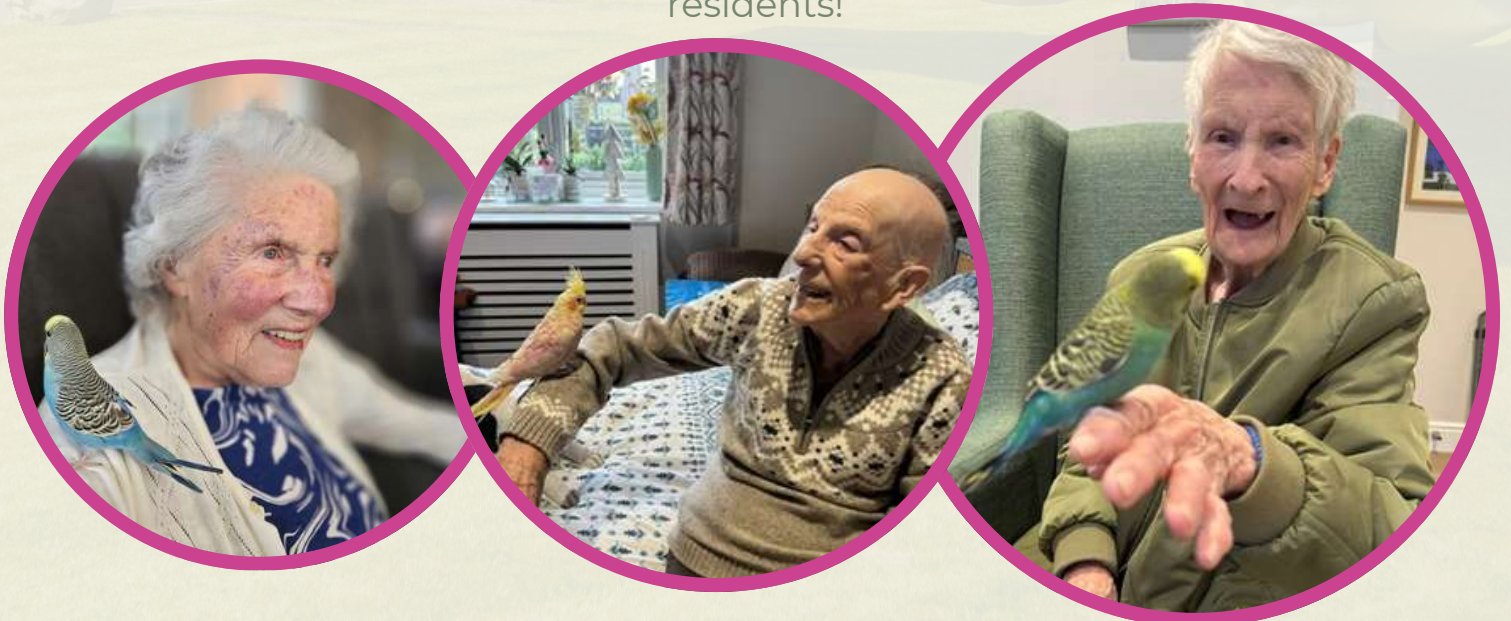


Chirping Joy Into Your Day!

We kicked off the year with a delightful animal therapy session from Performing Pets! Therapy animals always bring smiles and happiness all around - well, how could they not?

Therapy animals are proven to reduce stress and anxiety, boost mood, and even lower blood pressure by releasing calming hormones like oxytocin. They also encourage movement, support memory, and provide comfort, making them a wonderful addition to wellbeing.

We are so thrilled to be able to offer these sessions every month for our amazing residents!



To book a viewing 01277 886 299 Alice@premiumcaregroup.co.uk