## Weald Hall Care Home Monthly Newsletter

Weald Hall Lane, Thornwood, Epping, Essex, CM16 6ND Our boutique luxury home delivering individual care for our residents



## Dementia-Friendly Football Kicks Off at Weald Hall

In a heartwarming first for the community, we hosted our inaugural dementia-friendly football session – bringing together residents, families, local volunteers, and community champions in a joyful celebration of inclusion, activity, and awareness. Tesco's Community Champion, Nicky, lent her energy and encouragement throughout the session also providing half time snacks, while the Kinder Essex group provided coaching expertise and adapted activities to ensure accessibility and enjoyment for all.



## You're Never Too Old to Feel Beautiful!

We were delighted to welcome the wonderful Kay for a special pamper and beauty session with our residents. Kay treated everyone to a fun afternoon of self-care, complete with a makeup masterclass that left us all glowing.

From perfecting lipstick shades to learning gentle skincare tips, Kay helped our residents rediscover the joy of dolling up. The smiles, laughter, and radiant confidence were truly heartwarming to see.

Thank you, Kay, for reminding us that beauty has no age limit!



We will be hosting an open-house week from **16<sup>th</sup> - 20<sup>th</sup> June**. The week will be full of dementia friendly activities, pamper sessions, an evening 'pub' quiz and many more. Our open week is an inclusive and welcoming time for our community to be able to come in and experience what life is like at Weald Hall. If you would like to know more, or be provided with our activity schedule for the week, please get in touch on lifestyle@wealdhallcarehome.co.uk

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