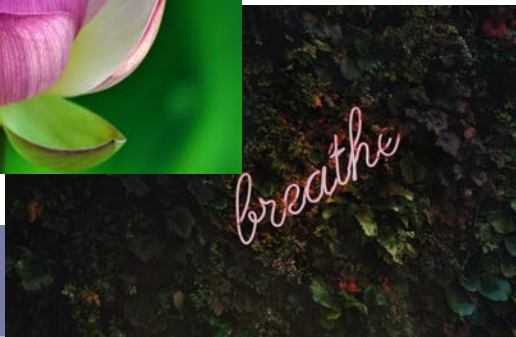


Whats new:

- Wellness Month
- Channel 4 television
- The 'Playful Monk'
- Summer Fete
- New HR Manager
- New starters
- The Garden Spa at St. Bernards



Mindful Month schedule

Week 1

Did you know, 60% of our body is made from water!
So, week one will be dedicated to topping up our reserves with bottled and flavoured water for all staff and residents

Week 2

"The first wealth is health"
Week 2 is all about nourishing the body with a mix of seasonal fruits, healthy snacks and meals

Week 3

"Life is short, eat desert first!"
Slightly naughty but nice! The 3rd week is all about enjoying the things you love most. Bacon butties, chocolate indulgence and much more

Week 4

"Be happy in the moment that is enough"
A special guest, 'The Playful Monk' from the Netherlands, will introduce mindfulness techniques to all staff. He will be at the home for a whole week.

New Starters

St. Bernards would like to give a warm welcome to all our new starters!

Liz Parr will be our new HR Manager and will be with us from the 16th July.

Michelle Mitchell is our new spa manager and ready and waiting to take your bookings!

We would also like spread our welcome to our new carers : Zainab, Asha, Serena, Becky and Carol.

Welcome to the St. Bernards Family!

A huge THANK YOU to all staff

We would like to take this opportunity to thank all the staff for your tireless hard work, dedication and commitment to our residents. We look forward to welcoming all our new staff and strengthen our team to carry on with our fantastic work at St. Bernards.

Patrick & Claire

Wellness Month

This month will be a celebration of the mind, body and soul. The initiative is aimed to encourage all members of staff with mental wellbeing; each week will be themed around Wellness and Mindfulness for a month.

You will find posters around the home breaking down each week.

The 'Playful Monk', Ama from the Netherlands will be at the home from 21st – 25th July. He will be introducing Mindfulness techniques and spending time with the staff. A rota will be in place, so please check your time slot.

The Garden Spa at St. Bernards

After months of prep and plan, we are delighted to launch our beautiful new Garden Spa. Please feel free to visit the newly landscaped garden as well as our new build. All staff members will be given complimentary taster treatments, with a further 10% off all treatments thereafter.

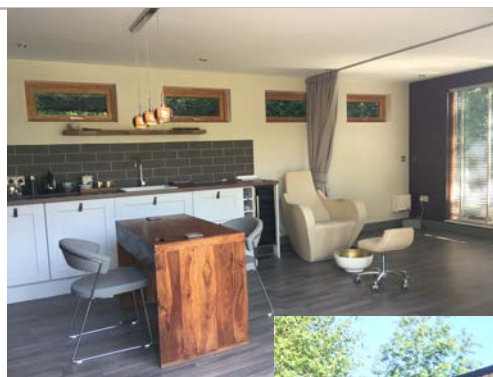
We will have an official launch on the 13th July, from 2-5pm with the Lord Mayor present. We look forward to joining you in celebration on this auspicious occasion with canapés and live music by Lauren Rey.

The Garden Spa Menu will be available upon request.

Lights! Camera! Action!

Channel 4 visited the home to film our intergeneration project as part of their new documentary.

As many of you know, the Intergeneration project has been a phenomenal success and has changed the lives of our residents for the better. This in itself has drawn attention from the media. Channel 4 producers interviewed residents and staff about their experience on the life-changing project, which will be shown on television in the autumn.



Summer fete is fast approaching

St. Bernards care will be hosting its annual summer fete on the 28th July 2018 from 1pm – 4pm. All residents, staff and families are encouraged to attend and be part of this fun packed afternoon!

Free your diary for the day and join us for a family fun day.

St. Bernards in Bloom

The beautiful gardens of St. Bernards road were opened for guests on the 25th June. Visitors were wowed with the new build, and eager to book their treatments at The Garden Spa!

Our care home was one of the 11 houses on St. Bernards road to open their gardens in aid of raising money for the Stroke Association.

The event was the most successful to date, with over 800 adults participating raising over £7000 based on the last count.

A huge thank you to all those that participated.