



St Anne's Residential
CARE HOME

Spring is near, the days grow bright, Longer mornings, softer light. In laughter shared and hands held tight, Our home feels warm from day to night.

As March starts and the first signs of spring begin to appear, we reflect on another month filled with celebration, companionship, and special milestones

Celebrating Our Team

We are delighted to congratulate Teresa Munoz, Senior Carer, as our Employee of the Month for February.

Teresa's dedication, compassion, and unwavering support for both residents and colleagues truly make a difference every single day. Thank you, Teresa, for all that you do.



A Month of Love and Laughter

February began with our joyful Valentine's Day celebration, where residents enjoyed themed decorations, music, sweet treats, and warm conversation. The focus was not only on romance, but on friendship, kindness, and the many forms that love takes in our lives.

Our regular one-to-one chats continued throughout the month, offering meaningful time for residents to share stories and memories. These quiet moments are often the most treasured.

Residents also enjoyed relaxing pamper sessions, including nail care and gentle self-care afternoons — always a lovely opportunity to unwind and feel refreshed.



A Very Special Birthday

This month we were honoured to celebrate not one, but two resident birthdays, including a truly remarkable milestone – one of our wonderful residents celebrated their 105th birthday surrounded by family and friends.

It was a heart-warming occasion filled with smiles, cake, cards, and cherished memories. Celebrating 105 years of life is an incredible achievement, and it was a privilege for us all to

Creativity & Celebration

Our creative sessions have been as lively as ever. Residents took part in card-making sessions and arts & crafts, expressing themselves through colour and design.

We also celebrated Pancake Day, where residents decorated pancakes with fruit, chocolate, and sweet toppings. There was plenty of laughter as everyone compared their creations – and of course, enjoyed tasting them afterwards!

Alongside these highlights, other fun activities throughout the month have included games, gentle exercise sessions, social gatherings, and cosy afternoons together.



Did You Know?

Here are a few interesting facts to share this month:

- The world's oldest person verified by Guinness World Records lived to 122 years old - proving that remarkable longevity is truly something to celebrate!
- Pancake Day (Shrove Tuesday) dates back over 1,000 years and was traditionally a way to use up rich ingredients like eggs and butter before Lent.
- The tradition of sending Valentine's cards began in the 1700s in England.
- Studies show that laughter and social connection can boost mood and overall wellbeing - something we're lucky to enjoy every day in our home.

As we look ahead to March and the arrival of spring, we are excited for brighter days, fresh activities, and more shared moments together.

Thank you to all our residents, families, and friends for your continued support and involvement. Your visits, kindness, and presence mean so much to our community.

With warm wishes,

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