

AMICA CARE TRUST

A Monthly Newsletter for Exmouth House Residents



This month Exmouth House participated in Nutrition and Hydration week, the event increases awareness of the importance of nutrition and Hydration in Health and Social care.

One of the aims of Nutrition and Hydration Week is to have a nutrition champion, The purpose of this person is to promote food and drink as an essential part of someone's care package

March 2024

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OUR UPCOMING ACTIVITIES

Our Activities Team has planned a fun-filled month of activities.

Keep an eye on our Facebook page for the latest photos.



[Facebook.com/ExmouthHouseCareHomeExmouth](https://www.facebook.com/ExmouthHouseCareHomeExmouth)



Exercise Sally: Sally will be hosting armchair exercise every Thursday afternoon.

Hairdresser: Annabel will be at the home every Wednesday



Church service: On the first Friday of the month the local Church will be joining us for a service and hymns



April Fools: On the first we will be having a day of jokes, games and riddles



World art day: On the 15th April we will be celebrating world art day, we will be joined by Dolphin preschool



Cameron Lemur: On the 26th the singer will be entertaining us in the afternoon.



WHAT WE HAVE BEEN UP TO

EXERCISE SALLY



Exercise is an important activity to maintain a person's independence as they get older.



May assist cognitive function – The Alzheimer's Society indicates that there are predicted to be over 1 million people living with Dementia by 2025, Some studies have suggested that exercise may help reduce the incidence of the disease.



Reduces anxiety and depression –Exercise has a range of cognitive benefits, with studies showing that it reduces anxiety and depression, boasting a significant reduction in relapse compared to other interventions.

Improves strength –Exercise can help strengthen important muscle groups to keep you independently mobile. This is especially useful when going from sitting to standing, up and down stairs or walking and can help to reduce falls

EASTER CRAFTS

We were joined by Belle from Creative Mojo; she helped us make our Easter display

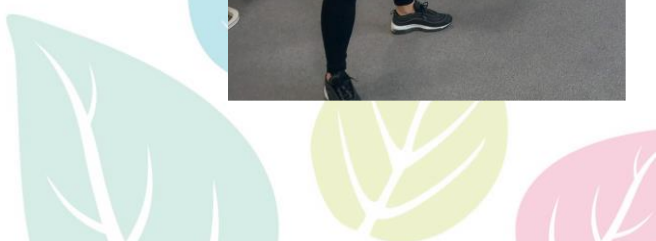


WHAT WE HAVE BEEN UP TO

RUGBY

This month we were joined by Flo, the player we sponsor from the Withycombe RFC.

Flo encouraged us all to get involved and improve our hand-eye coordination by catching and throwing the ball.



WHAT WE HAVE BEEN UP TO

THE CHRISTMAS CONTEST AWARD



Thank you to Keren and Christelle who visited Exmouth house to present us with an award for the best Christmas decorations

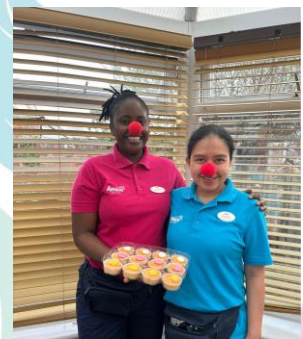


RED NOSE DAY

We thought we would get into the spirit by putting on our red noses to support Comic relief



COMIC RELIEF



Staff member of the month



Congratulations to Anna

Anna was voted this month's staff member of the month by her colleagues



Well-done and thank you for all your hard work.

This month we celebrated Peter and Julia's Birthday, Happy Birthday from all at Exmouth House



BIRTHDAYS



March Birthdays:

17th Violet

Happy Birthday from everyone at Exmouth house.

