

# Winter Newsletter

As we welcome 2026 with open arms, our hearts are full of gratitude for the beautiful memories we've shared over the past few months, filled with so much love, laughter, and celebration. I hope you enjoy looking back on these moments that have made the end of 2025 truly special.

## A Christmas cracker!

We began the festive season with Councillor Maria Markham, the Waltham Abbey Town Mayor, switching on our Christmas lights. The home became a winter wonderland, complete with snow and even a few penguins! Everyone enjoyed spending time with our feathered friends, holding them on their knee or stroking them. And we all stayed warm with mugs of hot chocolate and marshmallows, and tasty mince pies.



## Luana's henna party

We love to discover the different cultures of our residents so that we can all celebrate and learn together. While getting to know Luana, who was born in Goa, we discovered her love of henna and how the tradition has been an important ritual for her over the years. Luana's wish was to have a henna party, so we invited a henna artist and also had music, dancing, and Indian snacks. It was especially nice to have Luana's daughter Rey join us for the celebration.



# Spooktacular fun!

Our residents had lots of spooky fun during October with our Halloween-themed activities. These types of dementia-friendly activities help to improve our residents' fine motor skills and boost their wellbeing, plus they also result in plenty of chat and laughter. The home was decorated with our residents' creations, residents and team members donned witch's hats, and we all enjoyed a dance and a sing-along.



## Interpreting dementia

For our residents living with dementia, it's common for them to experience communication difficulties, and when this happens, the brain finds new ways to communicate. Our Group Lifestyle Lead Jackie and I are qualified Dementia Interpreters, trained in helping to translate the actions, sounds, behaviours, and body language of those living with dementia to support their physical and emotional wellbeing. We have begun to deliver free workshops to help carers to understand dementia, both for our residents' families and also the wider community.



## Read our reviews

"Dad began enjoying family outings and socialising again. The team cared for him with compassion, patience and kindness."

**Steve**

"The care and attention Mum receives are consistently of a very high standard. What stands out most is the support they give me as a family member."

**Rachel**

"Honey Lane is a family, with tireless patience and empathy. Dad gets taken out and is finding ways to express himself in the craft activities."

**Jenny**

With love

**Angie Sacks | Home Manager**

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