

INTRODUCTION

Message From Our Team

It has been another busy and enjoyable few months here at The Ashton Care Home, with residents making the most of a varied programme of activities, entertainment and seasonal celebrations.

The glorious sunshine has brought plenty of opportunities to spend time outdoors, while our regular activities continue to encourage residents to stay active, creative and socially connected. From music and movement to themed celebrations and learning something new, there has been something for everyone to enjoy.

I would like to thank our dedicated staff team, families and visitors for their continued support and enthusiasm. Together, you help make The Ashton such a welcoming and vibrant place to call home.

If you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

[Sign Up Link](#)

Best wishes,

The Ashton Care Home Team

EVENTS

Father's Day Celebrations

Father's Day was celebrated in style with another fantastic afternoon of entertainment from Back in Time.

Residents, relatives, visitors and staff all came together to enjoy an afternoon of classic rock and roll, with plenty of opportunities to dance, sing along and relive some favourite musical memories. Before long, the dance floor was full as everyone joined in for a boogie and a jive.

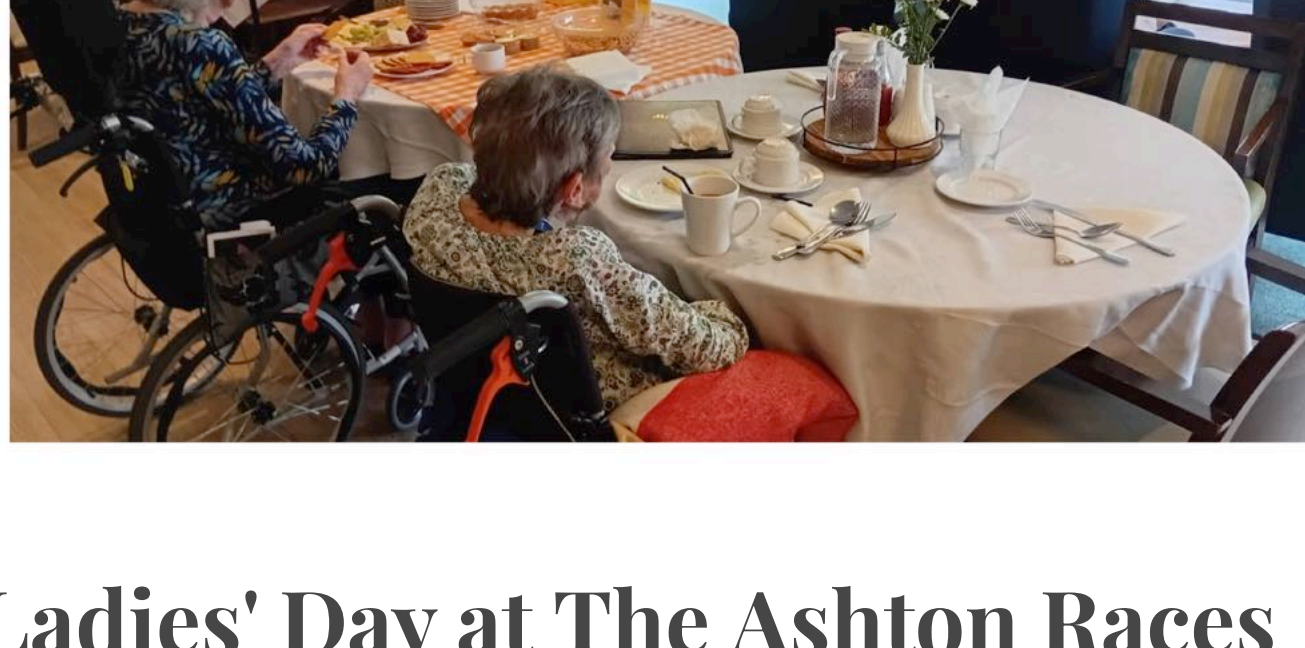
The afternoon was filled with laughter, great music and wonderful company, making it a fitting celebration for Father's Day.



National Cheese Day

National Cheese Day proved to be a delicious occasion to celebrate as residents enjoyed sampling a variety of different cheeses and sharing their favourites.

The tasting session sparked plenty of conversation, with everyone comparing flavours and reminiscing about family meals and favourite recipes.



Ladies' Day at The Ashton Races

Residents recently enjoyed all the excitement of Ladies' Day without leaving the comfort of home.

Our ladies embraced the occasion by wearing glamorous hats, while everyone enjoyed taking part in our very own race day celebrations. Homemade horses and colourful ribbons added to the fun, with residents cheering on the races and enjoying a little friendly competition.

The event was full of laughter, conversation and fun, creating another memorable afternoon for residents and staff alike.



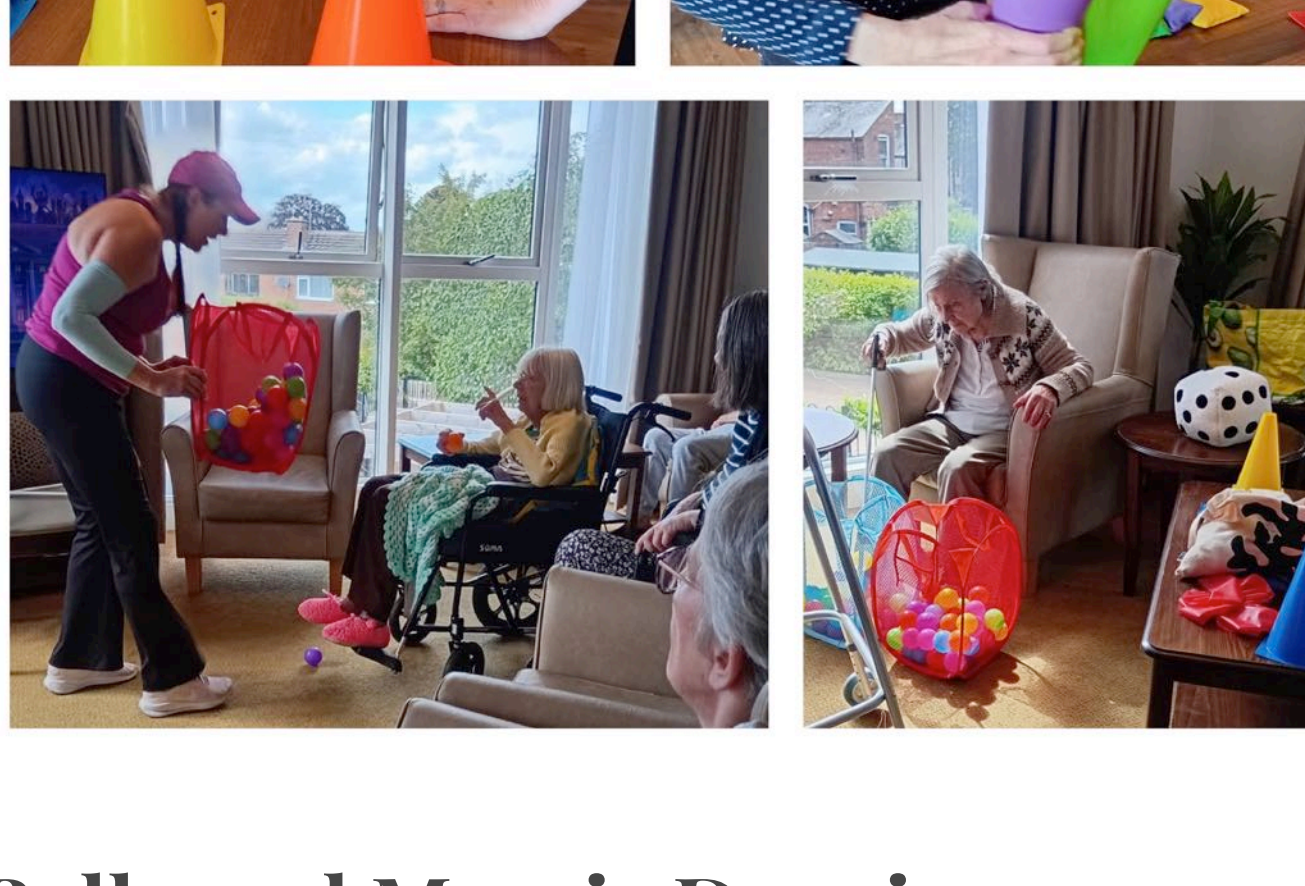
RECENT ACTIVITIES

Keeping Active with Zoe

We were delighted to welcome Zoe back to The Ashton for another of her popular exercise sessions.

Using a variety of colourful props, Zoe encouraged residents to join in with gentle exercises designed to improve mobility, coordination and flexibility while keeping the sessions enjoyable and inclusive.

The classes are always full of energy, with plenty of smiles and encouragement throughout. Residents continue to look forward to Zoe's visits, enjoying the opportunity to keep active while having fun together.



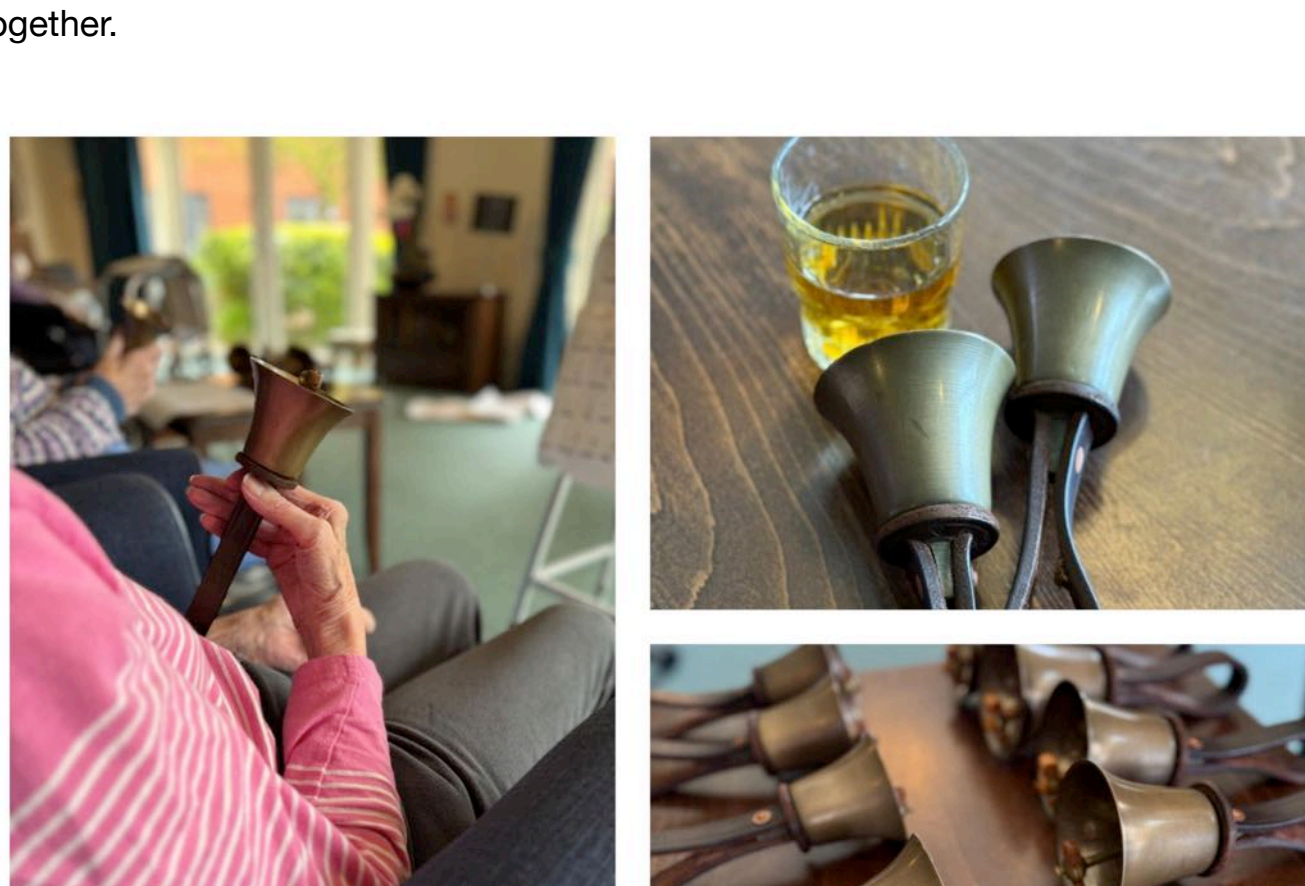
Bells and Morris Dancing

We were delighted to welcome Black Annis, who entertained residents with a wonderful display of traditional Morris dancing. The colourful costumes, lively music and rhythmic bell ringing created a fantastic atmosphere and introduced many residents to a traditional English custom.



Our own Maintenance Officer, Martin, shared fascinating stories from his more than 40 years of experience as a bell ringer. Residents thoroughly enjoyed hearing about his experiences and learning more about this historic tradition.

It was a lovely opportunity to celebrate local heritage while learning something new together.



Gardening in the Sunshine

With the arrival of warmer weather, residents have been making the most of our outdoor spaces.

Green-fingered residents have been busy planting colourful flowers throughout the gardens, helping to brighten the outdoor areas ready for summer. Gardening sessions continue to be popular, providing gentle exercise while giving residents the satisfaction of watching their hard work flourish.

The gardens are a lovely place to relax, enjoy the fresh air and admire the colourful displays that residents have helped create.

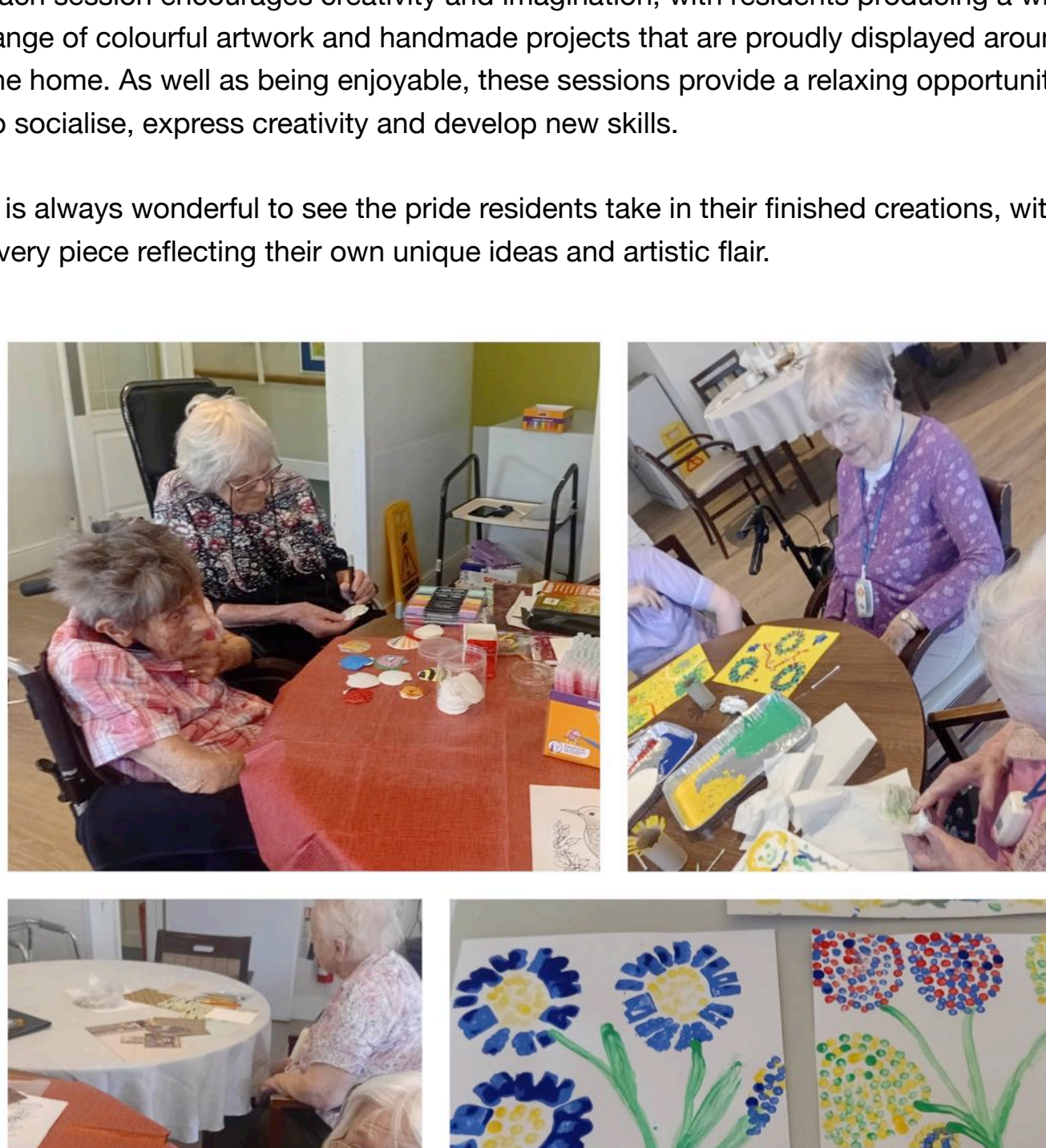


Arts and Crafts

Arts and crafts continue to be one of our most popular activities here at The Ashton. Residents enjoy spending time together using colourful pens, paints and a variety of craft materials to bring their ideas to life.

Each session encourages creativity and imagination, with residents producing a wide range of colourful artwork and handmade projects that are proudly displayed around the home. As well as being enjoyable, these sessions provide a relaxing opportunity to socialise, express creativity and develop new skills.

It is always wonderful to see the pride residents take in their finished creations, with every piece reflecting their own unique ideas and artistic flair.



STAFF RECOGNITION

International Nurses Day

International Nurses Day gave us the opportunity to recognise the incredible contribution made by our nursing team.

We are extremely grateful for the compassion, professionalism and dedication our nurses show every single day. Their commitment to providing outstanding care and support makes a real difference to the lives of our residents and their families.

We would like to thank each member of our nursing team for the kindness, reassurance and expertise they bring to The Ashton every day.



EXTERNAL LINKS

Social Media

Make sure to check out The Ashton Care Home Facebook Page for all our latest photos!

[Don't Forget To 'Like' Us!](#)

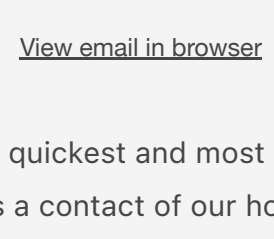
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[Carehome.co.uk](#) & [Google Reviews](#)



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