



RESIDENTIAL | NURSING | DEMENTIA | RESPIRE CARE

INTRODUCTION

Message From Our Team

Hello everyone, and welcome to our first newsletter of 2026!

The start of a new year often signals new beginnings, and the same can certainly be said for Sandmere. In early January, we were delighted to welcome our new Wellbeing Co-ordinator, Olivera, to the team. She has already launched a weekly activities schedule and is gradually filling our calendar with exciting events and wellbeing experiences.

To give you a glimpse of what lies ahead in 2026, this newsletter shares updates on our activities programme, highlights the therapeutic benefits of some of the activities we offer, and explains ways you can get involved — including the relaunch of our Dementia Community Café.

We have also taken time to reflect on the wonderful support we received over the festive period in 2025. Thank you to our residents, families, staff, and visitors for your enthusiasm, participation, and kindness, both then and now. Your support plays a vital role in helping us deliver meaningful experiences and maintain a warm and welcoming environment for our residents.

Happy New Year, and best wishes to you all.

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:

[Newsletter Sign-Up](#)

Best wishes,

Sandmere Care Home Team

SAVE THE DATES

DATES IN THE Sandmere Diary

Saturday 21st February, 3.00pm - Tara James, Singer and Entertainer

Wednesday 4th March, 3.30pm - ZooLab Interactive Animal Visit (Springtime Animals)

Friday 6th March, 2.00pm-4.00pm - Dementia Community Café.

16th-22nd March - Marks both Neurodiversity Celebration Week and Nutrition and Hydration Week. Activities during this period will focus on health, wellbeing, sensory awareness, and understanding the needs of ourselves and others.

April 2026 is Stress Awareness Month, with this year's theme being "Lead with Love". Residents can look forward to themed activities, group sessions, one-to-one support, and special visitors aimed at promoting relaxation and emotional wellbeing.

4th May - Star Wars Marathon in the Cinema

11th-17th May - Mental Health Awareness Week, with the theme "There is Power in Community". Further details will be shared closer to the time.

RECENT ACTIVITIES & EVENTS

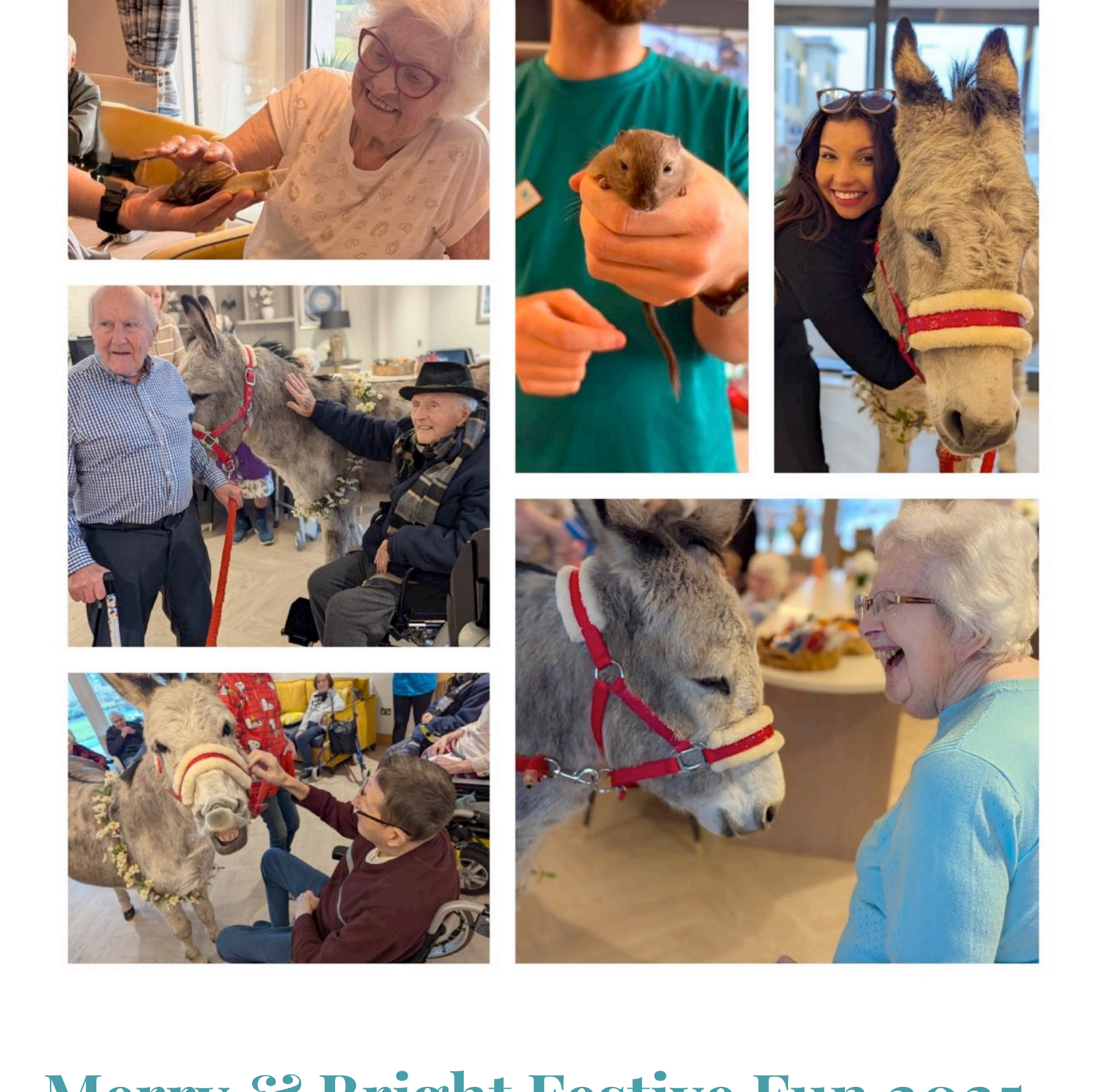
Animal Therapy

For many of our residents, visits from animals bring great comfort and joy. Whether it's residents' own pets, family and friends bringing in their dogs, or visits from specialist animal therapy groups, animal visitors always create a sense of excitement at Sandmere.

In January, we were lucky to welcome ZooLab, who brought a range of exotic animals for residents to see and interact with up close. These included an African giant snail, a corn snake, a gerbil, and even a Chilean rose tarantula (don't worry, no spider photos are included here!).

We were also delighted to welcome Banks the therapy donkey, and everyone enjoyed spending time with him.

Looking ahead, we will also be seeking regular Pets as Therapy (PAT) volunteers. If you or someone you know has a PAT animal and would like to visit our residents, please speak to Olivera to arrange a visit.



Merry & Bright Festive Fun 2025

December at Sandmere was extra special thanks to the incredible efforts of our staff, visitors, residents' families, and entertainers, who helped create a truly festive atmosphere. We are extremely grateful for the support, hard work, and kindness shown throughout the Christmas period, particularly during our Yuletide Celebration event.

A special thank you goes to Jojo's School of Dance and Performing Arts and vocalist Kelly Richardson for bringing festive cheer and joy to our home.



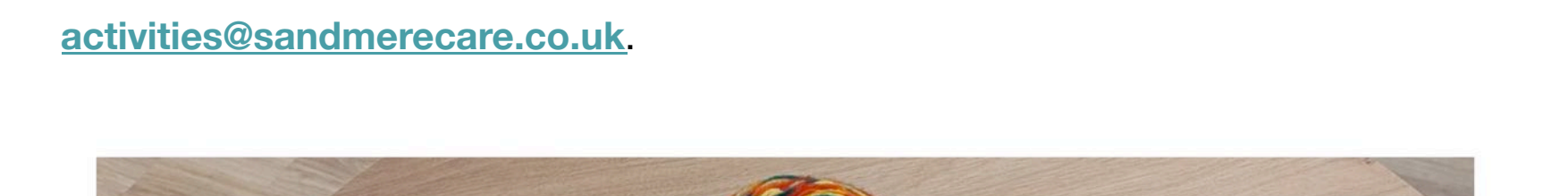
NEWS & UPDATES

The Power of Donations

We are incredibly thankful to all staff, residents, and visitors who have donated items over the past year to help enrich life at Sandmere. Donations have included books, vintage games, craft supplies, home-grown dried flowers, and blankets.

Items such as artwork, decorations, books, and games help our residents feel more comfortable and at home. Familiar objects can be especially calming and therapeutic for residents living with dementia.

If you have anything you would like to donate — whether for activities, room décor, or the wider home environment — please speak to Olivera or email activities@sandmerecare.co.uk.



Dementia Community Café Relaunch

On Friday 6th February, we are pleased to relaunch our Dementia Community Café. The café is open to residents, families, staff, and members of the local community who may be living with or supporting someone with dementia.

There will be free refreshments, friendly faces to talk to, and information available for anyone seeking advice or support. The café will run on the first Friday of every month from 2.00pm to 4.00pm.

Upcoming dates include:

- 6th March
- 3rd April
- 1st May

Weekly Activities Schedule

Using feedback from residents and their families, we have introduced a weekly activities schedule that highlights all groups, events, and visiting entertainers at Sandmere. The schedule is shaped by resident feedback after each activity, as well as personal interests and requests — meaning no two weeks are ever the same.

We aim to offer a balance of regular wellbeing activities, such as our Wellbeing Walks and seated exercise sessions with Mark Hawkrigde, alongside special visits from therapy animals and entertainers.

Each resident receives a copy of the schedule on Friday afternoons, with additional copies available at reception. The schedule is also shared on our Facebook page each Friday, so you can plan ahead. As this is a new initiative, we welcome all feedback from residents and families on both the layout and content.

Sandmere Activity Schedule				
Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
11am Wellbeing Walk in Garden	2pm Banks the Therapy Donkey! Main café patio	11am Seated Exercises with Mark Private Dining Room	2pm - 4 pm Flower Arranging Creative Group Main Café	2pm - 4pm Launch of our Dementia Café Main café
3pm "André Rieu Live in Media"				Saturday 7th & Sunday 8th
We encourage you to use our meeting games, art supplies, books, puzzles, the cinema room, café or quiet lounge whenever you wish to.				

STAFF NEWS

Warm Welcome

We are delighted to introduce Olivera Ignjatovic, who joined the team in mid-January as our Wellbeing Co-ordinator. Olivera comes from a care and NHS background and is a qualified Occupational Therapist with a passion for games, animals, crafts, and learning new things.

Olivera leads our activities programme, plans the weekly schedule, and manages our social media and newsletter editing. She is also spending time getting to know residents on a one-to-one basis and believes strongly in working holistically to help everyone feel truly at home at Sandmere.

Olivera is always happy to chat with residents and families - please feel free to say hello whenever you see her.

EXTERNAL LINKS

Social Media

Make sure to check out the Sandmere Care Home Facebook Page for all our latest photos!

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

Leave A Review

We would be very grateful if you could spare a few minutes to write a review for us:

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