



Easter at West Heanton was a riot of creativity and fun with a huge variety of activities throughout the week. From Easter biscuits, bingo and handmade headwear to papier mâché eggs decorated with fingerprint flowers. Everyone enjoyed testing their knowledge with an “Easter Around the World” True or False quiz. April Fools’ Day brought plenty of laughter, with light hearted jokes and games. The window displays were filled with glitter and colour! A highlight of the week was a beautiful Hungarian Easter tradition, shared by Elvira. Hot boiled eggs were dipped into vibrant dyes with a touch of vinegar, left to dry, then decorated with stickers and chalk pens before being oiled to bring out their shine. The results were stunning and everyone loved learning about this cultural tradition.



Hungarian Traditional Egg Decorating



Easter weekend itself was filled with warmth and celebration. Rev’d Julie Cartwright, her husband Tim and Dicky Deane led a wonderful Easter Sunday service for a packed audience. Hattie supported clients in creating adorable yarn bunnies and decorating the fireplace.

Baking Club kicked Easter off with delicious homemade hot cross buns.



The Easter Bunny made a joyful visit, delivering eggs and plenty of laughter!



Behind the scenes, Tom may have received some funny looks when he bought 135 Easter eggs as a thank you to the team!

We hope you all had a fun Easter too!



Out and About... We've taken full advantage of the warmer weather and had several trips out in the bus. One idea was to take the train from Umberleigh to Barnstaple, with lunch at the Stationmaster's Café. However upon finding there were no trains running, the group diverted to Okehampton Station to browse the charming station bookshop and visit the Bullied Buffet — only to discover the café there was closed too! Spirits remained high, and the minibus rolled on into Okehampton town, where we enjoyed lunch at Waitrose instead. After a good meal and a stretch of the legs, we walked to the pet shop to surprise one of our resident's granddaughters

We were honoured to be invited to *Sing Up Bude's* second birthday celebration. We joined in a fun singing session and got to share their delicious cake!



Happy birthday to *Sing Up Bude*!





Ladies trip

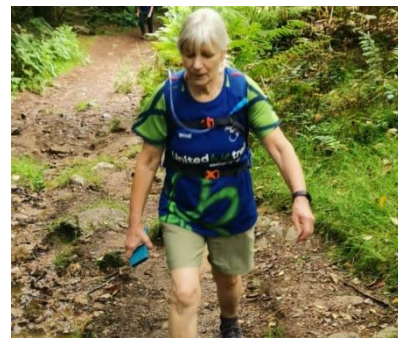


Rainy Day at Barnstaple Museum



Carol from our Home Care Team is raising funds for the Alzheimer's Society.

Carol's Story: I am taking part in the "Trek26 Stonehenge 2026 - 13 miles" trek on 2 May 2026, a meaningful challenge to support the Alzheimer's Society. This incredible charity is dedicated to creating a world where dementia no longer devastates lives. They provide vital help to those living with dementia today and fuel hope for the future through relentless campaigning and funding research. Dementia affects so many people and families. Please join me in making a difference by donating towards my fundraising target of £300. Every contribution brings us closer to a future where dementia is no longer a barrier to living well. Together, we can be the change that transforms lives.



https://www.justgiving.com/page/carol-wyatt-6?utm_source=IG

Blake House Surgery & Holsworthy Medical Centre visited in mid April and gave covid boosters and the RSV vaccine to the residents who wanted them. Thankyou to the two surgeries for holding the clinics at West Heanton and thankyou to all our families & friends for supporting with the paperwork.



Our local Marks & Spencer in Torrington kindly gifted some beautiful flowers for us to arrange. We spent a lovely morning trimming and arranging them for our dining tables. Thank you very much Marks & Spencer!

National Spinach Day at West Heanton. This quirky food day is dedicated to one of the most nutrient-packed vegetables on the planet. The day exists to shine a light on spinach's incredible health benefits - from Vitamin K for bone strength to antioxidants that support eye health – and of course to encourage people to enjoy more leafy greens in their everyday meals. To honour this mighty leaf, we made Spinach and Ricotta Pizzas for lunch.

Did you know?

- In the Middle Ages, spinach pigment was used as ink and paint
- Spinach actually contains more potassium than bananas per serving
- Spinach sales in the 1930s jumped by 33% thanks to Popeye
- And the most absurd thing? Spinach has two national days! A second spinach holiday in July celebrates this powerful green all over again.

We tried our best to come up with a spinach joke - but it wilted.

International Romani Day

As part of our ongoing Year of Culture, we marked International Romani Day on 8 April — a day dedicated to the rich culture, history and contributions of Romani people around the world. We spent the morning in thoughtful discussion, sharing stories, learning about Romani traditions and reflecting on the importance of recognising and respecting all cultures. We created a beautiful floral display inspired by traditional motifs and enjoyed listening to Romani music, filling the day centre with rhythm, colour and connection.



Romani Culture — Positive Facts to Celebrate

- **The Romani flag**, created in 1971, features a blue and green background representing sky and earth, with a red wheel symbolising movement, freedom and shared origins.
- **Romani music** has influenced genres across Europe, including flamenco, jazz, folk and classical traditions.
- **Romani language (Romani or Romanes)** is part of the Indo-Aryan language family, linking back to origins in northern India.
- **Romani crafts**, including metalwork, woodwork and floral decorative styles, are admired worldwide for their colour, detail and symbolism.
- **Romani storytellers and musicians** have played an important role in preserving oral history and passing down traditions through generations.

CONGRATULATIONS

TOM'S
DRAW
APRIL 2026

Harriet



SELECTED IN A RANDOM DRAW, HARRIET WAS NOMINATED BY A CLIENT WHO WAS FULL OF COMPLIMENTS FOR HARRIET, SAYING:

"She is such a good carer for someone that is so young."

WELL DONE! A £50 MARKS & SPENCER VOUCHER IS ON ITS WAY TO YOU.

Congratulations to Harriet, who is the winner of Tom's Draw for April 2026.

Harriet was nominated after impressing one of our homecare clients. Please do keep your nominations coming in, we love to read them and always share them with the person you've nominated.

nominate a deserving team member

FOR THEM TO BE IN WITH A CHANCE TO WIN A £50 M&S VOUCHER IN TOM'S MONTHLY DRAW

**has your carer,
or someone else on the team gone the extra mile?**

IF SO, YOU CAN NOMINATE BY GIVING THEIR NAME & THE REASON FOR THE NOMINATION
NOMINATIONS CAN BE MADE:

- AT RECEPTION
- BY EMAILING OFFICE@WESTHEANTON.CO.UK
- RINGING US ON 01409 281754
- OR FACE TO FACE

THEIR NAME WILL THEN BE ENTERED INTO TOM'S MONTHLY DRAW TO BE IN WITH A CHANCE TO WIN A £50 M&S VOUCHER, PERSONALLY DONATED BY TOM.



Here is a round up of pictures from April. If you are a Facebook user, there are many more pictures, videos and the chance to chat on our Facebook Page

We've had double the celebrations this April, marking the birthdays of two wonderful gentlemen - with one of them turning an amazing 100 years!



Family, friends & plenty of cake - Happy Birthday Gents!











Don't forget to follow us on Facebook for live news, events, updates
& many more pictures, stories & videos
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