



WEST HEANTON

Newsletter

JUNE 2026



care in the heart of our community

Why Is It So Hot in May?

If May has felt more like high summer, you're not imagining it! The UK was sitting under a warm air mass that had drifted up from southern Europe and North Africa. A strong high-pressure system was holding it in place, which kept the skies clear and the temperatures unusually warm for this time of year.

How Hot Is Hot for May?

May in the UK is normally around 15-18°C, but this year many areas have reached 22-25°C, and some places have gone far beyond that.

Record-Breaking Heat

According to the Met Office 35.1°C was recorded at London's Kew Gardens on 26th May 2026. Beating the previous record of 32.8°C set 104 years ago in 1922.

The UK's weather is famously dramatic: we can go from sunshine to hailstones in the same afternoon... and sometimes do! On some warm UK spring days, we can actually be hotter than Morocco, Kenya or South Africa.

Staying Safe and Comfortable

- Drink often
- Wear light, loose clothing
- Sit in cooler rooms
- Use fans or open windows (when safe)
- Let someone know if you feel too warm, dizzy, or swollen in the ankles

Warm Weather Can Be Lovely - With the Right Care

The heatwave has now passed, but we're still expecting a warm, sunny summer. Sunshine lifts our spirits and brightens the gardens, giving everyone something to look forward to. With a few simple steps and plenty of hydration, we can all enjoy the warmer weather safely and comfortably.



Managing the Heat at West Heanton. We're very fortunate at West Heanton to have air conditioning in both the Day Centre and the Garden Room, meaning there is always a cool, comfortable space available when temperatures rise. The team are keeping the home well-ventilated, encouraging lightweight clothing, and making sure everyone has plenty to drink throughout the day.

If you're thinking of providing summer clothes for your loved one, we recommend breathable natural fabrics such as linen, cotton, or bamboo in loose-fitting styles. These materials allow excellent air circulation, wick away moisture and help with natural temperature regulation.

We're also lucky to have spacious grounds at West Heanton. This means we can set up groups to relax, socialise and enjoy meals outside under the shade of our large parasols when the weather is suitable.

Inside the home, lighter-weight bedding and fans have been placed in all rooms to help everyone stay cool and comfortable during warmer nights.

Apologies to anyone who tried to get through on 22nd May when our phone lines were down.

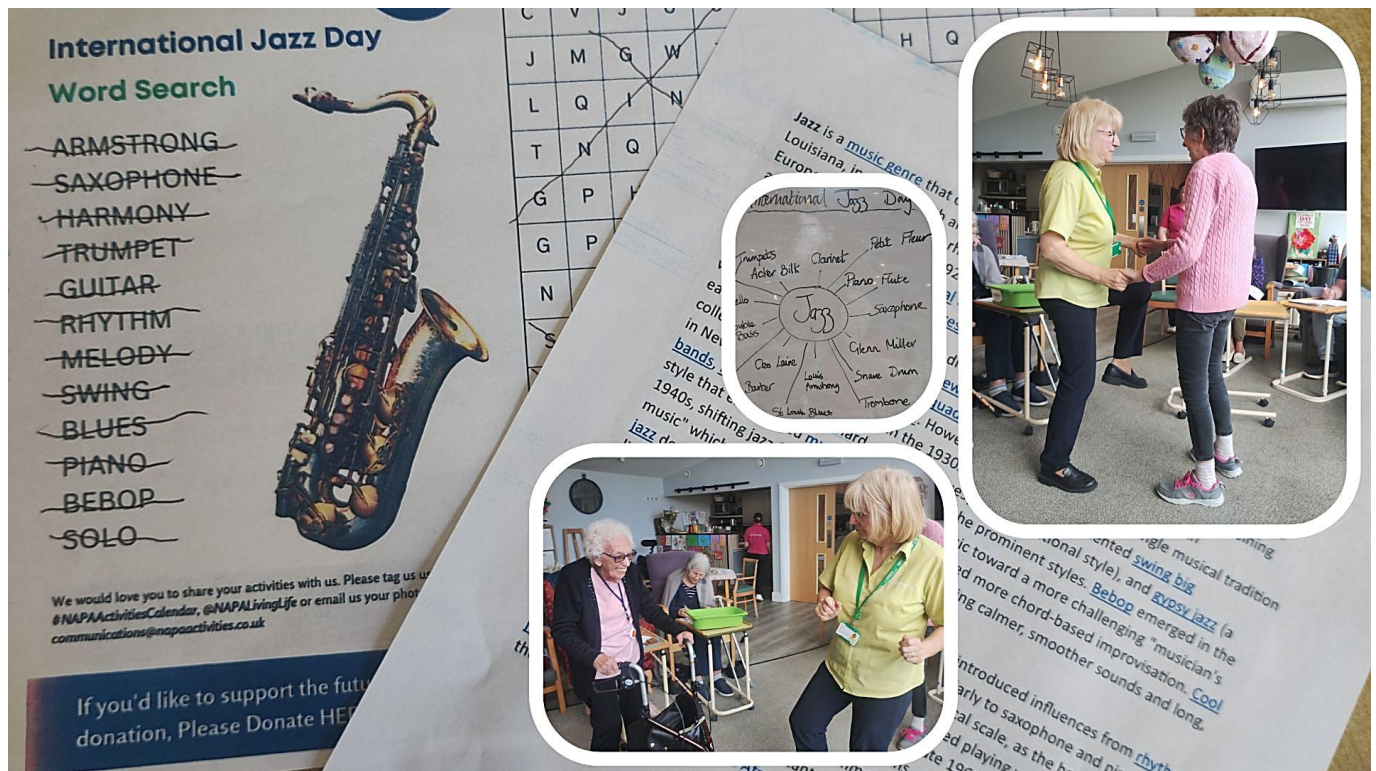
This was an external issue and our provider worked hard to get us reconnected the same day.

While the lines were out of action, we sent out a Facebook post and a direct email to our core email contacts (families and the GP surgeries) with an alternative number and an email option to reach us.



We hope you were able to reach us if you needed to.

International Jazz Day had us dancing, singing, making mind maps, completing a jazz wordsearch and reminiscing. We learned about the history and many types of jazz and listened to each other's stories from seeing Acker Bilk in Glasgow to claustrophobic basement jazz clubs filled with smoke.



Day Trip to Tamar Lakes. We thoroughly enjoyed a visit to the beautiful Tamar Lakes. We strolled across the bridge to watch remote control sail boats, people rowing and fishing, tractors baling and then enjoyed a lovely picnic put together by our fabulous kitchen, all in the glorious sunshine.



We've celebrated births, a wedding & of course Tom's Draw in May

Congratulations
to
Sophie & Toby
on the birth of their
beautiful baby Maya



Congratulations

**Congratulations to Kai & Sadie on
your wedding**

**Wishing you both a wonderful future
together**



CONGRATULATIONS

**TOM'S
DRAW**
MAY 2026

Sally M



SELECTED IN A RANDOM DRAW, SALLY WAS NOMINATED TWICE THIS MONTH BY COLLEAGUES:

"Sally gives residents a really positive breakfast experience, she's upbeat, chatty, friendly and cheerful... and I know she often comes in early to make sure everything is organised. Sally told me she really enjoys her job and always tries her best for the residents and it shows in the care she gives."

"Sally is so lovely with residents in the morning, puts music on while having breakfast and she gets them up dancing."

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



Thankyou

Trek26

Raising funds for



Alzheimer's Society

Caroline and I just about to cross the finishing line, we did it!! 😊



Thankyou to everyone who sponsored Carol in the Trek26 Stonehenge 13 mile walk.

Here she is about to cross the finishing line alongside her daughter, Caroline.

They participate every year and this year have raised £420 between them for The Alzheimer's Society.

For Dementia Awareness Week we had a fun and factual day in day centre. Learning about the four main types of dementia; Alzheimer's disease, vascular dementia, Lewy body dementia and frontotemporal dementia. We explored how dementia affects people, signs and symptoms to look out for and different strategies we can use to help us live with dementia. We made our own Forget-Me-Not and found 100 words from 'dementia awareness'.



Dementia Awareness Week

men	rimus	ocean	Steinbock	Mea	Suave
Dawn	Alex	Wet	Stamen	Went	Rover
Mend	Sent	Sat	Draw	Mount	Team
Vest	Dent	Simar	Team	Ram	Ram
Dawn	Tend	Walt	Meat	Rest	West
Train	Sand	Pent	East	Meat	West
Jerome	Sander	Stream	Western	Mean	Milk
War	Diss	Stare	Stare	Stand	Mist
Water	Turn	Stair	Ward	Stand	Mist
Wart	Trend	Waste	Swain	Stand	Word
Near	Tinder	Waisi	Sander	Sander	Worm
Ten	Draw	Wander	Remic	Sane	Mix
Not	Stream	Worm	Time	Mix	News
Draw	Tress	Worm	Mark	Sand	News
Game	Stream	Worm	Trim	Shed	Shed
Near	Deem	Stew	Stew	Shed	Shed
Draw	Neat	Stew	Stew	Shed	Shed



The theme for **Deaf Awareness Week 2026** is *Right to Understand – Together, We Break Barriers*, tackling the barriers that continue to hold back full accessibility for people with hearing loss. Each year, the week brings awareness to the isolation that deaf people can experience, whilst promoting social inclusion of those with hearing loss.

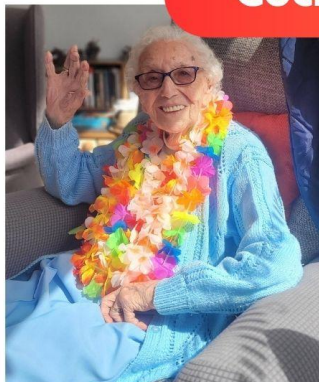
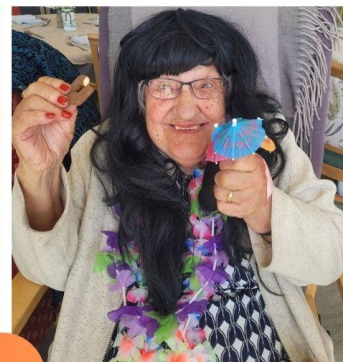
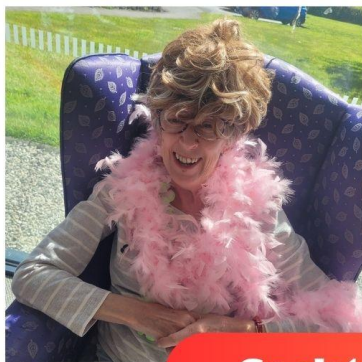
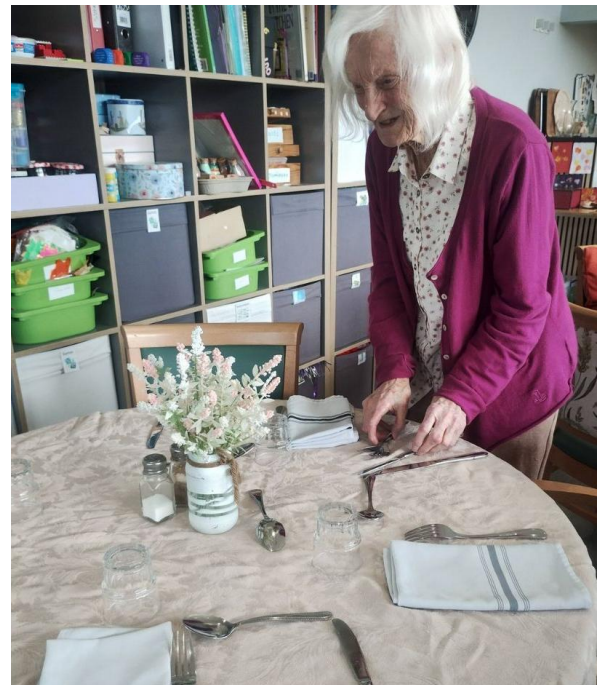


At West Heanton we spent time learning how to sign our names and had a thoughtful discussion about what it might be like to experience the world in silence. We also explored the different tools and aids that can help support communication. Using mood cards, we expressed our feelings and had fun making different facial expressions together.



A lovely morning at Langtree Market catching up with old friends, making new friends, shopping & a delicious roast dinner

As ever, there are far more stories and pictures than we can fit into the newsletter. Here is a round up of May. If you are a Facebook user, there are many more pictures, videos and the chance to chat on our Facebook Page. www.facebook.com/WestHeanton



Cocktails & Mocktails



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

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