

Hewlett Court Newsletter



October 2026



October

October brings a gentle breeze,
And golden leaves upon the trees.
The days grow shorter, nights draw near,
As autumn colours fill the year.

The morning sun shines soft and bright,
While cosy evenings bring delight.
A cup of tea, a friendly chat,
There's something special about that.

The leaves may fall, the seasons change,
But little joys are never strange.
A smile, a laugh, a helping hand,
Can make the day feel warm and grand.

So welcome October, crisp and bright,
With autumn mornings and cosy nights.
May this new month bring joy your way,
And happy moments every day.



Birthdays this month!

Residents

Keith P
8th October

Margaret R
9th October

Staff

Claire
14th October

Jayne (60)
22nd October



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News



Sad News

On Wednesday 23rd September, Paul Briscoe sadly passed away. He will be deeply missed by all those that knew him.



Residents Meeting

Our Residents' Meeting took place on 4th September, giving everyone the opportunity to come together, share their views and discuss matters relating to life at Hewlett Court.

There was plenty of discussion, including menus, communal living and other topics raised by the residents. It was a positive opportunity for everyone to have their say and share any suggestions or concerns.

We are pleased to say that any issues raised at the meeting have been looked into and dealt with. Minutes from the meeting have been given out to all at Hewlett Court.

Thank you to everyone who attended and contributed to the discussions. Your feedback is always valued and helps us to continue making Hewlett Court a happy and welcoming place for everyone.



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ELMC/ Festival News



ELMC Autumn Outing

On Tuesday 8th September, the ELMC ventured to Llandudno for their Autumn Outing — and what a day it was!

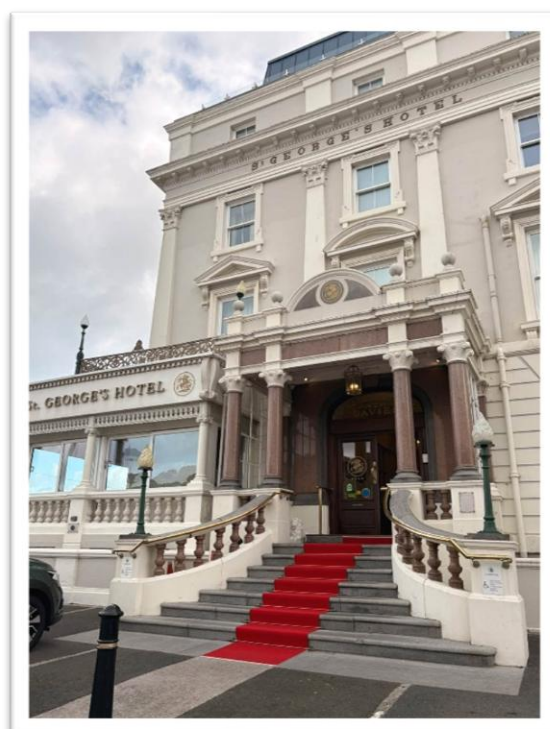
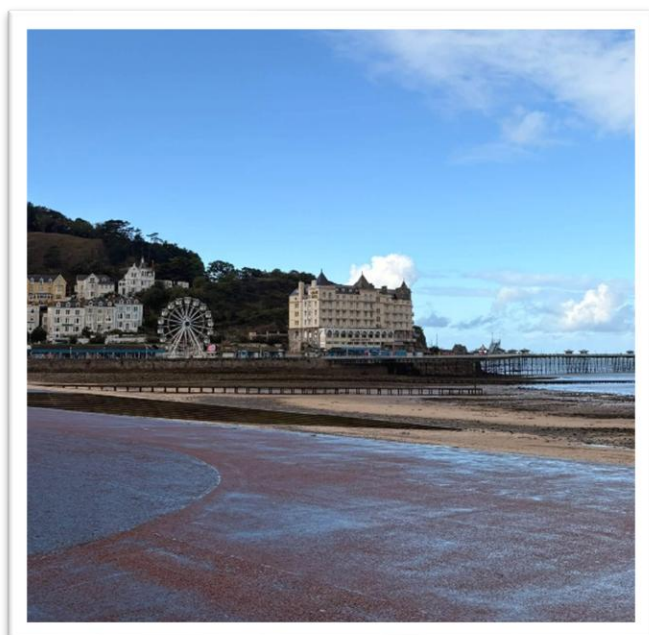
Everyone met at Hewlett Court for tea and coffee before heading out on the coach to begin their day in Llandudno.

The day began with a delicious three-course lunch at the fantastic St George's Hotel, before everyone headed out to enjoy a browse around the town.

Some of the ladies and gents enjoyed exploring the local shops, while members of the Comforts Fund Committee — Julie, Bev, Rachel and Debbie — took in the beautiful scenery from the Great Orme Tramway.

A truly brilliant day organised by the Comforts Fund.

A big thank you to everyone who helped organise such a wonderful outing.



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Hewlett Court Christmas Fair



The festive season is fast approaching, and preparations are already underway for our annual Christmas Fair at Hewlett Court.

We are looking forward to a lovely festive event with plenty of stalls, Christmas treats, games, The Grand Raffle and lots of fun for everyone to enjoy.



Stall Holders



We still have a few stalls available for stall holders who would like to join us and showcase their crafts, gifts and products. If you are interested or know anyone who would like a stall, please speak to a member of the Hewlett Court Management Team for more information.



Tombola Donations



We would be very grateful for donations of new, unused and unopened items to be used as tombola prizes. Any suitable gifts would be greatly appreciated.



Raffle Donations



We are also appealing to people who may be able to kindly donate a raffle prize, gift voucher, hampers, alcohol or items suitable for a raffle.

Thank you to everyone who supports our Christmas Fair – every donation, big or small, makes a difference!

We hope to see you all there!

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HEWLETT COURT
Christmas
FAIR

SATURDAY
5th DECEMBER 2026
FROM 2PM - 4:15PM

VARIETY OF STALLS **SANTA'S GROTTO**
2pm - 3pm **FOOD AND REFRESHMENTS**

GRAND RAFFLE
to be drawn
at 3:45pm **CHILDREN'S ACTIVITIES** **LIVE ENTERTAINMENT**

£2 ENTRY, CHILDREN UNDER 12 FREE

P FREE PARKING AT CANON LEWIS HALL

Hewlett Court, Newcombe Road,
Holcombe Brook, Bury BL0 9XJ
01204 886 552

Everyone Welcome!

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Annie Valery

Annie Valery joined us on Thursday 3rd September and delivered a wonderful performance. Her beautiful vocals filled the main lounge, creating a fantastic atmosphere that everyone thoroughly enjoyed.



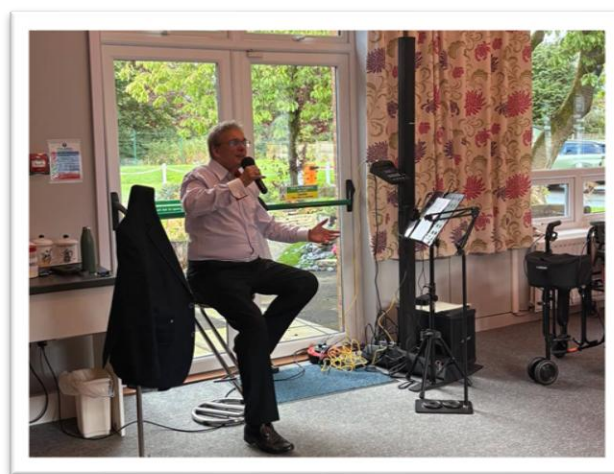
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Robyn Darcy

Robyn Darcy joined us for a delightful performance on the afternoon of Thursday 17th September, bringing plenty of smiles and entertainment to our ladies and gents. Everyone enjoyed toe-tapping, singing along and joining in with some well-known favourite songs. A lovely afternoon filled with music.



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Falls Prevention Team

We were pleased to welcome the Falls Team from Radcliffe Primary Care to Hewlett Court for an informative and enjoyable chat with the ladies and gents.

The team shared some useful advice and guidance on how to help prevent falls, including simple ways to stay safe and steady around the home and when out and about.

The residents were also shown some easy exercises designed to help improve strength, balance and mobility. Everyone had the opportunity to join in and learn exercises that can be incorporated into everyday routines.

A big thank you to the Falls Team for taking the time to visit us and share their knowledge. It was a very useful and informative session, and our residents enjoyed taking part!

EVERY STEP COUNTS
Falls Prevention Awareness Day

Small Changes, Safer Steps

Stay active
Stay steady
Stay independent

Things to be aware of...

- Stay Strong & Active**
 - Keep moving regularly
 - Work on strength and balance
 - Try simple exercises such as sit-to-stands and heel raises
- Wear Safe Footwear**
 - Choose well-fitting, supportive shoes
 - Look for good grip
 - Avoid loose slippers and poorly fitting footwear
- Make Your Home Safer**
 - Remove loose rugs and clutter
 - Keep walkways clear
 - Improve lighting
 - Watch out for cables and wet floors
- Eat & Drink Well**
 - Drink regularly throughout the day
 - Eat regular, balanced meals
 - Include protein-rich foods
- Look After Your Health**
 - Get your eyesight checked
 - Speak to a healthcare professional if you feel dizzy or unsteady
 - Tell someone if you have had a fall
- Keep Moving With Confidence**

Small changes can help you stay strong, safe and independent.

Come and speak to the Falls Prevention Team! ♥

Get advice and information | Try simple exercises | Check your footwear | Ask a professional

Small changes can make a big difference.

Healthier today | Safer tomorrow | Together we can prevent falls

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Try these exercises
Simple moves. Big difference.

1 Seated marching



Lift your knees, one at a time.

2 Heel raises



Lift your heels off the floor.

3 Toe raises



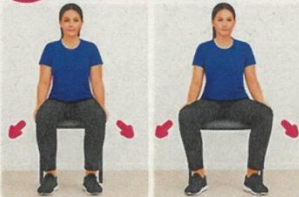
Lift your toes off the floor.

4 Knee extensions



Straighten your knee, then lower.

5 Seated hip abduction



Move your knees out to the side.

6 Ankle pumps



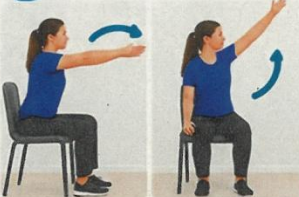
Point your toes up and down.

7 Seated trunk rotations



Turn your upper body side to side.

8 Reaching forwards/sideways



Reach forwards or to the side.

9 Shoulder flexion x 10-15



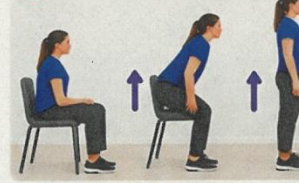
Raise your arms forwards and up.

10 Shoulder abduction x 10-15



Lift your arms out to the side.

11 Sit to stand x3



Stand up and sit down, 3 times.

Keep it
safe, keep it
steady, keep
moving!



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Abba Tribute from Hanna Wright

The ladies and gents at Hewlett Court were delighted to welcome Hannah, who came along to entertain us with her fantastic solo ABBA tribute!

Hannah had everyone singing along to some of ABBA's best-loved hits, bringing plenty of smiles, laughter and toe-tapping to the afternoon. There were lots of familiar songs, and some residents couldn't resist joining in with the music!

It was wonderful to see everyone enjoying themselves and getting into the ABBA spirit. A big thank you to Hannah for a fantastic performance and for helping to make it such an enjoyable afternoon at Hewlett Court.



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Poppywood Alpacas

We were delighted to welcome back our furry friends from Poppywood Alpacas – Dobby, Marmalade and Haribo – for a very special visit this afternoon! Our ladies and gents had a wonderful time meeting, petting and feeding the adorable alpacas, while also learning lots of interesting facts about them. There were plenty of smiles, laughter and cuddles all round.



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Condolences from Bury Hospice Outreach Team

We were touched to receive a lovely condolence card from the Bury Hospice Outreach Team following the sad passing of our resident, Paul.

Their thoughtful message and kind words were greatly appreciated by everyone at Hewlett Court. It was a lovely gesture and a reminder of the support and compassion shown to residents, their families and our community during difficult times.

We would like to thank the Bury Hospice Outreach Team for thinking of the staff and residents at Hewlett Court and for their kindness.

To / All of the staff and residents
of Hewlett Court.

Sending you all our most
sincere condolences at
this difficult time.

from, The Outreach team, Bury Hospice x.

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Winners

This month's winners of play your cards right are pictured below.

To be in with a chance of winning a free bingo session, join Jayne in coffee morning every Wednesday at 11am to take part in play your cards right.

You've got to be in it to win it!



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Birthdays!



Bill celebrated his
birthday on
7th September

Team Leader Rachel,
celebrated her birthday on
3rd September

General Assistant Olivia,
celebrated her birthday on
17th September



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Hewlett Court Upcoming events in

Monday 12th October 2026

Blackpool Illuminations & Fish Supper 4pm

Friday 16th October 2026

Tom Collins singing in the lounge 11am

Thursday 22nd October 2026

Lee Lambert singing in the lounge 11am

Friday 23rd October 2026

Dress in Pink for Breast Cancer Now

Friday 30th October 2026

Halloween Celebrations 3:30pm

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I Love Autumn

M	A	P	L	E		A	C	O	R	N								
L	E	A	V	E	S	P		C	P	H	S	V	C	R				
R	A	I	N	Y	F	A	L	L		O	O	U	A	C	S	H	A	C
T	U	R	N	Y	E	L	L	O	W	P	O	M	L	A	C	I	K	O
V	A	E	S	F	A	I	R	S	I	M	L	P	L	R	H	L	I	R
T	H	A	N	K	S	G	I	V	I	N	G	K	O	E	O	L	N	N
F	R	O	S	T	S	Q	U	A	S	H	I	W	C	O	Y	G		
H	A	R	V	E	S	T	I	O	S	N	E	R	L	W				
C	O	L	D	W	I	N	D	Y	M	R	O	O						
B	L	O	W	I	N	G	U	T	N	W								
S	W	E	A	T	E	R	K	L										
I	O	R	B	R	O	W	N											
L	E	A	F	G														
U	O	Y																
S																		

Acorn	Cold	Corn	Fall	Harvest
Leaf	Leaves	Maple	Pumpkin	Rainy
Raking	Turn yellow	Squash	Windy	Thanksgiving
Scarecrow	Sweater	Frost	Blowing	Chilly
Cool	Halloween	School	Fairs	Brown