

# Oxendon House Newsletter March 2020



February has been wonderfully busy here at Oxendon house. We have had all of the usual fun and games, as well as welcoming some new experiences to our residents! Monday's are becoming a real day of fun, with our new regular Tai Chi session, and also this is the day that Tahnee will be on hand to carry out any beauty/barbering needs for the residents!

Looking into March we will be carrying on with some of these new activities as well as introducing plenty more!

The Cheltenham Horse Racing festival is nearly upon us, and we have plenty of residents who are very excited about this!



# Welcome to Tahnee!

March marks the month that we welcome a familiar face to a new role within Oxendon House! Tahnee has been with us at Oxendon House for a coming up to a year, during which time she has worked in varying roles, but March is her first month of being the official hair and beauty representative!

Tahnee is able to offer a vast array of different beauty treatments and different haircuts and if you have any questions/requests please don't hesitate to contact myself (Henry) or Tahnee via the Facebook page.



# Wings of Freedom



We were delighted to welcome the wonderful Wings of Freedom back to Oxendon House. They offer a superb service, ensuring that all residents get up close and personal with the birds of prey, regardless of any physical boundaries they may have to potentially overcome!

Except to be seeing more of these guys in the coming months, friends and family are more than welcome to come and share the experience, message Henry for details

# TAI CHI!

February marked the first occasion that the wonderful Terry Bale joined us at Oxendon House to conduct a Tai Chi! It was a truly superb experience and one that included all of the residents who wanted to be involved, but Terry also took the time to focus on the individuals needs, ensuring a person centred activity



# Coming in March...

We have an action packed March on the horizon!  
Here are just a few of the things you can expect...

- Tai Chi – the wonderful Terry Bale will be making regular visits to the home, promoting mindfulness and wellbeing, as well as promoting increased mobility to the residents
- Cheltenham – The annual horse racing extravaganza will be on for all to enjoy
- Hair and beauty – Tahnee will be leading the line on health and beauty, please don't hesitate to get in touch with any requests.
- As well as all of the usual fun and games!!!

