



Southend-On-Sea

MEMORIES BY THE SEA!



Quantum Care
Belmont View

Newsletter
September 2026

Editor's Desk



Hello Residents, Families and Friends,

Welcome to September, a month that brings the gentle transition from summer into autumn. As the days begin to get a little cooler and the leaves start to change, we hope you enjoy this beautiful time of year, filled with new beginnings, meaningful moments, and opportunities to spend quality time together.

September brings plenty of opportunities to celebrate, including **National Inclusion Week, National Fitness Day, and Chocolate Day**, wonderful reminders of the importance of belonging, staying active, and enjoying life's little treats. These special days give us opportunities to come together, try something new, have fun, and create happy memories with those around us.

We hope this newsletter brings you inspiration, positivity, and plenty of ideas to enjoy everything September has to offer.

Warm wishes,
Carla Da Silva

"September is a time for new beginnings, fresh opportunities, and appreciating the beautiful moments we share with one another."

Outing to Southend-on-Sea



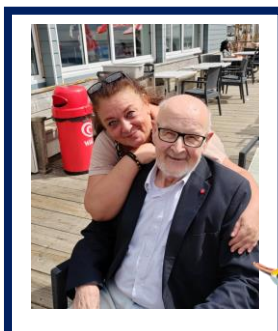
🌊🌞 SOUTHEND-ON-SEA — MEMORIES BY THE SEA! 🌞🌊

What a fantastic day out! 💙 From the fresh sea air and beautiful beach views to fish & chips by the seaside 🍷🌊 and a delicious ice cream, 🍦 it was a day full of smiles, laughter and wonderful company.



Sometimes the best days are simply about being together, enjoying the sunshine and making memories that will stay with us for a long time. 😊

A truly special Southend-on-Sea adventure — good food, great company and amazing memories! ❤️🌊🌞



The Fun Continues at Adventure Island!



🌞 📊 What a fabulous day at Adventure Island! 🎉 🦃

Our residents had a fantastic time enjoying all the fun, trying new games and soaking up the wonderful seaside atmosphere.

There were smiles and laughter all around, with plenty of happy memories made along the way! 🧡 😊

A truly jolly day full of fun, friendship and adventure! 🌊 🦃 ✨





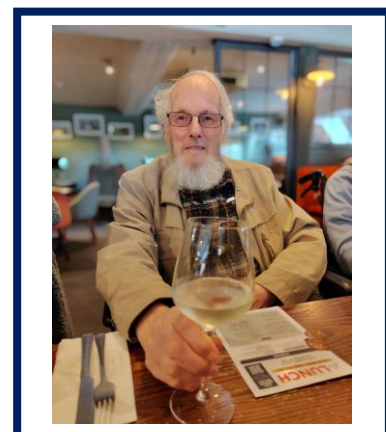
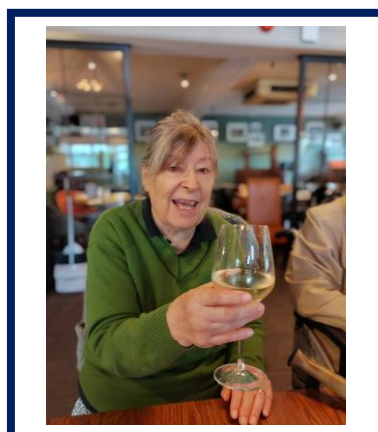
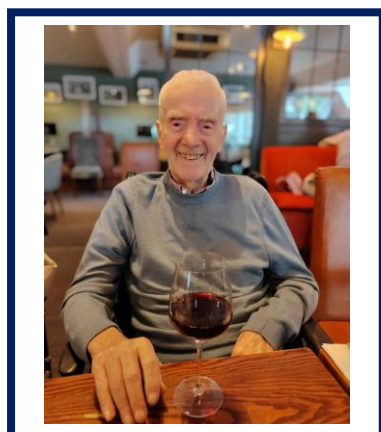
A Lovely Pub Lunch

Last month, our lovely residents enjoyed a wonderful **Pub Lunch together**, filled with delicious food, plenty of smiles, laughter and great conversation.



Getting out and, about and joining the local community is such an important part of life with us. These special outings give our residents the opportunity to relax, socialise, enjoy familiar surroundings and, most importantly, spend quality time together. 🍷

A big thank you to our fantastic **Engagement Team** for organising another lovely outing and helping to create special moments and happy memories.





Lovely Pampering Session

There's nothing quite like a little pampering to brighten the day! 🌸🌟

Our residents enjoyed some wonderful Hair & Nails pampering with our Engagement Team, sharing smiles, laughter, conversation and those all-important moments of one-to-one care. 🌸 Pampering is about so much more than looking good.

It can help boost wellbeing and confidence, encourage social connection, promote relaxation and support dignity and self-esteem. 💜

Seeing our residents relaxed, smiling and enjoying being cared for makes these moments extra special.

At Belmont View, it's the little things that can make the biggest difference. ❤️

Relax. Refresh. Reconnect.

Because everyone deserves to feel special. 🌸



Lovely Pampering
♥ HAIR & NAILS ♥

RELAX. REFRESH. RECONNECT.
A little pampering goes a long way to help you look good and feel even better.

Benefits of Pampering

- Boosts Mood & Wellbeing
Pampering releases endorphins, reduces stress and brings happiness.
- Promotes Self-Esteem
Feeling good about how you look helps you feel confident and valued.
- Encourages Social Connection
A lovely way to spend time together, chat, laugh and build friendships.
- Supports Independence & Dignity
Looking and feeling your best helps you stay independent and proud.
- Promotes Relaxation
Quiet time for you to unwind, relax and enjoy being cared for.

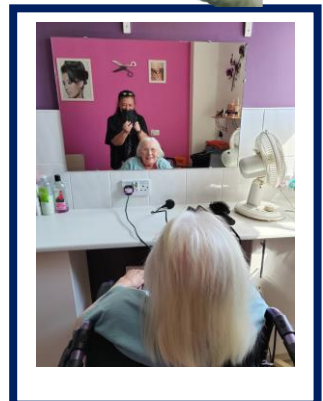
BROUGHT TO YOU BY OUR
Engagement Team
Here for you, with you, because you matter.
MAKING EVERY DAY MORE ENJOYABLE THROUGH CONNECTION & CARE

Thank you for being such an important part of our Belmont View family

BECAUSE YOU DESERVE A LITTLE EXTRA CARE

BELMONT VIEW CARE HOME

♥ CARING FOR YOU • SUPPORTING YOU • CELEBRATING YOU ♥



Q Club



💛 Our Lovely Q Club Members 💛



What a wonderful time we had together at Q Club! 🎯🌟

There were plenty of smiles, laughter and a little friendly competition as our lovely members enjoyed the Target Game. It was so heart-warming to see everyone cheering each other on, celebrating every throw and simply enjoying being together. 😊

Activities like this are about so much more than scoring points. They encourage gentle movement, hand-eye coordination and confidence, while bringing people together for friendship, fun and those special shared moments. ❤️





FUN, FRIENDS & FRIENDLY COMPETITION!

BENEFITS

- Encourages movement
- Improves hand-eye coordination
- Boosts confidence
- Builds friendships
- Promotes fun and wellbeing



AIM, THROW, SCORE, SMILE!
EVERY POINT COUNTS!

WHERE EVERYONE PLAYS AND EVERYONE WINS!

AUGUST 2026





Breakfast Club

Friday mornings are always something special at Belmont! 🍷☕

Our lovely residents absolutely love their Friday Breakfast Club, enjoying a delicious breakfast together, catching up with friends, sharing stories and, most importantly, plenty of smiles and laughter. 🍌🍌🍌

It's such a lovely way to start the day, bringing everyone together around the table for good food and even better company. 🍷☕

Here's to more happy Friday mornings together! 🍷☕

BELMONT BREAKFAST CLUB

*Good Company.
Great Food.
Better Mornings.*

Join friends old and new for a delicious breakfast and a warm welcome every time.

THE BENEFITS:

-  Friendly faces and companionship
-  Nutritious breakfast to start your day
-  A welcoming community space
-  Fun, chat and laughter

Fridays – 9.30am – 11am

August 2026




Art Therapy



👨‍🎨 Our lovely residents had a wonderful time exploring their creativity during our **Art Therapy session!** 🎨🎵

From choosing colours to creating their own beautiful trees, the activity encouraged relaxation, self-expression, confidence and conversation.

Every artwork was wonderfully unique, just like its artist! 🌱💛



ART THERAPY

Creativity can brighten the whole day.

THE FEEL-GOOD BENEFITS

- Relaxation & calm
- Confidence & self-expression
- Connection & conversation
- Sensory engagement
- Happy memories

Colour. Create. Connect.



Summer Raffle Winners

🎉 Congratulations to all our raffle winners! 🎉

Our raffle winners are continuing to claim their fantastic prizes, and it's wonderful to see so many happy faces! 😊

Congratulations to all our lucky winners — we hope you enjoy your prizes!

🎉 **We still have some unclaimed prizes!** So, if you have a raffle ticket, please check your numbers — **you might be one of our lucky winners!** 🍀🎁



Ticket No.	Winner	Ticket No.	Winner
777	Carol	658	Flori
724	Gill	673	Devon
691	Pam A. (David)	842	Julia
752	Brenda	701	Sandra (Q Club)
711	Pat M. (Leigh)	818	Ken
774	Rita - Davison (Cathy)	864	Giovanna
747	Sam	719	Margaret (Q Club)
689	Jackie (BJ - Davison)	676	Lynn (Marion M - Laurels)
645	Pat M. (Pete)	856	Corina
762	Sharon H	731	Karen B.
759	Gwen R - Davison	851	Jill F
861	Giovanna	727	Chris (Daphne - Davison)
700	Pam (Q Club)	840	Joe
812	Lyn & Rosie	818	Ken





Summer Party

🌞 What a fantastic day at Belmont's Summer Party! 🎉

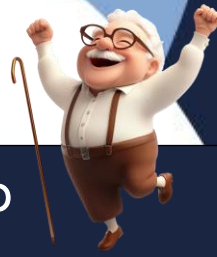
We enjoyed wonderful weather, a delicious BBQ and brilliant live music from our fantastic entertainer. 🎤

Residents, family members and staff all came together and had an amazing time filled with smiles, laughter and dancing.

A huge thank you to Carla, and David, and to our lovely volunteers Janet and Lyn who helped make the day so special! 🌻🎵❤️



The Activities Hub



BURST THE BUBBLES!

REACH. POP. SMILE. HAVE FUN TOGETHER! ♥





COORDINATION
Build hand-eye coordination and quick reactions



MOVEMENT
Encourage reaching, stretching and gentle exercise

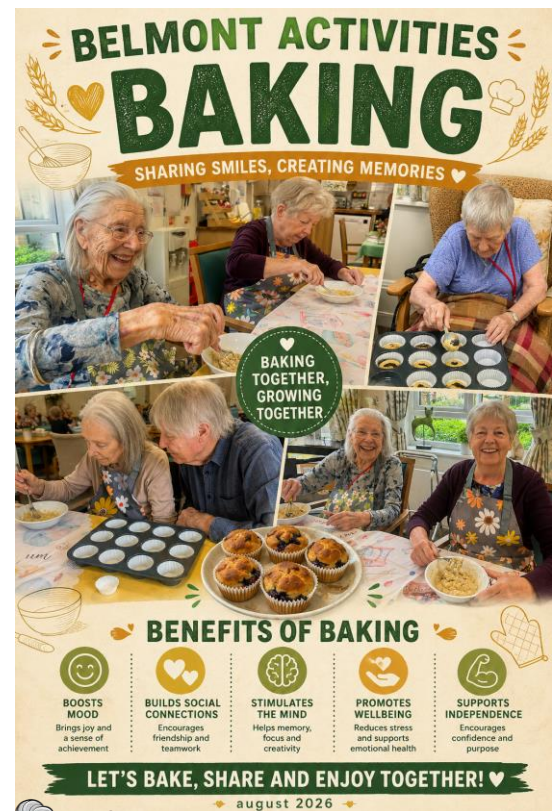


JOY
Share laughter, connection and feel-good moments

Stronger Together, Every Day! ♥

BELMONT ACTIVITIES BAKING

SHARING SMILES, CREATING MEMORIES ♥



BAKING TOGETHER, GROWING TOGETHER

BENEFITS OF BAKING

- BOOSTS MOOD**
Brings joy and a sense of achievement
- BUILDS SOCIAL CONNECTIONS**
Encourages friendship and teamwork
- STIMULATES THE MIND**
Helps memory, focus and creativity
- PROMOTES WELLBEING**
Reduces stress and supports emotional health
- SUPPORTS INDEPENDENCE**
Encourages confidence and purpose

LET'S BAKE, SHARE AND ENJOY TOGETHER! ♥
august 2026

BELMONT ACTIVITIES INDOOR BOWLING



FUN FRIENDLY FOR ALL

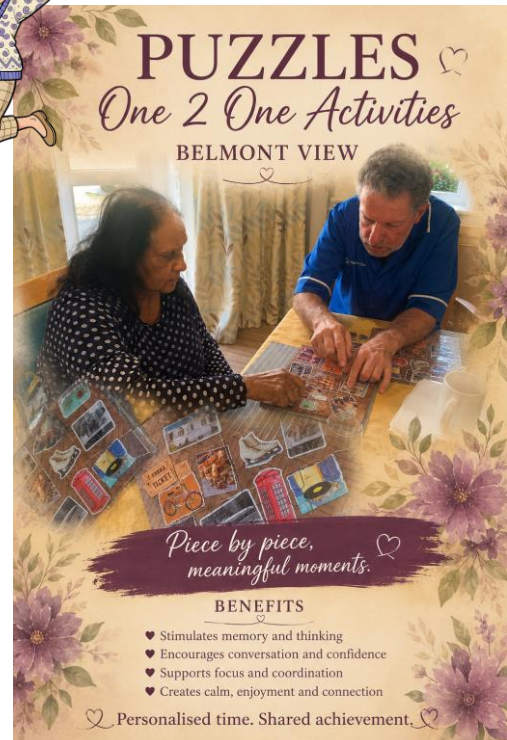
BENEFITS

- IMPROVES MOOD**
- ENCOURAGES SOCIAL CONNECTION**
- SUPPORTS COORDINATION AND BALANCE**
- STIMULATES THE MIND**
- BUILDS CONFIDENCE**

JOIN US FOR A STRIKE OF FUN AND FRIENDSHIP!
AUGUST 2026

PUZZLES

One 2 One Activities
BELMONT VIEW



Piece by piece, meaningful moments. ♥

BENEFITS

- ♥ Stimulates memory and thinking
- ♥ Encourages conversation and confidence
- ♥ Supports focus and coordination
- ♥ Creates calm, enjoyment and connection

♥ Personalised time. Shared achievement. ♥

September Stars: Birthday Edition

In September, we celebrate birthdays with:

- Brenda H (Willows)
- Mary G (Treetops)
- Jenny A (Treetops)

On Behalf of Belmont's Family,

We wish you all a Happy Birthday!

sharon Howe xx



September Trivia

Did you know?

- 🍂 September is the ninth month of the year and has 30 days.
- ❤️ The birth flower for September is the Aster, symbolising love, wisdom and faith, while the **Morning Glory** is also associated with September and represents affection and resilience.
- 💎 **September's birthstone is the Sapphire**, traditionally associated with wisdom, loyalty, sincerity and good fortune.

Virgo (23 August – 22 September)

Virgos are often thoughtful, caring, and practical. They are known for their attention to detail, kindness, and helpful nature, always looking for ways to support the people around them. They tend to be dependable, organised, and quietly determined.

Libra (23 September – 22 October)

Libras are often friendly, fair-minded, and sociable. They value harmony, kindness, and good relationships with others. They are known for their warm nature, charm, and ability to see different sides of a situation, making them thoughtful and considerate companions.

Poem to Share



September

September brings a softer breeze,
And golden leaves upon the trees.
The summer sun begins to fade,
As autumn colours fill the glade.

The mornings bring a cooler air,
With misty skies and crispness there.
The apples ripen, red and sweet,
And conkers tumble at our feet.

The days grow shorter, nights draw near,
Yet memories of summer cheer.
So welcome, September, fresh and bright,
With autumn days and cosy nights.



Laughing Matters



What did on autumn leaf say
to another?

"I'm falling for you!"

Why did September
bring a jaket to
work?

Because it was
expecting a chilly
reception!

What did August say to September?

"I'm leaving now – you take over!"

Why do trees love
September?

Because they get
to show their new
autumn colourers!

What happens when summer
meets September?

Thev have a cool reunion!

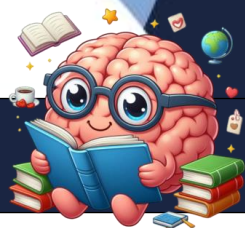
Why was the September weather
confused?

It could not decide whether to be
summer or autumn!

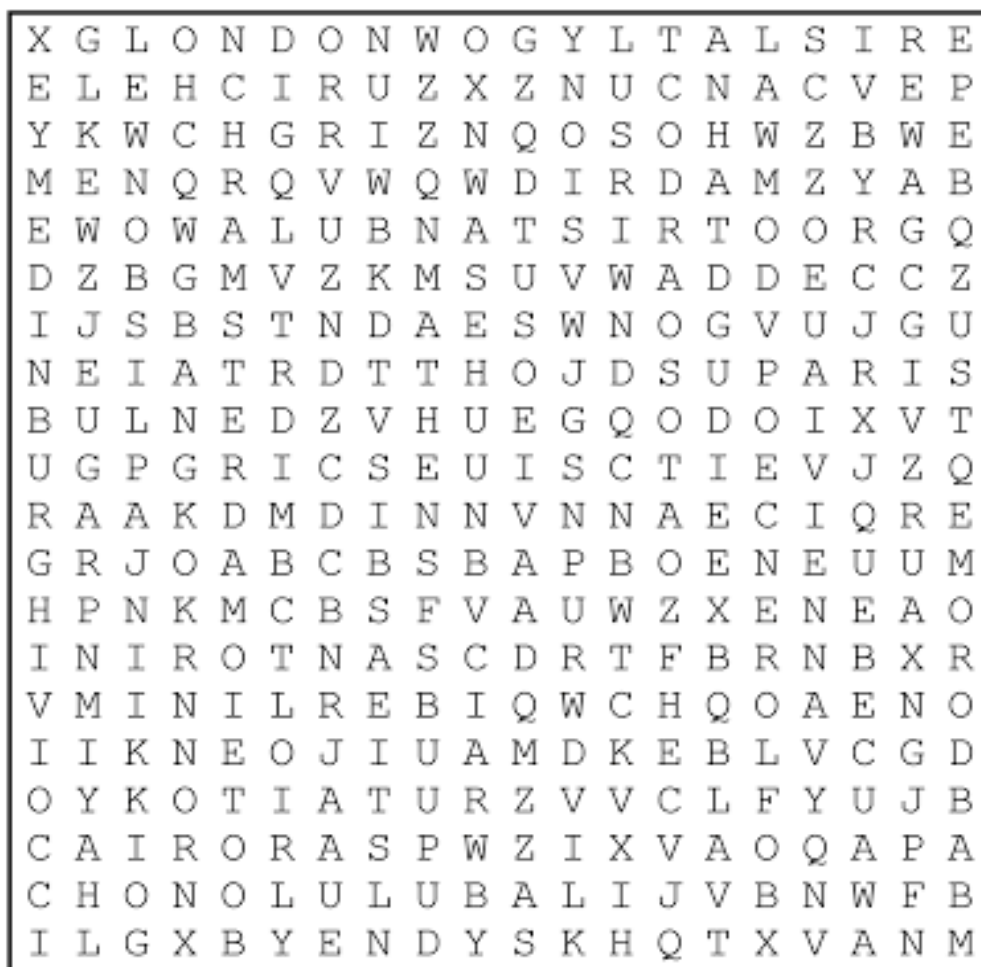
Colouring Page



Word Search



Travel Destinations



Word list:

AMSTERDAM	CANCUN	LONDON	ROME
ATHENS	DUBAI	MADRID	SANTORINI
BALI	EDINBURGH	MAUI	SYDNEY
BANGKOK	FLORENCE	PARIS	TOKYO
BARCELONA	HONOLULU	PRAGUE	VANCOUVER
BERLIN	ISTANBUL	QUEBEC	VIENNA
CAIRO	LISBON	RIO	ZURICH



Upcoming Events

Tuesday, 1st September – World Letter Day!
 Wednesday, 2nd September – Cheese Pizza Day!
 Tuesday, 8th September – National Inclusion Day!
 Wednesday, 9th September – Emergency Services Day!
 Thursday, 10th September – Visit to Herford Museum!
 Friday, 11th September – International Milkshake Day!
 Wednesday, 16th – National Fitness Day!
 Thursday, 17th September – Cheeseburger Day!
 Wednesday, 23rd September – Chocolate Day!
 Wednesday, 30th September – Macmillan Coffee Morning!

Disclaimer: While every effort is made to keep the schedule as published, dates & venues may change due to unforeseen circumstances. Thank You

Weekly Activities

Monday's – Bingo – Q Club – 11am
 Friday's – Breakfast Club – Q Club – 9.30am

Every Two-Week Activities

Tuesday's – Pet As Therapy
 Wednesday's – Shopping Experience

Monthly Activities

Pet Therapy with Performing Pets – Church Service – Lunch Club

Engagement Manager



Carla Da Silva

Activities Care Assistants



Geri



Faye



David

Meet the
Engagement
Team

Achieving Together

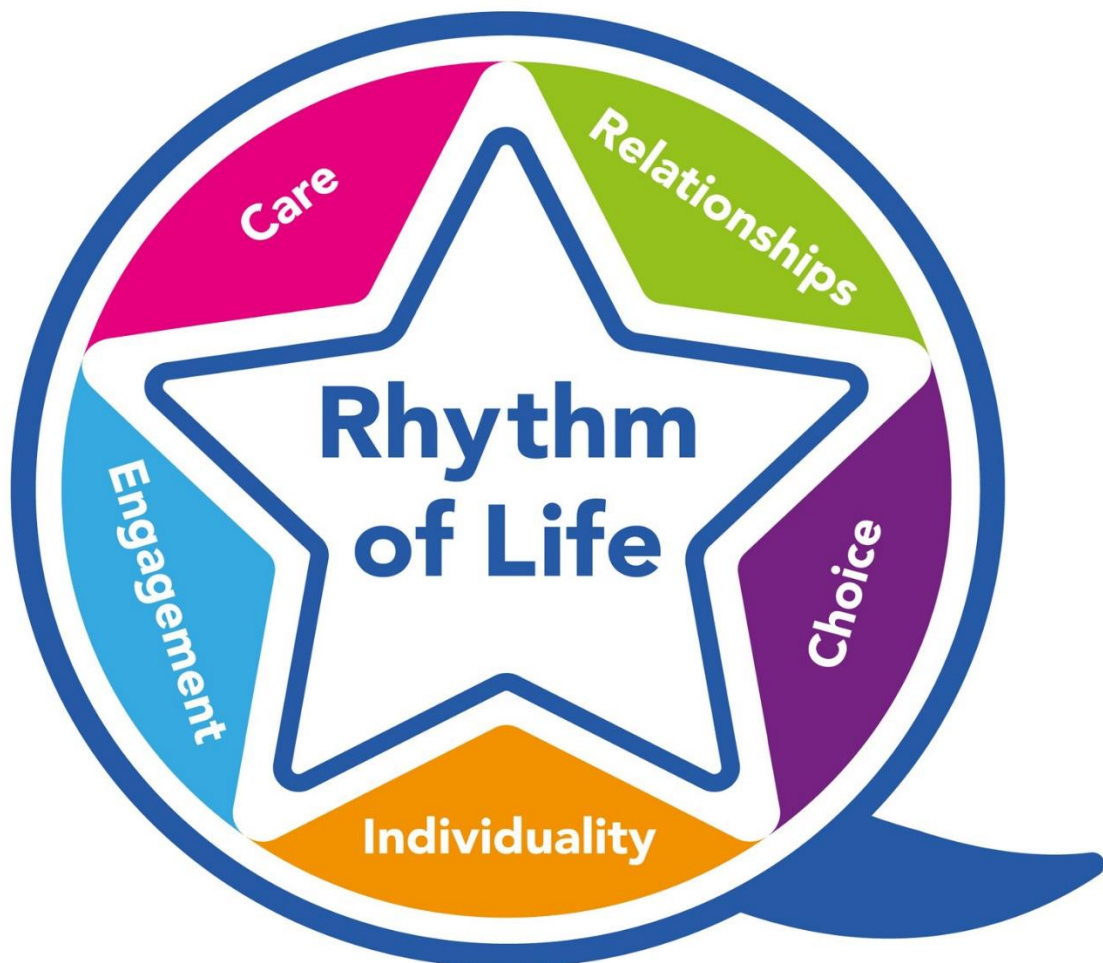
"Our Residents Are the Heart of All We Do"



"Together, we achieve more."

Our team's dedication and collaboration make every day brighter for our residents. By supporting one another and sharing our passion for care, we turn small efforts into meaningful moments. Every smile, every success, and every achievement is a reminder that teamwork truly makes the difference.





Do not Forget, if you ever have any questions or concerns, we are only a phone call away.

Sharon Howe

Home Manager

Belmont View