

Welcome

Summer 2026

Kia ora everyone,

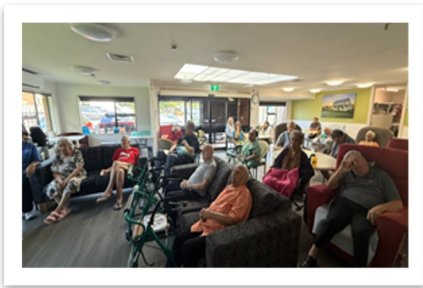
Welcome to the latest CHT Hillcrest newsletter.

Our care home has been full of activity, connection and special moments. We're pleased to share some highlights from life at Hillcrest, including resident activities, improvements around the home and stories from the people who make our community so special.

Thank you to our residents, families and staff for helping create such a caring environment. We hope you enjoy our stories and photos.

Activities and celebrations

Quiz time and cardio drumming fun

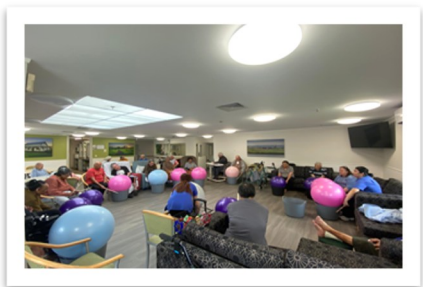


Residents taking part in the Global Quiz, exercising memory and general knowledge together.

The Global Quiz has quickly become a favourite activity for residents, offering gentle cognitive stimulation in a relaxed and social setting. With several rounds of questions, residents enjoy exercising their memory, problem-solving skills and general knowledge while spending time together.

Residents took part with warm enthusiasm. Some worked together to discuss answers, while others joined in by listening, smiling and contributing at their own pace. Residents from both the hospital and dementia areas joined mixed teams, creating a strong sense of connection and encouragement across the care home.

Cardio drumming brings energy and movement



Residents enjoying the lively Cardio Drumming session.

Another highlight was a lively Cardio Drumming session that had the room moving in rhythm. Using gym balls and drumsticks, residents tapped along to the music and followed the facilitator's movements, enjoying both the exercise and the fun of the activity. Some residents even got up to dance as the music played, adding to the lively atmosphere.

The AC team has observed that Cardio Drumming has quickly become a favourite, bringing energy, movement and smiles to residents while encouraging participation and shared enjoyment.

Improvements and initiatives

Garden pathway improvements

We recently completed improvement work in the internal garden areas between the Manukau, Ambury and Mangere wings. A dip in the garden beds had been identified as a potential trip hazard for residents enjoying these spaces.

Following an assessment by our Property Manager and Maintenance Supervisor, our garden partners, Urban Leaf, carried out improvements in mid-January 2026. This work included:

- Filling uneven areas with mulch
- Servicing both garden spaces to create smoother, more even levels
- Improving pathway safety and accessibility

These updates have reduced trip risks and made the gardens safer for residents, visitors and families spending time outdoors.



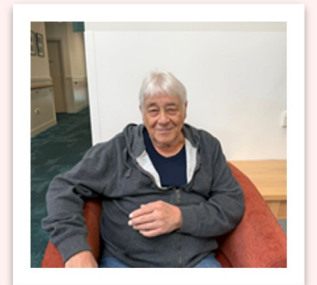
Improvements to the garden pathways between the Manukau, Ambury and Mangere wings.

Resident profile: Alan

We're delighted to feature Alan Bruce Jones, who has been part of Hillcrest Care Home for the past eight months. At 78, Alan brings warmth, positivity and true Kiwi pride to our community.

Born and raised in Wellington as the eldest of four, Alan often reflects fondly on his childhood, schooling and life in the capital. A passionate sports fan – especially of rugby league – he enjoys sharing memories of memorable matches and favourite players.

Alan often says how well supported he feels by the care team, appreciating the staff's approachability and the respect shown each day. Knowing his needs are understood and met helps him feel comfortable and at home. We're grateful to have Alan as part of the Hillcrest community and enjoy seeing his warm interactions with both residents and staff.



Alan Bruce Jones, a valued member of the Hillcrest community.

Note from the Care Home Manager

I would like to thank our residents, families and staff for their ongoing support. Creating a safe, welcoming and engaging environment remains our priority, and recent improvements – such as the garden pathway upgrades – reflect our continued commitment to resident wellbeing. I encourage everyone to enjoy the refreshed outdoor spaces. Please remember that my door is always open should you have any questions, suggestions or feedback.

Together, we will continue to support the comfort, safety and quality of life for everyone who calls our care home their community.

Best wishes,
Suja Varghese
Care Home Manager
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