

Welcome

Winter 2026

A warm welcome to all our residents, caregivers and families.

Life at CHT Amberlea continues to be full of activity, with regular outings, entertainment and opportunities for residents to connect, learn and enjoy new experiences. Whatever the season, our activities programme keeps the care home buzzing, while hearty meals and cosy surroundings help everyone stay comfortable. We hope you enjoy reading about some of the highlights we've shared together over the past few months.

Winter reminder

As we move through winter, please help protect our residents by postponing your visit if you're unwell, practising good hand hygiene and following any guidance from our team. Thank you for helping keep our communities safe.

Activities and Celebrations

**ANZAC Day commemoration**

Residents came together to commemorate ANZAC Day with a special afternoon tea and a time of reflection. The occasion provided an opportunity to remember those who served and to share stories and memories in a warm and respectful atmosphere.

Candle-making at the Honey Centre

A visit to the Honey Centre gave residents the chance to try their hand at candle making while enjoying a fun day out together. The outing offered plenty of conversation, creativity and laughter, making it a memorable experience for everyone involved.

**A day at Sheep World**

A visit to Sheep World was a particular highlight, with residents enjoying the opportunity to meet alpacas, Valais Blacknose lambs and other friendly animals. The outing was a wonderful chance to get out and about, connect with one another and enjoy a change of scenery.



These outings and activities provide more than just entertainment, creating opportunities for residents to connect, share experiences and enjoy time together, both at home and in the wider community.

Improvements and Initiatives

Meeting the changing needs of our community

Amberlea continues to evolve to meet the changing needs of the local community, with an increasing focus on providing hospital-level care. As part of this, we've introduced new equipment, including recliner chairs, sensor mats and other essential resources, helping ensure residents receive safe, comfortable and high-quality care.

Supporting mobility and wellbeing

Our Physiotherapist, Lisa, Clinical Coordinator, Kas, and the Activities Team have launched a new walking group for residents who would benefit from additional support with mobility. The supervised walks aim to improve muscle strength, balance and confidence while encouraging residents to stay active.

If you think your loved one would benefit from joining the walking group, please speak with Kas.

Resident Highlights

The first-floor lounge was transformed into a relaxing beauty salon as residents enjoyed a special pamper session organised by the Activities Team. Cucumber facials, hand and foot massages, soothing foot spas and other treatments created a calming atmosphere, complemented by soft music, essential oils and a glass of wine.

The afternoon proved to be a wonderful success, with residents enjoying the opportunity to relax, be pampered and spend time together. Following such a positive response, the Activities Team is already planning to make it a regular feature on the calendar.

Note from the Care Home Manager

Our team takes great pride in making Amberlea a place where residents feel comfortable, connected and truly at home. Every day, we're committed to providing care that is compassionate, meaningful and centred on the people who live here.

One of the things that makes our care home so special is the strong connection we share with our wider community. From local church groups and visiting families to children and community organisations, these relationships bring friendship, activity and a wonderful sense of belonging to our residents.

Thank you for being part of our community.

Best wishes,

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