

Welcome

Winter 2026

Welcome to the latest edition of the CHT Beachhaven newsletter.

It's been a busy few months at Beachhaven, with plenty happening around the care home. As we continue to build on that momentum, I'd like to warmly welcome our new Clinical Coordinator, Udhay. Bringing extensive experience in aged care, Udhay has already settled in well, and I encourage you to drop in and introduce yourself when you're next visiting.

We hope you enjoy reading about some of the activities, celebrations and memorable moments 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 and seasonal celebrations**

Residents marked ANZAC Day with poetry and song, honouring those who served. Other highlights included celebrating World Hamburger Day, supporting Pink Shirt Day to promote kindness and inclusion, and enjoying comforting favourites such as hot soup with cheese and onion toasted sandwiches.

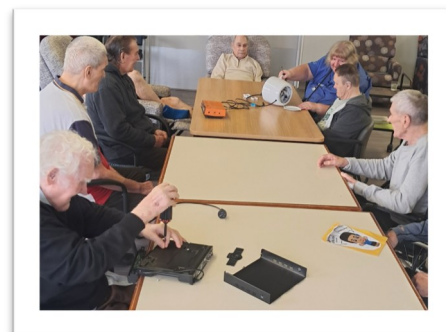
Exploring the community

Regular van outings continue to be a favourite, with recent trips to Westhaven, Devonport, Te Atatū and Point Chevalier. These outings give residents the opportunity to enjoy a change of scenery, explore the wider community and spend time together.

Curiosity in action

Curiosity has inspired several new activities this season. Residents put their sense of touch to the test with What's in the Box?, explored how everyday objects work during Nuts and Bolts sessions by taking apart items such as a computer keyboard, radio and rice cooker, and discovered the science behind acids and alkalis using red cabbage to create colourful reactions.

More hands-on science activities are already being planned.



Improvements and Initiatives

We've recently introduced a primary nursing model, with each Registered Nurse supporting up to six residents. This provides residents and their families with a consistent point of contact who can share the most up-to-date information about their loved one's care.

CCTV has also been installed in shared indoor areas and around the care home's exterior, helping to enhance the safety and security of residents, staff and visitors.

Following our recent audit, we've introduced several new initiatives to give residents greater choice and independence. These include a breakfast trolley, allowing residents to choose their breakfast, and a lunch menu offering more choice. The feedback from residents, families and staff has been very positive.

Residents continue to enjoy easy access to our secure gardens and outdoor spaces and can come and go freely to these areas whenever they wish.

Resident Stories: Meet Ngaire

Having lived in Beach Haven for 35 years, Ngaire has been part of the CHT Beachhaven community for the past two years. She enjoys the local parks and beaches, spending quiet time reading crime and mystery novels, watching movies, drawing and making jewellery. Although it's a little harder to work with her hands these days, she's always willing to give things a go.

One of the greatest influences in her life was her mother, whom she describes as kind, hard-working and wise. She taught her to be accepting of others and believed it takes all kinds of people to make up the world.

The advice she still lives by today is simple: "Mother knows best. Take on the wisdom of your elders."



Note from the Care Home Manager

It has been an exciting start to my journey at CHT Beachhaven, and I have already experienced an incredibly warm welcome from everyone across the organisation.

From day one, I have been impressed by the dedication, kindness and genuine passion of our staff. It has been inspiring to see CHT's core values of Care, Compassion, Comfort, Companionship and Connectedness brought to life in the way residents are supported each and every day.

What has stood out most is the shared commitment to recognising that Beachhaven is not simply a residential care facility, but each resident's home. Every interaction, conversation and thoughtful gesture helps create an environment where people feel respected, valued and truly at home. I feel privileged to be part of such a caring and committed organisation. Thank you to everyone for your warm welcome, for generously sharing your knowledge, and for the important work you do every day. I look forward to getting to know our residents, families and team better, and to supporting the continued delivery of compassionate, person-centred care.

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