

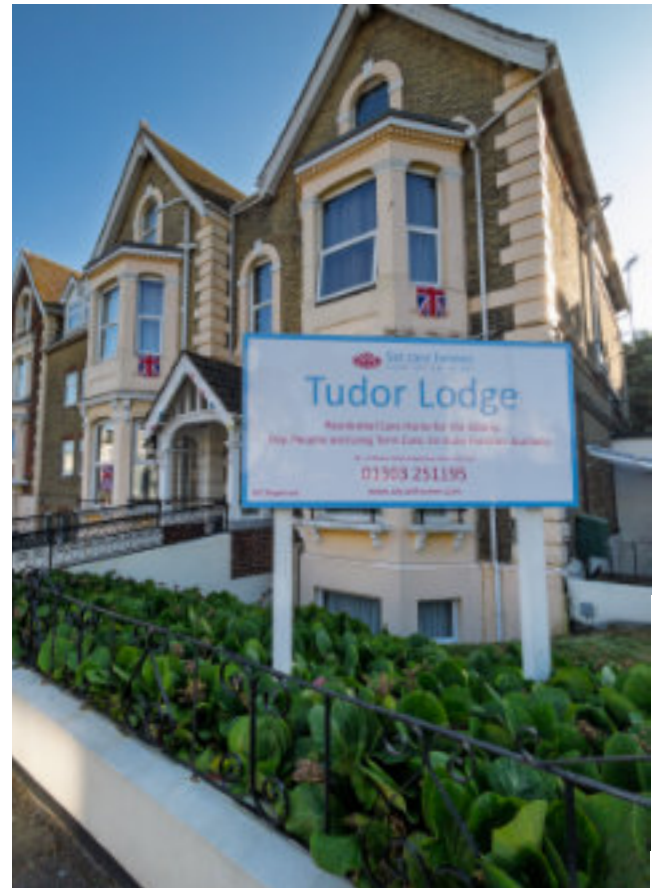
May 2025



# Tudor Lodge Times

## Welcome to our May 2025 edition

May has waltzed into Tudor Lodge like it owns the place - bringing sunshine, flowers, and a fresh wave of mischief. Our residents have been out in the garden, dancing through our spring events calendar, and embracing the season with the kind of joy that puts the daffodils to shame!



## IN THIS ISSUE

Flame-Grilled Fun,  
VE Day Celebrations,  
Decaf Debacles,  
And Plenty Of Smiles!







# 80 Years Since Victory!

On the 8th of May, Tudor Lodge commemorated the 80th anniversary of VE (Victory in Europe) Day—a day of reflection, remembrance, and celebration.

Union Jacks adorned the home, setting the scene for a moving tribute to those who lived through wartime Britain. Residents gathered to share memories, listen to stories, and honour the courage and resilience of a remarkable generation.

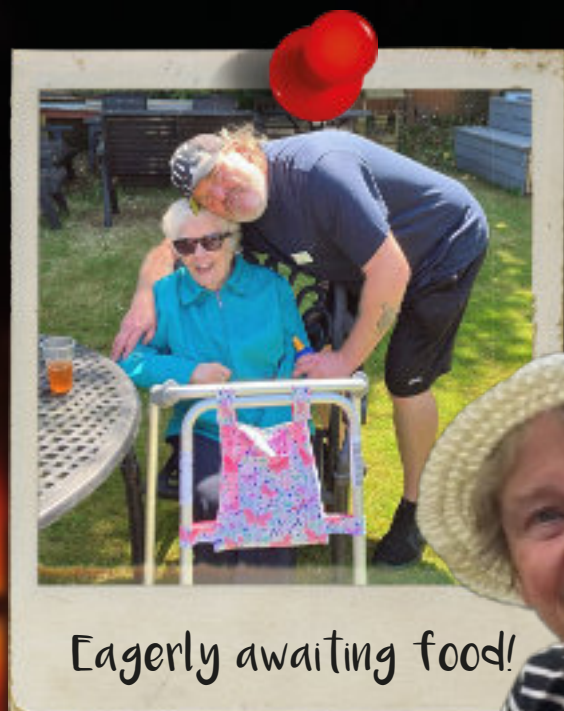
With wartime music in the background and tea flowing freely, there were moments of laughter, a few tears, and even a bit of dancing—because remembering the past doesn't mean forgetting how to celebrate the present.



# Burgers, Beers & Banter

Tudor Lodge is well and truly in the barbecue spirit!

Take a look at some of the photos from some of our gatherings:





Some more highlights!





# WE'RE DEFAULTING TO DECAF



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We're trialling making decaffeinated drinks the default choice across our care homes, while allowing our residents to stick to caffeine if they wish.

# RESEARCH SHOWS...\*

**£4.4bn**

The cost of fractures associated with frailty to the NHS

**34.72%**

reduction in falls related to going to the toilet after switching to decaf

**No reported difference**

in taste when residents tried decaf!



**SCAN**  
To learn more

\*The Decaf Project was implemented across eight care homes operated by Stow Healthcare, encompassing around 350 residents. Starting in June 2023, the trial lasted six months. Residents were encouraged to drink decaffeinated tea and coffee as the default, although caffeinated drinks remained available upon request. A robust data collection framework tracked falls, categorising those related to toilet trips as a separate data set.





# Building a better home ...and a better future

You might hear us mention “ESG” – it stands for Environmental, Social and Governance, and it’s our way of making sure we’re doing the right thing for people, the planet, and how we run Tudor Lodge. That means better energy use, less waste, and choices that support wellbeing, not just efficiency.

For you and your family, it means a care home that’s warm in every sense – with thoughtful care, happy staff, strong community ties, and a long-term approach you can feel good about. It’s about creating the kind of environment we’d want for our own loved ones – safe, respectful, and built to stand the test of time.

As part of our updated ESG approach, you’ll start to see a few positive changes around our homes:

- Energy-efficient upgrades like LED lighting, modern heating systems, and low-flow water fittings
- Stronger focus on staff wellbeing, with ongoing training and mental health support
- Less waste and more local sourcing, including fresh food and eco-friendly supplies

These changes are just the start – and we’ll continue updating you as we go.



**Tudor Lodge**  
A Sai Care Home

## Contact Us



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Or, alternatively, write to us:

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Folkestone  
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We love hearing your compliments about the care and support we provide to your loved ones. However, it's also very important for us to hear your concerns and complaints. If you ever have a problem, please contact the Manager of your home or get in touch with our Head Office at 01303 249933 - we are here to help.

## Meet the Managers



**Lalitha Kumar**  
Operations Manager



**John Woodward**  
Tudor Lodge Manager







# Sai Care Homes

Love all, serve all



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