

Dungate Manor Care Home

Monthly Newsletter



Flanchford Road, Reigate Heath, Reigate RH2 8QT

Our boutique luxury home delivering individual care for our residents



Fun and Games at Dungate Manor!

January has been a quieter month after the hustle and bustle of Christmas and New Year but we have welcomed one of our regular entertainers and our lovely PAT Dog Nelly who is a big hit with our residents as well as our Exercise Guru Vince



Keeping Fit and Active

Exercise is incredibly beneficial for older adults, as it helps maintain independence and improve overall well-being. Regular physical activity can help reduce the risk of chronic conditions like heart disease, diabetes, and osteoporosis. It also boosts cognitive function and can improve mood by releasing endorphins.



For Valentines Day to make the day extra special, we'll be creating a lovely atmosphere where loved ones can share meaningful time together. From beautifully prepared settings to thoughtful touches, we aim to make it a day to remember.

Throughout February, we'll also have talented entertainers visiting, bringing music, smiles, and excitement that our residents truly enjoy. These performances are always a highlight, adding even more love and warmth to the season.



To book a viewing 01277 886 299 Alice@premiumcaregroup.co.uk