

2026 Update from Galanos House

It has been a very busy year at Galanos House and the Community Hub & Café. We would like to thank all those Northamptonshire branches who have given to the Amenity Fund again this year. Your donations help to make the lives of those living at Galanos House that bit more special.

In 2025 we had our long awaited CQC inspection. The Care Quality Commission are the regulatory body who register and inspect standards within health & social care. It had been 8 years since our last inspection and although the inspections are all unannounced, we were ready and welcomed the inspectors. The inspection process is very rigorous and on day 1 there were 4 inspectors and 3 more on day 3. I am very pleased and proud to tell you that we retained our Outstanding rating and had a lovely inspection report which can be found on the CQC website

In January the Chief Nurse for Social Care in England, Deborah Sturdy awarded both Jo-Anne (manager) and Jane (deputy manager) the Gold CNO award for their work and leadership. She also presented the Galanos team with the Team CNO award for their work with palliative and end of life care. This was further recognised in the home winning the Care Home Palliative and End of Life award for 2025.

We were very pleased to be able to support both national and local commemorations for VE/VJ 80. 6 staff supported the events in London during the week in May and 3 staff events at the NMA. At Galanos we held services and larger commemorative events working with the local cadets, branch and partner organisations.

As part of our work with Warwickshire AFCC we had a large stand at the Armed Forces Day event in Leamington Spa. Residents, staff and volunteers all came together to highlight the work of the RBL and to showcase Galanos House and the Community Hub & Café. Residents proudly took part in the parade and chatted with members of the public throughout the day.

In October we held the launch of the Midlands Poppy Appeal. Again, residents took centre stage and we celebrated the lives and contributions of 8 of our residents who were 100+ years young! During the morning, we also highlighted the wonderful work of our volunteers and how generations of families both work and support the home.

The Southam Poppy Appeal, which is run from Galanos had its best year ever and residents stood alongside cadets and volunteers shaking tins and selling poppies. Remembrance culminated with residents, staff and volunteers leading the Southam parade on the Sunday and then a formal service on the 11th at Galanos House, particularly remembering those people we had lost from the Galanos family in the previous 12 months.

The ever-popular Road Worlds for Seniors cycle challenge had residents clocking up the miles in October against competition in both the UK and Europe. After many hours during

the month Galanos House came 1st in the UK, 4th in the world with our male residents taking 1st, 2nd and 4th places in the world. The added benefit of the cycling is that we notice a reduction in falls and an increase in wellbeing.

We were really pleased to be able to work with the BBC on some filming during the year. A new series about working in social care is due to be aired in March 2026 and will also be used by the Open University. Look out for a 'national treasure' working alongside our residents and carers highlighting the opportunities and great work in the sector.

We have continued with our research work, winning awards for our involvement and support of research in adult social care. Residents, staff and volunteers all contributed to various studies during 2025 including studies looking at living with dementia, end of life care, using the outdoors, wellbeing, nutrition and volunteering

The Community Hub and Café has become the go to place locally and is ever more popular. We have worked in partnership with other veteran charities and NHS providers to be able to offer a comprehensive service to our community. There is a regular Armed Forces Veterans Breakfast Club which meets 3 times a month. The group is a great source of support for veterans, old and young, to get together for breakfast, brew and banter.

Alongside the AFVBC, the Hub offers a wide variety of opportunities for people to meet, learn, and socialise with each other. The Chatty Café, Warm Hub, carers group, various craft groups, Nosh & Natter, exercise groups, counsellor sessions, Admiral Nurse clinics, Silver Sunday events, Dementia cafés, Sporting memories (plus many more) all offer something to both people living at home in the community and people in the home.

We have held a Big Lunch and Big Breakfasts working with the Eden Project, National Silver Sunday events working with Aged UK, Meet the Services day working with Warwickshire AFCC and have started a Young Carers Group working with Southam Town Council.

The Hub and café is also open 7 days a week offering great food, cake and company!

The Men's Shed located within the grounds of the home, is managed in partnership with the home and local veterans. Whilst still in its early days, it is thriving offering a safe space for people (both men and ladies) to create, learn and talk. Already they have been awarded the Silver Armed Forces Accreditation and came runner up in the Veterans Shed of the Year category for 2025.

The shed is working with Social Prescribers and supporting referrals for both mental health and physical health needs. The work being created is fabulous and the shedders have taken on a project with The Lord Leicester Hospital (veteran accommodation) replicating the high street in Warwick. They have also been making community benches as part of the Mission: Shoulder to Shoulder, which is a nationwide initiative being delivered in partnership with DRINKiQ supporting responsible drinking and talking shoulder to shoulder.

If you are able, please do pop in and see us, during 2026, the kettle is always on!