THE GRANGE
Lifecare Village

THE
PADDOCK POST

Aug-Oct 2026



A word from Mandy

Isn't it wonderful to finally be coming out of winter hibernation? The days are getting longer, the temperatures are creeping up, and we're all starting to 'branch out' again! With fresh leaves appearing on the trees and pops of colour throughout the village, there's something rather special about spring at The Grange.

It's certainly been a busy few weeks for our villagers and care residents alike, with plenty of activities, outings and opportunities to enjoy each other's company.

Of course, anticipation is building for our annual Spud Competition! A huge thank you to the team for tackling the mountain of soil and getting everything ready. Now it's over to our budding potato growers. May the best spud win – and may there be no suspicious midnight fertilising!

We were also delighted to host the fabulous Fashion @ The Grange in support of the Louise Davie Charitable Trust. What a wonderful evening, and a lovely reminder that being part of a community is also about supporting others beyond our village gates.

I've been busy flitting between The Grange and our sister village, Te Awa Lifecare in Cambridge. There's never a dull moment between the two, but it's always a pleasure catching up with our wonderful teams and residents.

And now, with Labour Weekend just around the corner, followed by Halloween, Melbourne Cup and then Christmas, I suspect we'll barely have time to blink!

Here's to sunshine, laughter and a wonderful few months ahead. Enjoy every moment of spring! **Mandy**



Fashion, fun and fundraising – a night to remember

What a night! The Grange Lifecare was absolutely delighted to partner with the Louise Davie Charitable Trust for Fashion @ The Grange 2026 – an evening filled with fashion, fun, fabulous entertainment and, most importantly, a wonderful cause.

With former Miss Universe Lorraine Downes adding a touch of glamour, models confidently strutting their stuff on the catwalk, a nostalgic trip back to the '80s and a grand finale featuring Billy Idol, the evening certainly had it all!

Some of Dunedin and Mosgiel's finest fashion houses and designers showcased their collections, with plenty of style, laughter and enthusiasm filling the room.

But beyond the glamour and entertainment was a much more important purpose – raising awareness and funds for the Louise Davie Charitable Trust and the valuable research it supports.

With almost $28,000 raised, the evening was a tremendous success, with proceeds going directly towards the Trust's inaugural research project.

A cause close to the heart

Established in memory of Louise Davie, who lost her battle with pancreatic cancer in 2022, the Trust is dedicated to funding research into earlier diagnosis of this devastating disease.

Its first research project, undertaken by a University of Otago team, is exploring the development of a blood-based diagnostic test that could ultimately help save lives. It's a cause The Grange is proud to stand behind.

Community, connection and giving back

For the McPhail and Pratley families, proud owners of The Grange Lifecare, and the entire Grange team, being part of an event like this is about so much more than simply providing a venue. It's about supporting organisations that are making a genuine difference, bringing people together and giving back to the wider community.

A huge thank you goes to everyone involved, particularly The Grange's wonderful staff who helped transform The Mains Café into a fabulous fashion venue. From the kitchen and bar teams to those serving drinks and nibbles, setting up, packing down and keeping everything running smoothly – it was a real team effort.

The Grange is incredibly proud to support the Louise Davie Trust and the important work it undertakes. Congratulations to everyone who helped make Fashion @ The Grange 2026 such a memorable evening.

A little fashion, a lot of fun, and a whole lot of heart – now that's something worth celebrating!



Learning, connecting and bringing new ideas home

In August, our Diversional Therapist, Lee, swapped Mosgiel for Christchurch to attend the national Diversional and Recreational Therapy Conference – three days of learning, professional development, connecting with others in the industry and, importantly, bringing fresh ideas back to The Grange.

For Lee, the opportunity to attend was one he genuinely appreciated.

"There weren't many people from Otago there, so I felt very privileged to be able to attend," he says. "Mandy has invested a lot in my professional development and I certainly don't take that for granted."

The conference covered everything from meaningful connections, dementia support and relationship-based care to human rights, dignity, neuroplasticity, spiritual wellbeing and creative engagement.

And then there were the practical workshops.

Knowing craft isn't necessarily his greatest strength, Lee deliberately chose workshops that pushed him outside his comfort zone – including sugar modelling, circus activities and origami.

His first sugar-modelled rose may not be destined for an art gallery anytime soon – Lee himself described it as "a little limp" – but that wasn't really the point. The workshops provided practical ideas around fine motor skills, concentration, cognitive stimulation and social connection that can be adapted and enjoyed with our residents.

For Lee, conferences like this are also about connecting with others working in the same field, hearing what is happening in other facilities and having the space to reflect on what we do here at The Grange.

"I often leave those conversations feeling very lucky to be at The Grange," he says. "We have a great facility, I'm well supported, and most importantly, we have great staff."

Professional development is an important part of providing quality care. The aged-care industry continues to evolve, and learning about new research, techniques and opportunities helps our team find different ways to support residents physically, socially, cognitively, emotionally and spiritually.

Sometimes it's a new activity. Sometimes it's a different way of approaching a situation. And sometimes it's simply being reminded of the importance of meaningful connection, dignity and relationships.

Whatever Lee learns, we know there's a very good chance our residents will eventually find themselves trying it too – although we'll reserve judgement on the sugar roses!

Lee is already looking forward to the next national conference in 2028, which is expected to be somewhere in the North Island.

Sounds suspiciously like a Grange road trip to us!

A night of giving back

It was a night of fine dining, wonderful company and an incredibly worthy cause when The Grange's Head Chef Lauren Wright and members of our café team attended the Dunedin Supper Club, proudly hosted by RMHC New Zealand.

The Grange was delighted to sponsor a table, giving our team the opportunity to enjoy this special evening while supporting an organisation that makes an enormous difference to families with children in hospital.

Celebrating its 15th anniversary, the event brought together the Otago community for an evening of generosity, laughter and a few heartfelt tears, particularly when Jordy and Ryan shared their personal journey.

And what a result! **An incredible $450,000 was raised**, setting a new national RMHC fundraising record, with every dollar going towards establishing the new Ronald McDonald House in Dunedin.

We're incredibly proud to have played a small part in such a remarkable evening. Community supporting community – that's what it's all about!



Belonging matters... and we reckon we're pretty good at it!

Mental Health Awareness Week runs from 12–18 October, and this year's theme is 'Belonging Matters' – something that feels rather fitting here at Te Awa.

Because belonging doesn't have to be complicated.

It can be someone saving you a seat at morning tea. A wave from across The Woolshed. Being talked into joining an activity you were definitely only going to watch. Knowing the person walking towards you in the hallway – and, even better, them knowing you. It's a chat, a laugh, a shared story, a helping hand... or discovering you both have exactly the same opinion about how a decent cup of tea should be made!

The same goes for our wonderful team. We have people with different roles, backgrounds, interests, stories and experiences, and sometimes it's the little conversations in between everything else that help us discover just how much we have in common.

The Mental Health Foundation says feeling included, seen and valued helps us connect with others, and those everyday connections can have a positive impact on our mental health and wellbeing.

So during Mental Health Awareness Week, you may spot a few extra conversation starters and activities around Te Awa, including workplace bingo and opportunities to dish out a compliment or two.

Nothing too serious. Just a good excuse to say hello, have a yarn, learn something new about someone and make sure nobody feels like they're on the outside looking in.

Because sometimes belonging really is that simple – feeling welcome, feeling connected and knowing you're part of something.

And perhaps that's why our philosophy feels particularly fitting this Mental Health Awareness Week:

Te Awa – where living together is living better.

INTRODUCING

Lauren Wright

Head Chef



For Head Chef Lauren Wright, food has always been about more than what's on the plate. It's about care, connection and making sure people have something they genuinely look forward to.

Born and bred in Dunedin, Lauren spent seven years in Melbourne, including working in the dietary kitchen at Alfred Hospital, catering for up to 600 people daily.

After welcoming son Lucas in 2022, Lauren and partner Jack missed having family nearby and decided to return home. Just a week later, Lauren spotted a position at The Grange and joined the team in July '23.

A few months later Lauren discovered she was expecting daughter Mila, who quickly became something of a "Grange baby". She's spent time in the café, been taken for walks by owner Terry and has grown up surrounded by a team always happy to lend a hand.

Lauren loves the people at The Grange – residents, families, staff and visitors to The Mains Café – and the connections that come with her role.

When she arrived, the kitchen was a blank canvas, allowing it to be developed around residents' needs and what worked best for the kitchen team.

Lauren's passion for providing good food for older people began when she was seven. Visiting an aunt in a care home, she lifted the lid on her dinner to discover two cherries and baked beans. The experience stayed with her.

Today, Lauren designs, costs and regularly fine-tunes The Grange menus, while creating cabinet food for The Mains Café and catering for allergies and dietary requirements. She particularly enjoys catering special celebrations, including birthdays and wedding anniversaries.

Inspired by chefs Greg Piner and Al Brown, Lauren is always looking for new ideas – she admits she's particularly partial to Al Brown's Mustard Mayo!

Away from the kitchen, Lauren, Jack, Lucas and Mila are enjoying putting their stamp on their Mosgiel home.

For Lauren, good food is another way of showing people you care.

From our Care Centre












Spring is in the air at The Grange

It's been another busy couple of months in the Care Centre at The Grange, and as we head into spring, we're looking forward to warmer days, longer evenings and plenty more opportunities to get outdoors.

There's certainly been no shortage of entertainment lately. We loved welcoming the RSA Choir, who had everyone enjoying a few of the golden oldies, while a trip to Brooklands Retirement Village put our general knowledge to the test with a friendly quiz.

Back at The Grange, we've been keeping both minds and bodies busy. There's been an afternoon of painting, Bag Bag Toss, ball exercises to keep those muscles moving through the cooler months and, in a slightly less conventional form of exercise, Nerf target practice. The balloons were supposed to be the targets, but somehow Lee found himself in the firing line. We're sure it was entirely accidental!

We've also enjoyed some delicious treats, including ice cream sundaes and a gorgeous high tea to celebrate Senior Citizens Day.

Our Daffodil Bulb Competition brought plenty of friendly rivalry, with Stella and Doreen sharing first place for their beautiful blooms. And spring really announced its arrival with the appearance of our first ducklings of the year – always a much-anticipated event at The Grange.

With the weather beginning to play nicely, residents have been enjoying strolls outdoors with friends, while Lee took a group out to watch the Rigs for Kids convoy – proving there are still plenty of "big kids" among us when trucks are involved!

And now, attention has turned to the Annual Spud Competition. The bags are filled, the soil is ready and the competitive gardening gloves are coming out.

With daylight saving, warmer weather and Halloween on the horizon, we suspect Lee and the team still have a few surprises up their sleeves. One thing's certain – there's never a dull moment at The Grange!

Scan the QR code for Care Centre calendar

Follow us on social media

We're excited to now be on social media - scan the QR code with your phone and be sure to follow us on Facebook and Instagram to stay up to date with all that's happening at The Grange!

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