



THE GRANGE
Lifecare Village

THE

PADDOCK POST



March/April 2026



A word from Mandy

This is the first edition of Paddock Post, a newsletter we hope to publish regularly to share news, events, updates, and special moments about what's been happening within our village community.

It's been another busy and productive month here at The Grange. With several roles to fill, Megan and I have spent a good amount of time interviewing, and we're delighted to have welcomed new team members into our care team, along with our new receptionist, Yasmin—who some of you may already recognise.

We've also received the results from our recent resident and staff surveys, which you'll find included in this newsletter. As owners, we truly value this feedback. Honest insights are essential—they help us understand what we're doing well and where we can continue to improve, ensuring we're meeting the needs of our community.

You may also notice some updates to our website. We're now listing job vacancies online and will soon be adding available villas and care suites for sale. It's worth checking in from time to time—especially if you know someone who may be interested in joining The Grange community.

On a personal note, it's been a full month on the home front as well, with a trip to our sister village, Te Awa Lifecare in Cambridge, for the Cambridge Autumn Festival. It was a fantastic week of events at The Woolshed, and we're proud to support such a vibrant celebration of community and the arts.

Enjoy - thanks, Mandy



Thank you to all the residents who travelled to Middelmarsh to see Allan ride in.



On the trail: Otago Goldfields calvacade adventure

Owners Mandy and Terry, alongside resident Allan, recently took part in the 33rd Otago Goldfields Cavalcade—an iconic multi-day journey through Central Otago's historic goldfields, finishing in the township of Middelmarsh.

Joining hundreds of adventurers and over 500 horses, the cavalcade follows routes first travelled by fortune seekers more than 140 years ago. With options ranging from wagon journeys to mountain biking, there's something for every level of adventure—but Mandy and Allan chose one of the more challenging riding trails.

Covering approximately 26–30 kilometres each day, they travelled through breathtaking landscapes including the Kakanui Highlands, Danseys Pass and along the Taieri River. The terrain was varied and rewarding, matched only by equally varied weather—ranging from over 30°C during the day to a chilly -5°C overnight.

While the experience was incredibly special, it wasn't without its challenges.

Accommodation was simple, with nights spent camping on stretchers, though everyone was well catered for along the way. It's all part of what makes the cavalcade such a unique and authentic experience.

The event itself has only ever been cancelled twice—once due to Covid and once due to fire—making this year's journey even more meaningful to be part of.

For Mandy, riding has long been a passion, and many residents will have seen her out feeding or riding her horse when time allows, and she's grateful that Allan gives his time to teach her how to ride properly. Sharing this adventure with Terry and Allan made it all the more memorable, combining a love of the outdoors with a true slice of New ZeAland history.

**The Grange Lifecare Village | 19 Clachan Grange Road, Mosgiel
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In brief...



Reception open 7 days - end of May

We're pleased to share that reception at The Grange will now be staffed seven days a week. This change ensures greater support, accessibility, and a warm welcome for residents, families, and visitors every day of the week. It's another step forward in enhancing the overall experience across the village.

Flu & COVID vaccinations

We had a great response from residents taking up the opportunity to receive their vaccinations onsite, avoiding the need to travel into town. Flu and COVID vaccinations were held on 7 April in the Care Lounge, with many appreciating the convenience and supportive setting. We continue to encourage residents to consider vaccination, as it can help reduce the severity of symptoms and support a quicker recovery, especially with this year's flu strain expected to be particularly tough.



The Workshop - a space to create, connect and tinker

What started as a shed full of unwanted odds and ends has been transformed into something pretty special here at The Grange. When Allan and Trevor first arrived, they spotted the potential in the old outbuilding and mentioned it would be great to have a space to "tinker." With Terry's support, the clean-up began—and it was no small task. Out went old fridges, ranges and all sorts, likely filling a skip or two along the way!

Today, The Workshop is a welcoming, practical space where residents can get stuck into projects—either working alongside others or independently. Already, some fantastic work has come out of it, including the restoration of a wool press now in the Care Centre (with another waiting its turn), as well as crafting a new dartboard surround, egg holders and chopping boards.

More than just a workspace, it's a place to spend time, share ideas and enjoy good company. With a kitchenette, coffee always on hand, and the occasional packet of biscuits, it's easy to settle in.

A fireplace is also in the works ahead of winter to keep things cosy.

Tools have been generously gathered from Allan and Trevor's own collections, along with donations and a few well-sourced finds. Importantly, this isn't a storage shed—it's a place to connect, contribute and keep busy.

If you're interested in getting involved, Allan or Trevor would love to hear from you. No experience needed—just a willingness to roll up your sleeves and give it a go.

We are about to release our Workshop Charter.

The Grange proudly supports 'Resurrection'

The Grange is proud to be a sponsor of Resurrection, a landmark performance presented by the New Zealand Symphony Orchestra (NZSO) and Dunedin Symphony Orchestra (DSO) as part of the DSO's 60th anniversary celebrations on 15th May.

This one-night-only event will feature Mahler's Symphony No. 2, Resurrection—voted the fifth greatest symphony of all time by BBC Music Magazine. Bringing together the NZSO and DSO, alongside soprano Anna Leese, mezzo-soprano Deborah Humble, and a 150-strong choir, the performance promises to be unforgettable. The concert will be conducted by James Judd.

Opening the evening is Fanfare Kotahitanga, a powerful new work by Dunedin composer Anthony Ritchie, commissioned by the NZSO. This piece will showcase the



James Judd -
Conductor



Deborah Humble
Mezzo-Soprano



Anna Leese -
Soprano

strength of the combined brass sections, setting the tone for an extraordinary night of music.

As part of our sponsorship, we have a limited number of tickets available for residents. If you are interested, please add your name to the list at Reception. If there is sufficient interest, one of the vans will be available, with others encouraged to carpool.

We're delighted to support this significant cultural event and to play a part in celebrating the local arts scene.

Building on what matters most at The Grange

At The Grange Lifecare, the results of our recent resident and staff surveys paint a picture that is both heartening and grounding – a community that is deeply valued, with clear opportunities to keep getting better.

From our residents, the message is overwhelmingly one of belonging. Words like “happy,” “welcoming,” and “like a big family” appear time and again, reflecting a village that feels like home rather than simply a place to live. Residents spoke highly of the quality of the villas, the friendliness of both staff and neighbours, and the strong sense of community that continues to grow. Encouragingly, 100% of respondents said they were satisfied with the activities and events on offer, and all residents felt treated with respect and courtesy.

At the same time, thoughtful feedback reminds us that even strong communities must evolve. Residents highlighted practical improvements – clearer communication, printed calendars, attention to maintenance, and enhancements to shared spaces – all of which provide a clear roadmap for the future.

Our staff survey tells an equally positive story, The Grange is clearly a place where people feel proud to work. Staff consistently spoke of supportive management, strong teamwork, and the genuine satisfaction that comes from caring for residents. Many reflected that it is the people – both residents and colleagues – who make The Grange special.

Importantly, staff also shared constructive insights, particularly around rostering flexibility and continuing to strengthen team culture – feedback that is invaluable as we grow.

Together, these surveys highlight what matters most: people, connection, and care. They also remind us that excellence is not a destination, but something we continue to work towards every day.

At The Grange, we are listening – and we are committed to building on what makes this place so special.



Happy Mother's Day to all our wonderful residents, and to our dedicated staff on duty. Your care and kindness, make The Grange feel like home.

INTRODUCING

Sarah Andrews

Clinic Care Manager / Nurse Manager



Sarah Andrews joined The Grange in January 2025 and quickly discovered she had stepped into what she describes as her “dream job.” With an impressive 24-year background in intensive care nursing, Sarah brings a depth of clinical expertise alongside a genuine passion for people.

Her career has seen her work with exceptional teams, including helping establish Fernbrae Surgery, where she spent 14 years, including time as Clinical Manager. Interestingly, her connection to aged care began much earlier—while still a student at Ross Home. At the time, she loved the experience, not realising it would one day come full circle.

Living on Saddle Hill, Sarah watched The Grange take shape during its build, and seeing it come to life made her rethink her next career move. Now part of the team, she values the strong sense of community across the village, where both residents and staff support one another, and leadership is hands-on and collaborative.

Transitioning into the retirement sector has been a learning curve, even with her extensive clinical background, but Sarah has embraced the challenge. She is committed to continuous improvement and is passionate about creating opportunities for student nurses to experience the care industry.

What drives Sarah most is connecting with residents. She understands that moving into care isn't always easy, and she takes pride in breaking down barriers, supporting residents through change, and helping shift the perception that care is an endpoint – because, as she believes, attitude is everything.

Outside of work, Sarah lives on five acres – fondly referred to as the “Life Sentence Block – with her husband, a few sheep, a cat, and plenty of native bush. With two adult sons forging their own paths, she enjoys tramping, walking, and the unexpected connections that come from community life.

Inspired by strong female leaders throughout her career, Sarah continues to lead with empathy, resilience, and heart.



ANZAC DAY



Anzac Day honoured at The Grange

Residents of The Grange gathered in The Mains on Saturday 25 April to honour those who have served and sacrificed for our freedom. The Anzac Day service was marked by a quiet sense of reflection and community. John Burgess KSM presented a wreath, thoughtfully created by residents, to Terry Gatley, who laid it at the base of the flagpole. The morning concluded in true Anzac spirit—with shared stories, warm company, Anzac biscuits, and a small nip of whiskey—bringing together remembrance and camaraderie in a meaningful way.



Graeme's moment in the spotlight at The Grange

New resident Graeme Middlemiss is already making his mark at The Grange, proving it's never too late to enjoy a moment in the spotlight. Having recently moved into the new RD2 care wing, Graeme was interviewed live on air at The Mains Café by Steve Rowe and Barbara Hamilton of Radio Dunedin.

Speaking from one of The Grange's welcoming community spaces, Graeme shared how positive his move has been. He spoke warmly about the caring and dedicated staff, the

excellent facilities, and the wide range of activities available to residents. His genuine enthusiasm captured the essence of life at The Grange.

From settling into a new home to being featured on live radio, Graeme's story is a wonderful reminder that new beginnings can bring unexpected opportunities. His "15 minutes of fame" is richly deserved—and a reflection of the vibrant, connected community here at The Grange.

From our Care Centre



From our Care Centre



Life in the Care Centre – busy months gone by

It has been full and vibrant months in the Care Centre, with plenty of activities, outings and shared moments keeping everyone engaged and entertained.

Our van trips were a highlight, including a memorable visit to Port Chalmers. Despite a grey start, our timing was perfect—we arrived back just before the rain set in. We also enjoyed a lovely outing to Glenfalloch for a cuppa, making the most of our beautiful surroundings.

Back at The Grange, there was no shortage of activity. Group exercise sessions with Anna were well attended, while Fiona's craft sessions inspired creativity. A standout project saw residents making small leather

wallets—imprinting patterns, shaping the leather and finishing with a dome, thanks to Fiona's expert guidance.

We also enjoyed an alfresco afternoon tea by the sea, music in the lounge with Sam, and a festive nod to St Patrick's Day with Shamrock Shakes and an Irish quiz. Residents embraced the spirit of Anzac Day too, baking Anzac biscuits and sharing memories. Add to that balloon tennis, games of Quoits, regular Bocce matches, and walks around the village with staff while the weather remained warm, and there truly was something for everyone. A visit from the Little Groovers was another highlight, always bringing smiles to residents' faces.

In April, activities continued with Easter-themed baking, an egg hunt, café treats, and even watching the horses being shod. Residents also "armchair travelled" to Saudi Arabia and enjoyed a lively Mexican-themed happy hour, alongside music from Sam Leaper and more baking sessions. A big thank you, as always, to our wonderful care team for making it all happen.

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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