

NEWSLETTER (BREXIT FREE) – FEBRUARY 2019

Dear All, I wonder what February will bring.....Maybe a little snow and the chance to build a snowman; perhaps a rare win for the England Cricket team in the West Indies; hopefully an intriguing Valentine's card and red roses from a secret admirer (if he doesn't forget again this year). You never know what's around the corner but whatever may transpire our lovely manager, Jo, is guaranteed to keep us smiling with her jokes, anecdotes and the odd crazy outfit.

Staff Training

With the start of a new year we have all staff enrolled on a comprehensive training programme. This includes many aspects of care (For example - First Aid, Food Safety, Fire Training, Care Planning etc). This training is an opportunity for our already fabulous staff to both reinforce their knowledge and continue their development and at the end of the day care for you in the best way possible.

Activities

Hope you enjoyed the Weston-Super-Mare trip. The trips for February are a bit closer to home and arguably not so glamorous, but should be enjoyable all the same. These will include visits to Thistledown Café for cakes and patisseries, the viewpoint at Coaley Peake, a shopping trip and a mystery Cotswold's Tour (see Steve for vague details). Also, as requested, and to coincide with Chinese New Year we will be having a Chinese Themed Dinner Party. This will include a traditional selection of rich, tangy and spicy treats directly from the local takeaway....definitely nothing homemade. Jo has promised to wear a Kimono or come in fancy dress (*some might say that's the same as she does every day*).

On 19th February we will for the first time be having a "Silent Disco". This is an event where you can dance, sway or click your fingers to music listened to on wireless headphones. This is now apparently very popular and although it may sound a little strange, we wouldn't want to miss out. We look forward to hearing how you get on.

We will continue with favourites, such as, the weekly quiz, Friday afternoons at the pub, ad hoc walks into town and a few games. We are again blessed with a couple of visits from the amazing ladies from "Mindsong". The morning exercise sessions continue and we have G-Fitness coming in again. Steve will be around with the shopping trolley on Tuesday's and Thursday's. We hope you all have a lovely month. Best Wishes Kim, Lorraine, Julian and Steve.

(The answers to the questions on January's plan in chronological order-Tulips, Daffodils, Crocus' and Snowdrops. Anagrams over the page "CHOCOLATES" and "LOVEBIRDS".)

At A Glance

- 1st February , 8pm – Six Nations kicks off with France v Wales
- 7th February, 5pm – Chinese New Year Party
- 9th February – Third Test between West Indies and England
- 14th February - Valentine's Day
- 19th February, 2pm – Silent Disco
- 22nd February, 11.30am - Residents Meeting