

## NEWSLETTER (BREXIT FREE) – MARCH 2019

*Dear All, hope you are well and looking forward to a warm Spring. Early signs are promising - If you were lucky enough to be visiting Porthmadog on 25<sup>th</sup> February you would have experienced the hottest winter's day (20.8C) since records began.*

*A massive welcome to our new residents from all at The Steppes. We hope you enjoy the activities in March and going forward please, please let us know about your hobbies or interests (eg gardening, reading, walking, games, singing, dancing, cooking, art, history, music etc). We will then do our best to incorporate them into future programmes.*

*You could even tell us what's on your bucket list.....you never know. We regularly have sky-diving afternoons.*

### Quality Control

One of the best ways to assess whether The Steppes is providing a good service is to ask the people who use us (ie you guys). Therefore, we have started distributing questionnaires to everyone who we think will say nice things about us.....joke, joke....to everyone, residents, relatives, visitors, doctors, staff and so on. If you know someone who would like to complete a questionnaire, extra copies are on the notice boards. We would be extremely grateful to hear all your feedback, positive or negative. The results of the questionnaires will be displayed shortly on the notice boards in the entrance halls. We also gather feedback from our monthly resident's meetings chaired by Emma, a senior carer, which everyone is invited to. We are currently looking for a resident (or relative/friend) to either take over chairing the meeting or to co-chair. Please let us know if you are interested. To "keep us in check" we also have visits from Gloucestershire County Council and CQC. Both of these bodies visit the home regularly, and as it happens on 7<sup>th</sup> March 2019 we have a representative from the council coming to the home. If you would like to discuss any matters regarding the home, with them please let a member of staff know.

### Activities

We hope you enjoyed the Chinese New Year celebrations. The food looked and smelled delicious and well done to the staff who dressed up (see photographs on notice boards) You chose a dinner party with Indian food for March and this has been arranged for the evening of 22<sup>nd</sup> March. On 19<sup>th</sup> March we will have rescheduled the "Silent Disco" and on 25<sup>th</sup> March we will be welcoming Marel Lewis who will be singing us love songs, Latin American style, Ooh-la-la. We will continue with favourites, such as, the weekly quiz, Friday afternoons at the pub, ad hoc walks into town and a few games. Steve will continue to be your minibus chauffeur for a few trips around "The Cotswolds". 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 February's plan in chronological order-Clark Gable/Scarlett O'Hara, Danny/Sandy, Edward/Vivian, Kermit/Miss Piggy)

**List Activities YOU would enjoy.....**