

## NEWSLETTER - AUGUST 2018



Dear All, hope you are well and enjoying this marvellous weather. Although we all love a bit of sunshine it is advisable to take a few precautions (eg Drink fluids regularly, keep cool, wear light clothing, use sun cream and wear a hat).

**IMPORTANT- We have had to change the date of the Tea Party to 11<sup>th</sup> August 2018. All friends and families are invited to join us from 2pm for refreshments, fun and games. Last year's party was also Richard "the handyman's" retirement party (see photograph above). The retirement was short-lived as Richard was welcomed back at The Steppes two months later and is still going strong. Thanks Richard. Other staff news – Kim has recently started her NVQ 5 Diploma in Health and Social Care. This diploma will include learning about the latest initiatives and ideas which she will then be able to share with us all. Kim has also volunteered to be our "Person Centred Care" champion. Also thanks to staff for attending the full days First Aid course. Initial feedback was that the course was very informative and well delivered.**

Activities News – On 26<sup>th</sup> July we watched the butterflies, from our butterfly garden, flutter off. The previous three weeks had been amazing watching the metamorphosis of the caterpillars, as they formed pupa and then emerged into beautiful butterflies. Don't forget the Butterfly House trip on 6<sup>th</sup> August.... And there is a Steam Train trip on 21<sup>st</sup> August (butterflies likely but not promised).

Please see the plan over the page for other exciting trips and activities and we will of course continue with favourites such as the weekly quiz, Friday afternoons at the pub, ad hoc walks into town and a few games. This month again we have a few visits from the amazing ladies from "Mindsong". The morning exercise sessions continue and we have G-Fitness coming in again. The shopping trolley will be around on Tuesday's and Friday's. We hope you all have a lovely month. Best Wishes, Kim, Lorraine and Steve

### Dates for your Diary

- Nailsworth Silver Band - 8pm, 6<sup>th</sup> August
- European Championships – 2<sup>nd</sup> to 12<sup>th</sup> August
- Premier League kicks-off – 10<sup>th</sup> August
- Summer Bank Holiday – 27<sup>th</sup> August



**NEWSFLASH**  
Our Annual Tea  
Party is on  
11<sup>th</sup> August 2018  
Family and Friends invited

Comments for future activities and party themes.....(Ans-2 steps forward, 1 step back)