

Elizabeth Court

Newsletter

Winter 2010/2011

Hello everyone, Reece here again. Carol decided to keep me on as resident journalist after the last edition, looks like I got the job!



Firstly, Happy new year to you all! We hope you all had a lovely Christmas and have had a promising start to the New Year, here's to things to come, Cheers!

This is your winter edition of the Elizabeth Court Newsletter, let's get started.

Now we're (hopefully) through the worst of the winter, how do we compare it to last year? Elizabeth Court was under several inches of snow for some time in the Big Freeze, it was relentless but we managed to keep the outside areas safe for use and thanks to Ron, we got through plenty of grit! The chickens have been well looked after by Ron and Derrick, thanks to you two for your dedication on the cold and frosty mornings!

This picture shows the enormous icicles over the fish pond!

Thankfully they melted away safely. The cold took its toll on everybody, but we had plenty of things going on in the warmth of the home to take our minds off that.



Let's talk Christmas, again.

First off, a big thank you to all the chocolates, biscuits, and other presents given to Elizabeth Court, all were gratefully received and promptly scoffed! **A Big thank you to everyone!**

Here are just some of the photos taken by the staff over Christmas,.



You may remember from the previous newsletter that we had several events lined up. Well, here's the review -

The song and prayers session from St Peter's church got some of you testing your vocal chords. It was a nice afternoon emphasised by hope and thanks.

The clothes show brought style dilemmas to some. What to buy, oh I like that one, I'm not sure now, does this suit me? What do you think? All I know is since then, there's been lots of; "oh that's nice, is it new?", "That really suits you, it's a lovely colour" which makes everyone feel better!



Magic Mike came and entertained, and confused everyone!

The Christmas Carol service got those who attended in the festive spirit, singing some familiar Christmas carols everyone could join in with. That always gets you in the mood for Christmas, doesn't it?

That was followed by Louise and Bill's Christmas special, providing plenty of good cheer.

The Aim's Production pantomime was really, very entertaining. They performed Dick Whittington with hints of the Top Cat cartoon... Some of you came away astounded at their ability to produce such a good performance! Plenty of noise and interaction from all, it was a right laugh!

Charlie case came and gave everyone a post Christmas giggle with his usual quick wit and humorous anecdotes. He always raises an eyebrow, followed by a cheeky grin...

And not forgetting the big man himself - Santa came and gave everybody a fright! And a little Christmas treat...



Now that's the festivities out the way for the time being, lets look forward to 2011 and see what its got in store for us all...



Unfortunately, since the last Newsletter, Calvin had to rush back to South Africa and left Elizabeth Court. We wish him good luck in whatever he's doing now.

We will also be saying goodbye to our much loved night carer Moseline soon too. She is going off to do her nursing training to further her career. We hope she will keep in touch with the home, she will be sorely missed! Thank you, Moseline, for all your hard work over your time at Elizabeth Court.

And Good Luck to you in your future!

We have welcomed Jim to the care team. Jim came along with little care experience but buckets loads of enthusiasm and a keenness to learn which has meant, already, he has settled in well and developed some good relationships too. Welcome to the home!



Amanda has also very recently started with us. She will be taking over Moseline's night shifts as she comes from a night caring role previously. Welcome to the caring team, we look forward to working with you!

Joanne has recently started working with us again after having her second child. Welcome Joanne, it's nice to have you back!

Mandy has recently completed her NVQ3 and received her certificate! Congratulations Mandy!

Bridie is now enrolled on her NVQ2 and will be undertaking some study alongside her work to better her knowledge and understanding of care, good luck Bridie!

Jadene has nearly achieved her NVQ4 now, well done Jadene, keep up the hard work!

And not forgetting a pat-on-the-back for me too, I am also near to finishing my NVQ3, not long till we'll be getting our certificates!

We have been discussing ways of improving the laundry systems within the home and have recently introduced Net bags for each individual's smalls. This was raised in a Residents Meeting and agreed that this would keep individuals' underwear and such items together, and ensure socks don't go missing! Why do socks *always* go missing!



Nigel has built himself a new shed in the garden.

Sorry, Nigel. I meant "workshop"!!!

At least he now has plenty of room to store all his tools, materials, and other bits and bobs. And we all know every man needs his shed!

(Just for the sakes of making sure we all get a mention, hi to rest of the carers; Jodie, Louise, Kevin. Not forgetting everyone else of course - Carol, June, Julie, Lynne, Paul, Sue, Marwan, Ellie, Sean.

Also, as Marwan has had a long break from work recently - we say hi to Vera and Josh who have been helping out in the kitchen! Thanks guys!)



Now, don't blush folks, but I'm going to mention a few birthdays...

Last month we celebrated Roy's birthday. We presented a cake and everybody sang to him.
HAPPY BIRTHDAY ROY!

In February we have 4 birthdays at the home!

There's Ron's, Basil's, Ivy's and Elaine's....

We hope you all have a lovely birthday!!



Quick pet count!

- 4 cats (April, Sunshine, Misty and Barney)
- 3 dogs (Tara and Trixie, and Tillie who visits most days)
- 1 budgie (Pepe)
- 2 chickens
- And a pond full of fish

Phew!

The agenda at the home is always changing and we're always thinking up and finding different things to do. That's why we've introduced several different weekly group meetings, held by the staff, to provide more to do and appealing to a wider variety of interests.

We have introduced a Gardening Group which will meet every Monday with the Home's gardener and Carol. This meeting will be an opportunity for residents to suggest their ideas on what we can do with the garden, what with spring approaching. Discussing ideas for the flower beds, vegetable plot, greenhouse, and also getting some of you involved in potting plants, appealing to the green fingers amongst us.



There will also be a shopping trip every second Thursday, where Mandy will escort a couple of residents to go shopping, not for anything in particular necessarily, but just a bit of retail therapy!

On the other Thursday every fortnight, I will be holding an art group. With a bunch of different materials to get creative with, it'll be a chance for the artists among us to emerge. The work will go on display in the small lounge after every session. If anyone wants to try something specific of has any ideas please feel free to let me know.





One Sunday a fortnight Jadene will be hosting a cinema group. Through the week she'll be gathering ideas and peoples favourite films etc, getting the film and having a good time at the pictures with popcorn and choc ices, just like the good old days!

So feel free to let Jadene know of any favourites or recommendations.

The other Sunday each fortnight, I will be holding a baking group. For those who have always enjoyed baking and cake decorating, and those who want to give it a try! We'll be making and decorating biscuits and small cakes over the first few sessions. The best thing about this group is that you can eat the results!!!

Other activities and events coming up over the next few weeks include;

On the 14th February there's a church service, at 2pm in the lounge.

The very next day (15th Feb) there is another Aim's Production. They're the people who did the pantomime at Christmas, back by popular demand!

And then at the end of February, the 26th, we have Andy Robertson coming to perform some familiar, sing-a-longable songs, accompanied by his own nimble-fingered electric piano playing skills.

Don't forget,;

- we always have Jan come in with her Motivation classes every Wednesday, at 3:30pm in the lounge.
- Penny's therapeutic activities take place every Friday afternoon.
- And we have regular visits from the "Music for health" team too.



I would like to urge readers, now, to pause for a moment of thought for Mrs Alice May Mephram. Who, sadly, passed away in hospital on the 8th January. She was a real character at Elizabeth Court and will be very sadly missed. Our condolences go out to her family and loved ones, may she rest in peace. Goodbye Alice.



And please also spare a thought for Miss Stella Clarke, who moved in for a short time and unfortunately passed away suddenly on the evening of Tuesday 1st February. Stella and her 2 cats had only recently moved in and celebrated Christmas and New Year with us, she appeared to be settling in well. Stella will be very sadly missed.



That's all for the winter edition of the newsletter. Thanks for all the feedback on my initial attempt, very kind words received!

"Love to mum and dad"

Next Edition; spring 2011, out in April! See you then!