



## October – December 2019 Newsletter

Hello and welcome to our Newsletter.

We hope you enjoy reading about all the activities we have been upto and outings / lunches we have been invited to over the last few months.

Many thanks

All staff at Nightingales



### *Singers visiting Nightingales*

Every week we enjoy singers coming into the Home to entertain us. During the lovely Summer weather we even managed some outdoor music afternoons.

Some of them bring along musical instruments for us to use whilst we listen to all the old favourites.

We always enjoy dancing or tapping our feet to the music.

## *Baking Brownies*

We love to bake here at Nightingales and wanted to try something different, so we decided to try our hand at Brownies.

These went down really well with everyone and we will definitely be baking them again.



## *Biscuit Decorating*

Along with the baking we like to decorate buns etc and thought we would try this on biscuits.

We had lots of fun and we did end up with rather sticky fingers but we also laughed a lot and ate a lot 😊

## Quiz Time

Here is a Winter Word Search to enjoy whilst you put your feet up and enjoy a cuppa in front of the fire.



GOOD LUCK! 😊



## *Day at the Beach Cleethorpes*

Last year's trip to the Seaside was such a brilliant day that we were lucky enough to do it again this year and the weather didn't let us down.

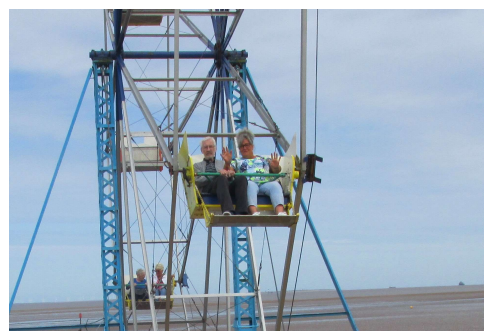
Cleethorpes is lovely and flat for us to be able to have a wander around the shops and enjoy a cheeky Ice Cream and a few of us even went on the Big Wheel.

For lunch we enjoyed Fish and Chips in the Restaurant on the Pier which was delicious, followed by a lovely cup of Tea and of course Ice Cream.

Those who didn't go on the Big Wheel spent some pennies in the Arcades, the 2p machines brought back some lovely memories for us all from when we were kids.

Thank you to Relatives and Staff who volunteered their time to make this a special day. There are some more pictures displayed on the TV in the Reception.

Same time next year 😊



## *Weekly visits from Lynn our Hairdresser*

Lynn our Hairdresser comes to see us every Monday, she enjoys making us feel pampered and provides an excellent service.

We enjoy having a trim, shampoo and set or even a perm / colour.

Thank you Lynn

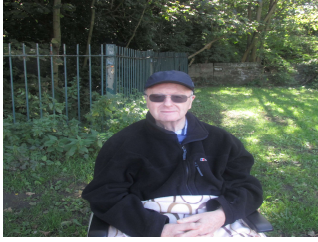


## *Birthday Celebrations*

We love to make a fuss when it comes to Birthdays with balloons and banners. We play party games like pin the candle on the cake and pass the parcel to music and of course we all sing "Happy Birthday" and blow out the candles on the cake made by our Chef.



We have celebrated an 80<sup>th</sup> birthday along with a few 80 somethings 😊, all the pictures we take will be placed in their individual scrap books.



## *Ecclesfield Park*

We wanted to make the most of all the lovely weather we have had this Summer so we made a few trips over to the local park.

Ecclesfield Park is nice and flat so we can have a wander round at our leisure, there is a well-kept Community Garden with lots of colourful flowers which smell amazing.

On one of our walks we stumbled across an Orchard with some beautiful Apple and Pear trees which we were told we could pick if we wanted.

We are so lucky to have an amazing park within walking distance.

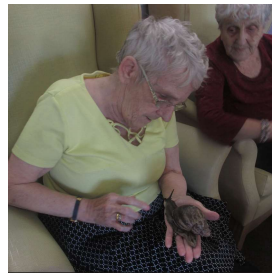


## *Afternoon Café*

We love having afternoon tea in our Café in the garden.

Gives us chance to have a good old chin wag over a cuppa and cake 😊

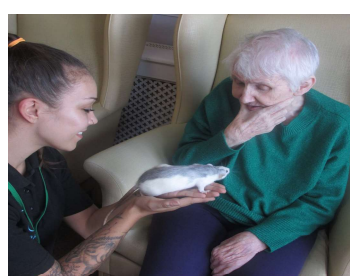
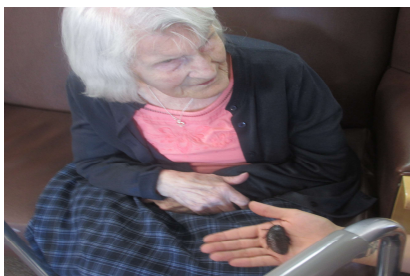
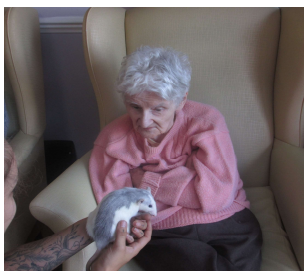




## *Zoolab Visit*

We organised for a lady to come into Nightingales from a company called Zoolab, they brought in some small animals / insects that we could have a look at, handle and learn more about.

On the day they brought in a Snake, a Rat, a Centipede, a large Snail and a Cockroach. A lot of us had not seen some of these animals/insects close up before and the lady told us all about where they had come from and fascinating facts about each one.





Each resident now has a scrap book with photos of activities they have been taking part in, you are more than welcome to have a look at the scrap books when you visit – please ask a member of staff.

Thank you for your patience whilst we completed building work on our downstairs communal toilet, this has now been completed and we apologise for any inconvenience caused.

We are hoping to be refurbishing our Hairdresser's over the next few months, if you have any ideas with colour schemes etc please come and speak to Julie.

We have signed up for a new project called JABADAO at a local church, this project aims at people with Dementia and is based around providing movement and confidence and creates a fun social group environment. This will be held on a Monday 1pm till 2pm at St Thomas More Church, if you wish to attend with your relative please speak to Kirsty or Jane.

Cycling in Hillsborough Park on a Tuesday (weather permitting)

2 of our residents have stated that they have a wish to drive a fast car, we have arranged for this to happen late October as part of our Grant a Wish programme. If your relative has a specific wish please speak to Kirsty or Jane so we can arrange for this to come true.







## *Salt Dough Modelling*

We wanted to see how creative our Residents can be so we decided to try a bit of modelling (with salt dough) 😊

Salt dough is very easy to make and easy to mould into different shapes etc, all you need is Salt, Flour and Warm Water and a good imagination.

We found a few liked to roll the mixture creating snake like models and some liked to use the stencils and make shapes with decorations.

Once the dough had been baked and cooled, we painted the models in all different colours, which admittedly got very messy but we had lots of fun and as usual lots of laughter.

The models we created can be seen on display in our Reception area.



## *Dates for your Diary!!*

Fireworks Display

**Tuesday 5<sup>th</sup> November 2019 @ 6pm**

Everyone is welcome, there will be food served for a small donation to our Residents Fund

“A Christmas Carol” – Pantomime

**Friday 13<sup>th</sup> December @ 11am**

This will be performed at Nightingales and you are all welcome to come along.

Our Residents' Christmas Party will take place on

**Thursday 12<sup>th</sup> December @ 6pm**

All invites and info will be going out over the next few weeks  
Tickets are £5.00 each which includes Buffet, Drinks and Entertainment

## *Concerns / Complaints*

Please may we take this opportunity to remind you of the procedure if you have any concerns/complaints or compliments you wish to bring to our attention. We are aware that we cannot always get everything right so please do not feel unable to bring any worries or ideas for improvement to our attention.

Any matter you wish to discuss can be brought to either the Deputy Manager, Joanne Unwin or Myself, Julie Wright Manager. We will endeavour to resolve any matter brought to our attention.

Concerns can be verbal or written, formal or informal. If you do raise a complaint or concern and are not happy with the way it is dealt with then you can escalate your issue to the owner Mr Oshi Weissbraun. 220 The Vale, London, NW11 8SR

If this is not acceptable Sheffield social services can be contacted at Social Services Feedback, Freepost, NEA 5527, Corporate Mill Facility, Town Hall, Pinestone Street, S1 2ZZ

CQC at Care Quality Commission, Citygate, Gallowgate, NE1 4PA can also take complaints or concerns.

The complaints procedure and contact details can be found in the front foyer on the wall with all addresses / contacts.

We are here to try to ensure both our residents and relatives have a positive experience and are happy but sometimes do need your help with ideas for improvement so do not take any criticism negatively but instead use it as a learning tool to get things right.