



Nicholas House Newsletter

January 2023

Issue 25



Word Phase

- Barbara and Steve enjoyed doing this match-up-the-phases game.
- We chatted about them and, we laughed at some too!
- Some of the phases brought back memories.

Puzzles

- Steve and Barbara enjoy doing a jigsaw puzzle.
- Steve is currently doing a lovely Windsor Castle 500-piece puzzle.



Boccia

- We played Boccia with the target mat.
- This helps with coordination as residents try to land on the center circle to score 100 points!





Arts and Crafts

- With Chinese New Year and Burns Night coming soon
- We have created dragons from toilet rolls and kilts with legs using tartan ribbon to decorate the home.
- Steve very much enjoys doing craft activities.

Church Service: Ian Fordyce from St Peters Church Burnham (C of E)

- Ian comes in every 3rd Tuesday morning.
- We have an hour service with holy communion and some hymns.
- Ian always brings in something interesting for show and tell with the residents.



Seated Exercise with Ben Broadhead

- Ben comes in every Tuesday afternoon to do seated exercise with the residents.
- Moving legs and arms
- Using balls and bean bags
- This is a very important activity to promote and sustain independence and mobility. Plus, its good fun too!



Flower Arranging



- The Residents really enjoy flower arranging.
- They pick the flowers, cut the bottoms off (with help) and arrange them into vases.
- Making the home smell wonderful, bright and warm.



National Rubber Duck Day!

- To celebrate National Rubber Duck Day (who knew that was a thing!), we played hook a duck, which Barbara was very focused on.
- Then we threw ball pit balls (which are very light in weight) into a box

Scrabble Morning



Trip to Flower Land Garden Centre



We had a few hours to look around, with plenty of smiles and laughter. Meeting the general public and their cute doggy's. We spent time watching and feeding the fish and enjoyed a lovely tasty lunch from the café.

Showing off their new hair-dos!



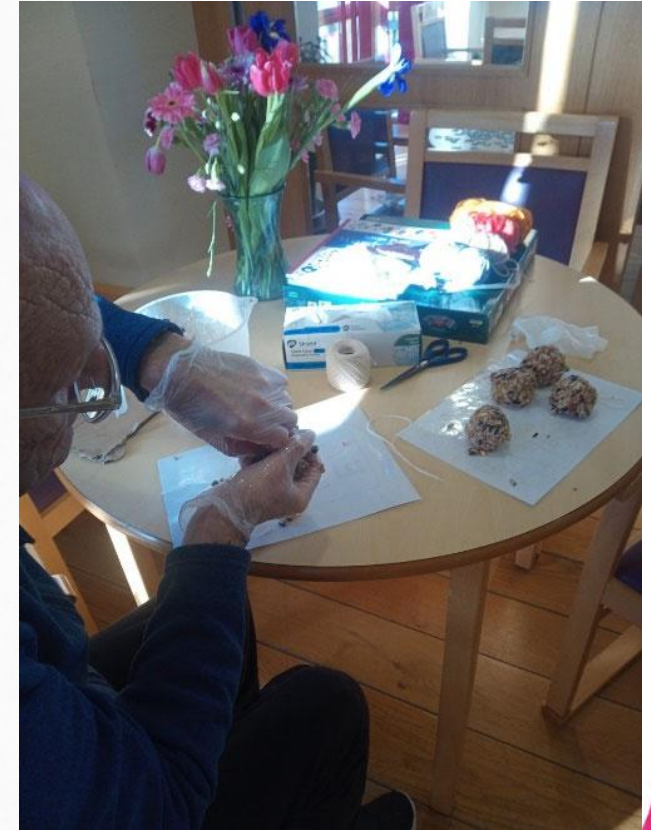
National Bird Count Day



Lovely painted picture by Heather



Built & painted bird boxes



Making Fat Balls from lard & seeds

Kelbilly Stomp Duo Entertainment



The power of music, especially singing, to unlock memories is an increasingly key feature of elderly care. It seems to reach parts of the brain in ways other forms of communication cannot. It's lovely to see our residents to singing, whistling, clapping or tapping their feet.

An Ode to Tea...

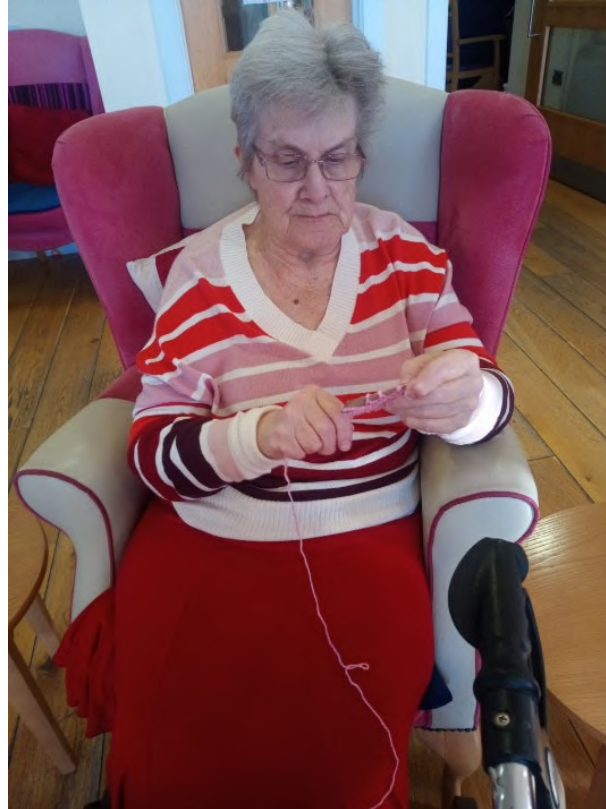
Some folks put much reliance
On politics and science
There's only one hero for me
His praise we should be roaring
The man who thought of pouring
The first boiling water onto tea

I like a nice cup of tea in the morning
For to start the day you see
And at half past ten
Well my idea of heaven
Is a nice cup of tea

I like a nice cup of tea with me dinner
And a nice cup of tea with me tea
And when it's time for bed
There's a lot to be said
For a nice cup of tea



Getting ready for Valentines...



- Love is in the air!
- Wrapping wool around cardboard hearts to make decorations

UPCOMING EVENTS

Making time for our residents is at the heart of everything we do. This promise means we have the time to share friendships, understand individual needs, interests and preferences; and make every day more fulfilling, so everyone feels valued, content, cared for and safe.

Here is a taste of some of the exciting activities and events we have planned over the next month:

- Pasty Birthday Celebrations 1st Feb
- Activities Table Demo 8th Feb
- Residents Meeting 9th Feb
- Mikey & Sophie Entertainment 14th Feb
- Shove Tuesday & Ash Wednesday
- Church Service 21st Feb
- Dave Mac Entertainer 24th Feb
- Drives out for Coffee & Cake
- Ben's Seated Exercise every Tuesday pm

FEEDBACK & REQUESTS



Here at Nicholas House, we are constantly striving to provide the best possible care for your loved ones. If you have any questions, queries or suggestions please do feel free to contact us on the details below:

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