



Nicholas House Newsletter

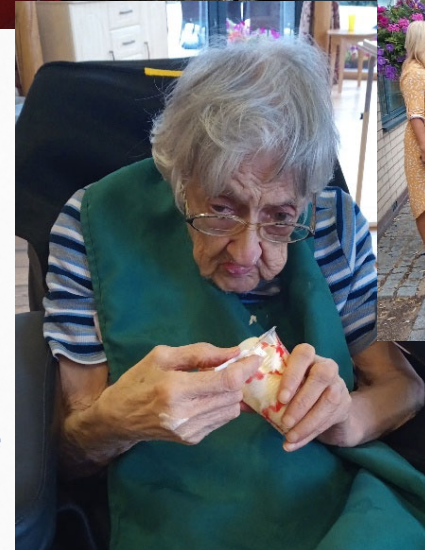
July 2023

Issue 30

Ice Cream Van Visit



This July is National Ice Cream Month, and you have Kentucky to thank! In 1984, Senator Walter Dee Huddleston of Kentucky introduced a resolution to proclaim the month of July 1984 Nation Ice Cream Month and the 15th of that month National Ice cream Day. Ronald Reagan signed the bill into law the same year, and the rest is history!



Knitting and Weaving

Knitting has long been viewed as an enjoyable pastime that results in cute accessories. It has many benefits that promote overall wellbeing, such as:

- Relaxation
- Gaining a sense of accomplishment
- Keeping joints limber
- Reduces blood pressure
- Residents enjoy sharing the skill to others
- Boosts cognitive functioning

Thankfully here at Nicholas House we have some in-house knitting experts!



Bingo

Bingo is much more than just a 'cliché'! You can build social connections, increase hand-eye coordination, and maintain your cognitive abilities and focus. Just think about the concentration it takes to manage multiple boards!

Hilda thoroughly enjoyed our recent game, here she is below celebrating her win, the first to get to a single line!



Shopping Trip to The Range

Spending time outside in the community can increase a person's sense of wellness.

The sensory experience of being in the community allows people to feel more present and connected to the world around them.

And who doesn't enjoy a cup of coffee / tea whilst out and about?



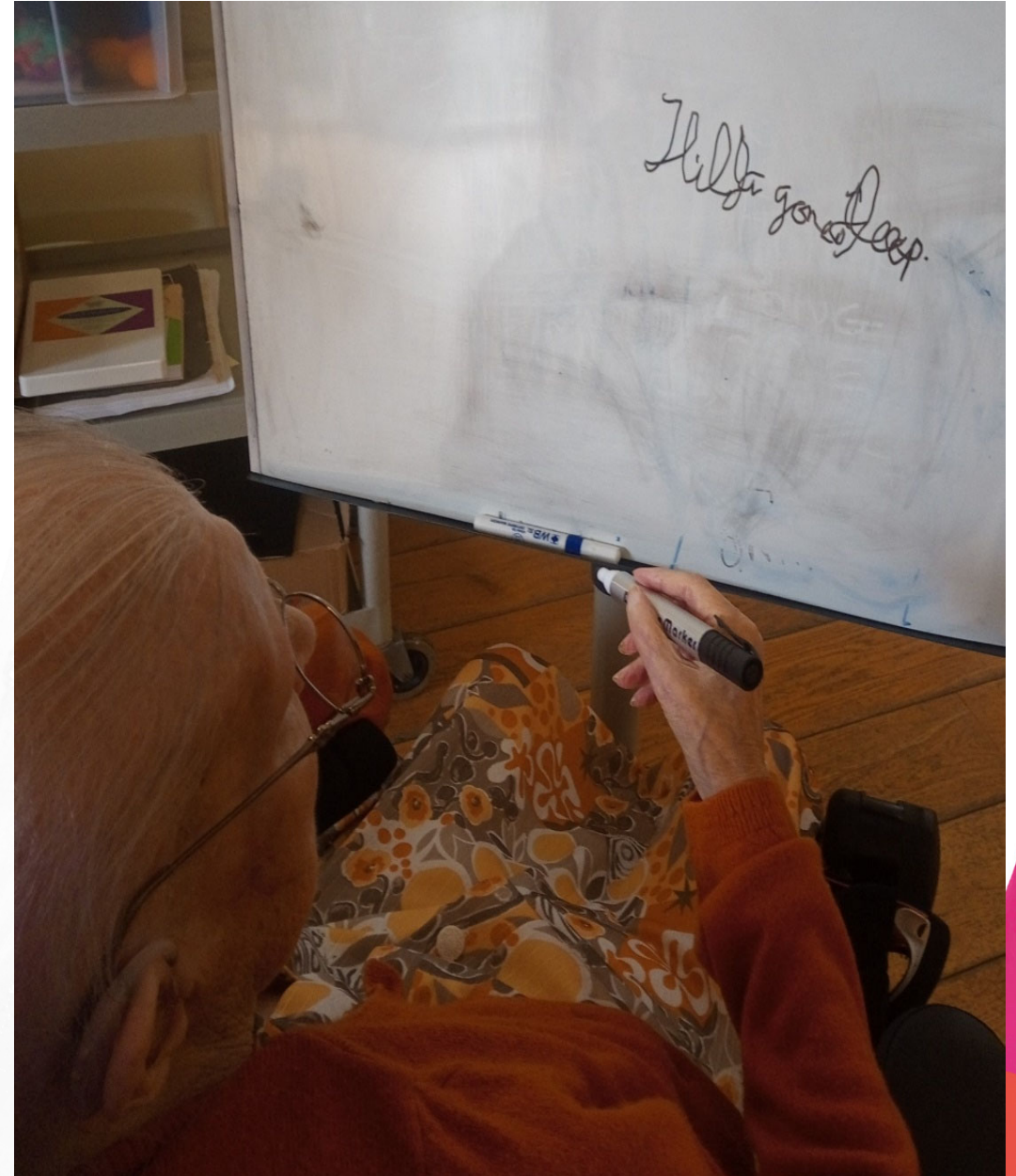
Winton House Visit

We had a lovely time visiting our friends at our sister Home, Winton House. We all enjoyed the good food with great company and took part in a brilliant game of Bocca!

Thank you to Winton House for making us so welcome



Life skills



Happy Birthday Barry!



How do pickles
celebrate their
birthdays?



They
relish
them.

WHAT KIND
OF MUSIC
IS SCARY FOR
BIRTHDAY
BALLOONS?

POP MUSIC!

Knitting

Over the last few month Heather has been busy knitting Rectangles. These will be sewn together to make a blanket. Heather is now onto her next project, knitting a chunkier blanket. We look forward to seeing the finished product!



We are family...



It's lovely to see family come together when they visit Nicholas House. Pictures like this mean so much to our Residents.

It gives us the opportunity to print them out for them to display in their rooms (and for our newsletter!).

Monty the dog is very special to Heather. And he loves visiting... at the end of day he's part of our family too.

Drive out to Windsor

We love getting out and about, which is made so much easier in the warmer summer months. This was a particular favourite recent, taking a sight-seeing tour though Windsor and Eton



Coffee & Cake at Dorney Court Garden Centre



Entertainment from Michael Emblow



Physio Session



Physio work is so very important, which is why we include this for all our residents as part of our standard package.



It helps older adults build the strength and stability needed to live life on their terms, without the fear of falling or slipping. Physiotherapy is also a social experience. Seniors will work one-on-one with a physiotherapist who is dedicated to helping them achieve their well-being and health goals.

We are sad to say farewell to Vladi, our in-house physio but we wish her luck in the future.



Purple Robin Jewelry making

Cross Stitch – on Embroidery Fabric



Windsor Castle Day Trip



Wow what a day! All residents enjoyed this trip, looking around the castle and all the lovely rooms. All the Castle staff made our trip seamless, with the use of the lifts and guiding us though the best route.

Our staff were kept active with lots of hills and the need for good walking shoes, a great way for us to get fit 😊 The Castle is well worth a visit!

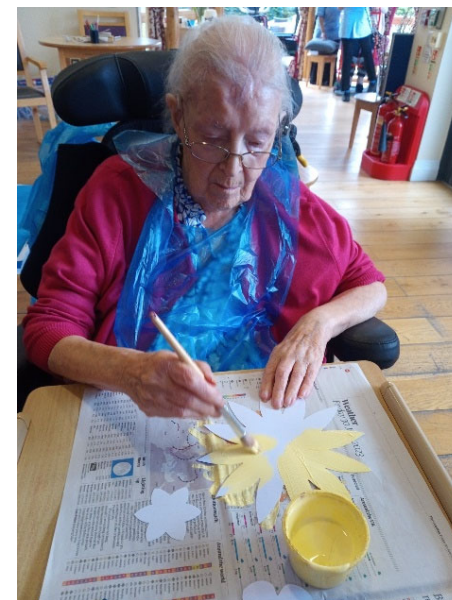




Café Rouge: Traditional Afternoon Tea with a little Ooh La La!



Creative Mojo



NICHOLAS HOUSE FETE



Can you help?

Date: Saturday 9th September

Donations needed for the Tombola
(items must be unopened & clean)

If you have any other ideas for fun
activities please speak to the
Activities Team.



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:

- Garden party (9th) Alice and wonderland theme
- Sophie and Mikey (9th)
- St Peters Church
- Flower land for lunch
- Zoo/bca Visit (18th)
- Dave Mac (31st)
- Purple Robin Jewellery Making (Alternate Fridays AM)
- Creative Mojo (Alternate Fridays Am)
- General Trips out for Coffee / shopping

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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Review us on Carehome.co.uk



We would really appreciate your feedback to boost our listing on Carehome.co.uk and help others discover Nicholas House and the services we provide. Please click the following link to leave us a review:

www.carehome.co.uk/review-submit/80771

