Abbeyfield
Making time for older people
Maidenhead
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Nicholas House Newsletter

January 2024

Issue 36


New Year,
New Beginnings,
Welcome January
Smit Creation
.com








National Bird Day
January 5
www.NationalDayCalendar.com



Out and About

Getting outside each day can bring all kinds of benefits both physical and mentally, as well as enjoyment from meeting others and not forgetting having that lovely cuppa.





Clay Modelling, with Purple Robin

For older people and those living with dementia, clay therapy provides creative stimulation, social interaction and develops fine motor skills with a variety of positive outcomes, including increased confidence, concentration and motivation.











Leg Exercises with balls

Chair-based exercises are a good light form of exercise which can be performed individually but is always a lot more fun in a group! The advantages are numerous, with a focus on assisting residents in remaining independent and managing everyday and general mobility.





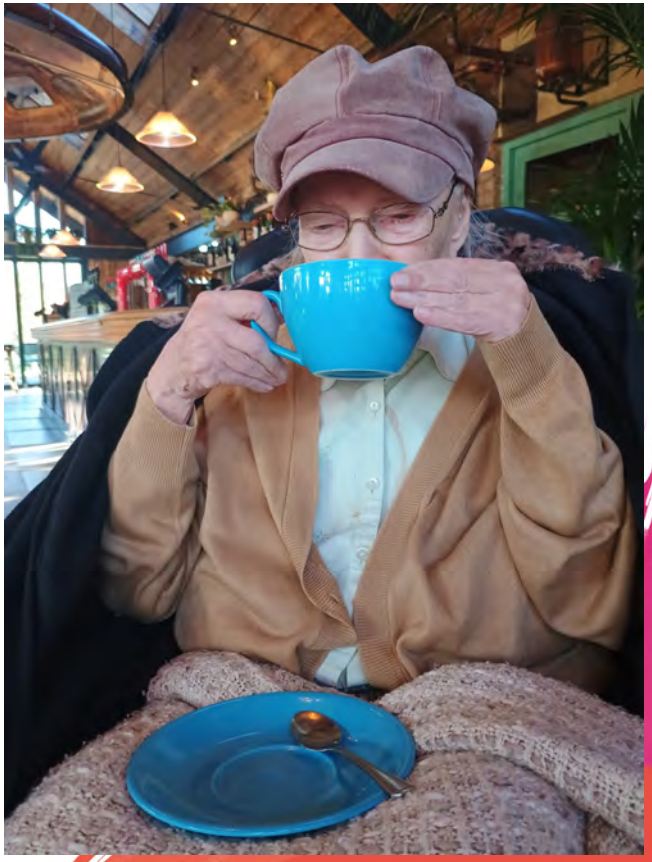
Coffee Time at Halls and Woodhouse

Sitting by the fire with a coffee on a very cold day!









Lent Rise School are here for another term

This week we talked about New Year and the different ways people celebrate. Making poem out of the letters of NEW YEAR. Very enjoyable afternoon










The Lion that sleeps tonight

- All Residents enjoy the Friday morning Art sessions with Creative Mojo, making amazing collages to brighten up the home!



Entertainment – Micheal Emblow

Listening to or engaging in music – can help people with dementia develop and maintain relationships with others and improve their wellbeing. It can: help them to express their feelings and ideas, verbally and non-verbally. act as a prompt for reminiscing.





Flower arranging







Chilled to the Bones

Cold Cold

-6

icy

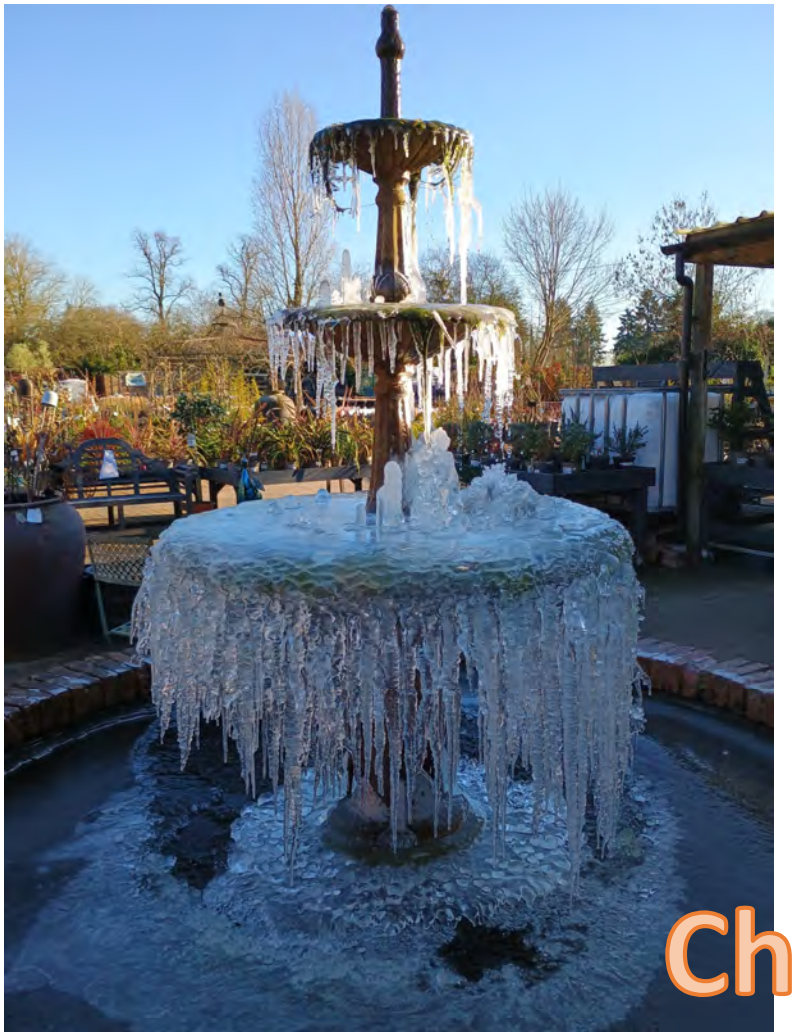
Crisp

bitter

Frosty

Brrrrrr

Frozen



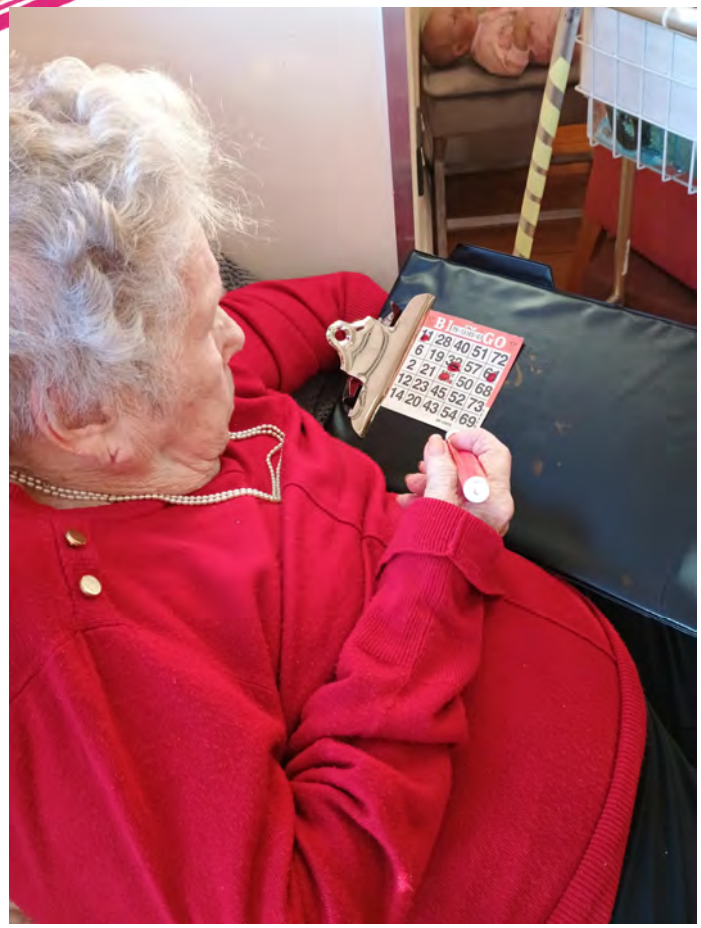
Chilly

Cup of Tea with a cheeky Tea Cake

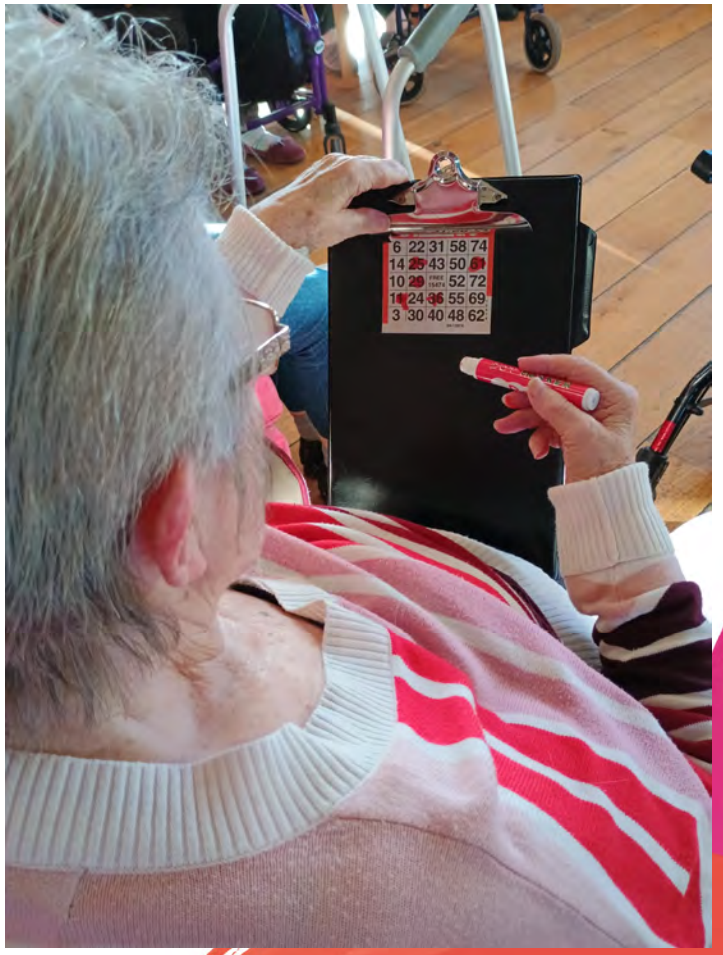




77 – SUNSET STRIP: Bingo!

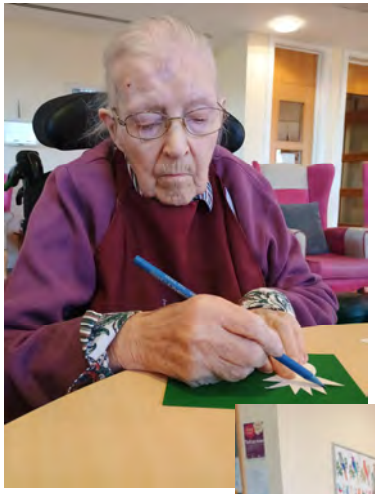






Purple Robin Crafts

The Thistle As The Scottish Icon Of Bravery, Courage, Endurance And Loyalty!













Trip out to McDonalds in Asda's







Terry Gleed Entertainment






Chinese New Year … Year of the Dragon





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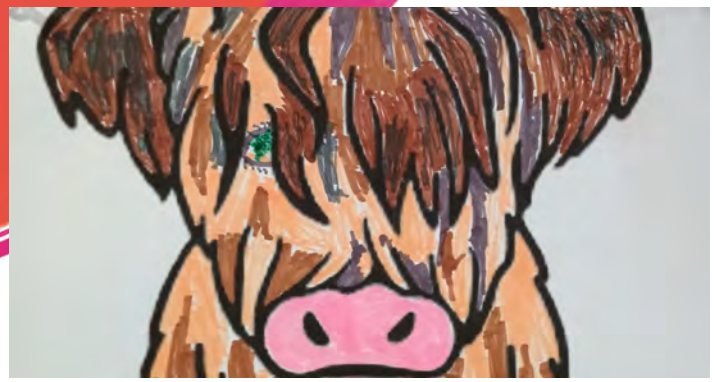
Happy Valentine's Day! It's people like you that make us love what we do!

















Gallery

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:

- Purple Robin (Alternate Friday Mornings)
- Creative Mojo (Alternate Friday Mornings)
- Seated Exercise (every Wednesday pm)
- Physio Group Session
- Lent Rise School
- Church Service
- Rosemary Hairdresser
- Singing for Memory at Burnham Library
- Burnham Library Valentine Card Making (9th)
- Meeting up with Winton House for coffee
- Entertainers – Dave Mac
- Gemini Fashion Shop Here

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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