



The Grange



Welcome to our February newsletter, hopefully this will give you a little insight into some of the things we get up to and how we spend some of our time here at The Grange. Below are some of the things we've enjoyed so far:-

- Alzheimer's Elf Day 

This was a very successful event we raised £94.00 in December 2018 and all proceeds to the Alzheimer's society. Thank you to everyone who supported this event, it really makes a difference.

- Chair aerobics/exercises 

Our residents enjoyed this activity & with a little encouragement, even some of the less confident residents joined in. This activity is planned professionally by the instructor, Brad. All individual mobility needs are catered for. We have booked more sessions in for the near future - dates to follow.

- Hairdresser/Barber 

Joanne is our stylist and attends The Grange on a regular basis. Any hair appointments that may be required can be made via myself, June (Activity Co-ordinator), Andrea (Administrator) - via the office or Michaela - Care Home Manager.

- Dominoes 

Our Dominoes league is taking place once a week in the conservatory. This is proving to be very competitive especially when there are trophies to be won!

- Gardening club 

We now have had a potting shed kindly donated by the Manager for our gardening club which Carl (Maintenance) will erect weather depending and will resume as soon as the weather picks up. June (Activities) is looking at contacting large companies for donations of wood, plants etc so Carl (Maintenance) can make raised planters for residents in wheelchairs.

- Knitting 

The residents have been busy knitting poppies and forget me knots which have been / are displayed in the entrance. Any donations of knitting needles, wool or patterns, will be gratefully received.

****P.T.O****

- Dining at The Grange



A little reminder that anyone wishing to dine with their loved one/friend/relative is more than welcome. The residents that have had this experience have really enjoyed it. It gives them something to look forward to, choosing a special outfit etc. All we would ask is a small donation to go towards the resident fund - Thank you.

- Resident of the Day



We now have a 'resident of the day'; this is where they get to choose their activities for the day as well as their choice of lunch. The resident's really enjoy participating in this and it gives them a chance to discuss their care planning and a sense of involvement and increased personal value and self-worth.

- Easter Coffee Morning



As Easter approaches we will be holding a coffee morning on Thursday 18th April between 10 and 12 with an Easter raffle and a special visit from the Easter Bunny, we hope you can all join us. Tickets will be on sale from 1st March and are available from June or Andrea. Any donations of Easter eggs greatly received.

We will also be holding an Easter bonnet competition at the coffee morning. June will be making Easter bonnets with your loved ones.

- Mother's Day



As Mother's day is 31st March we will be holding a Mother's day celebration on Friday 29th March with an entertainer and a buffet tea with residents, family and friends, feel free to join us.

- 'Time Out'



From 1st March we will be having a daily 'time out'. This is where all staff will have tea and biscuits with residents. We recognise that not all residents have visitors so this will ensure that all residents get enhanced one to one quality time.

- Special Birthday



We have a special 90th birthday for one of our lovely ladies in March that we will be celebrating also.

GENERAL

Twice a month the residents have a hand massage and the choice of having their nails painted.

We have also purchased a sensory light which many residents find relaxing.

The Managers friend is making sensory blankets and over the knee blankets which residents enjoy.



We will be having a letter of the month to family members telling you about your loved ones, what they have done or participated in over the month.

We welcome suggestions or ideas regarding activities and events that you think would be successful and welcomed by our residents, then please feel free to let one of the team know or use the suggestion box, located in the conservatory.

Finally, here at The Grange, we feel it's not just the basic needs that we care about, it's the whole person. We feel stimulation of the mind, socialising, keeping mobile and independent for as long as possible etc is essential for our resident's well-being and enrichment of daily life. Therefore, the activities and events that we provide from external sources are really important to us. Unfortunately, financial restraints don't allow for many things that we feel are beneficial. This is where we would really appreciate support by helping at events that we plan. No matter how small a contribution to an event it really does help.

Many thanks from all at

The Grange.