

Message from Jason

WHAT'S IN THIS MONTH'S ISSUE:

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- Activities News

Dear Friends and Family,

We hope this newsletter finds you all well.

It has been a busy few weeks at Lakeside over the winter. The residents all had a lovely Christmas with a resident Christmas party and relatives carol singing.

We have kept the residents busy over the last few months with lots of activities and events, some of which we have highlighted in this newsletter.

As always, we thank the staff for their great work and thank all of you for your ongoing support

Jason



Meet the team

Jennifer Senior Carer

How long have you worked at Lakeside?

I've been here for one year

What do you like most about your job?

It's like working in a family as everyone is willing to work together which makes the job so much easier.

Tell us three things about yourself?

I love researching in care
I love watching adventure films
I love quiet time

Where are you from?

I was born in Ghana.

What is the weirdest thing you have eaten?

I think it must be ostrich although I didn't realise I was eating it at the time.

How would your friends describe you?

My friends would say I am playful but reserved

What is the best holiday you have been on?

My best holiday is when I went to Dubai.

Where would you like to go on a dream holiday?

I would love to go Jamaica because of the people I have worked with at Lakeside



What is your hidden talent?

I am good at dancing

What is the first thing you would buy if you won the lottery?

A big house

Living Space Renovations



The renovation in the lounge is nearly complete and we are just waiting for our new furniture, lighting and then the finishing touches. We spoke to the residents to get some feedback and they all said it looks lovely. We asked one of the residents if they wanted to put their knitting on display but they were not too keen which was absolutely fine.

We are always looking for ideas on how to improve the home and will be having a resident's meeting where we will ask residents if there is anything else they would like in the home. If you have any suggestions please let us know, although a jacuzzi may be difficult!!

Christmas Events

Carol Singing

Thank you to all those who were able to attend the carol singing at Lakeside. It was great to see so many relatives in the home and we could definitely hear a few good singers in the lounge. The Twelve days of Christmas was the winner we think. The residents seemed to also have a memorable day.

It was also lovely to chat to relatives afterwards with some mulled wine and treats. Thank you to the children who came to sing.



Father Christmas

One of the requests during a residents meeting before Christmas was whether Father Christmas would be visiting.

Well, we managed to get a photo as Santa delivered presents. Guess who?

Christmas and New Year Events

Christmas Lunch

For Christmas lunch the staff made a real effort to make sure that the residents were treated to a real feast. There was Christmas turkey with all the trimmings, all the vegetables and the Christmas pudding lit with brandy at the end. Christmas crackers were pulled on the day. The residents and staff had a really wonderful Christmas day.



New Years Treats

The residents and staff celebrated New Year with a bang. There was lots of food and even a bit of fizz and left over crackers. The residents didn't quite make it to midnight but there was a real sense of celebration and goodwill as we celebrated the New Year.

Mother's Day

One thing we do have in Lakeside is a lot of mothers. We organised a posh high tea in China cups for our wonderful mothers on Mother's Day to make them feel as special as possible. The visits, flowers and cards we received from you all brought a smile to all the mothers faces. Dokia then sat with the residents who put together a Mother's Day poem. As you can read, on the next page, what a wonderful residents poem.



Mother. Mother. Mother
• My mother was a beautiful woman
She was my best friend as well!
She used to like my boyfriend, future husband.

• My mum was born in 1953
She was a good woman, good mum
You couldn't get a better one
Very tolerant and caring woman
She wasn't educated. shame, shame, shame!
But she was clever
I used to buy flowers for her
Just to show her my love.
She's always in my thought!

• Of course, I remember my mum
Her name was Sophia
She went through the war, difficult times
She used to work and care for myself my sister and my brother
We all appreciate our momma!

• Me as a mother, I'm sure I'm a good mother
Otherwise, my children wouldn't care for me
Oh, Mother's Day today?
I didn't know that
Wow, wow. I will get lots of flowers.

• Beautiful lady my mum was
Amene was her name
I wasn't a naughty child
But sometimes she would tell me off
For a good reason I suppose!

• I know today is Mother's Day
I'm waiting for my daughter to come
Just to see her really

all these words are from residents



102nd Birthday Celebrations



Birthday Treat

Our lovely Ethel recently celebrated her 102nd birthday. 102!!! And still going strong. The staff made a big fuss of Ethel, spending lots of time with her and even having a bit of a joke as you can see in the picture.



Valentines Day



Valentines Day

Valentine is always a busy week at Lakeside.

The week is spent with the residents helping the staff make the decorations around the home. Dokia said that some of the residents seemed quite proud of their efforts.

On Valentines day we had a Valentine's party with cheeful music and lots of treats, cakes and fruit.

The staff then spent time talking to residents and asking them where and how they met their partners. Even though our residents have dementia, some of the detailed stories told was really wonderful to hear.



St. Patrick's Day



St Patrick's Day

For St Patrick's day we got out the Guinness and sourdough bread. Some of the resident's had never tasted Guinness in their life and after having a sip, said they were glad they hadn't! They did like the sourdough bread though.

After enjoying the treats Dokia put on some Irish music and started dancing an Irish gig with some of the residents. Unfortunately, she then sprained her ankle as you can see in the photo below. We can definitely say Dokia gives it a 100%!!



Trip to London



While talking to the residents, Dokia noted how many of them enjoyed visits to London. So she decided to bring London to Lakeside. Herself and residents looked through magazines and then Dokia printed out images of London which she put around the home. By involving the residents, Dokia heard lots of stories of trips to London.

Dokia asked the residents if they would like to go to London one day and many of the residents said they would love to. We will therefore see what we can do to make their wishes come true.

Activities News

Poppy

The residents love a visit by our resident dog Poppy. Poppy loves to visit as the residents give her lots of treats. She goes into all the bedrooms to visit residents (looking for treats) and is quite happy to sit on a lap to get a stroke.



Puzzles and Games

Although a really simple activity, jigsaws really stimulate the brain. The concentration from some of the residents was quite intense and Dokia said that she was impressed that they really didn't give up. The residents also get to enjoy simple games. Connect 4 is quite popular with some of the residents.



Activities News

Namaste

Namaste is always popular at Lakeside. Dokia plays relaxing music with the scent of lavender wafting into the lounge. Dokia goes from residents to resident offering either a head, hand or foot massage. She says that she really notices how relaxed and calming these sessions are. She really feels they bring a really positive benefit to our residents.



Ball Games

Normally in the afternoon, Dokia and the staff do some more physical activities with the residents. The ball games are again very popular. They are not only great fun but the bending down to pick up the ball, aiming and throwing, are all important to keep up those motor sensory neurons. They also become quite competitive!



Activities News

Reminiscence

Reminiscence is so important for our residents and Dokia spends many afternoons talking about the old days. She uses magazines to stimulate conversation and often finds that just one picture can suddenly bring back a memory or interesting story from the residents.



Guess the Fruit and Veg

This is always a fun activity and again leads to lots of conversation. Dokia has a selection of fruit and veg and the residents try to name them, describe the taste and then let Dokia know which ones are their favourites or those they are not so keen on. No brussel sprouts were used during this activity!



UP and Coming Events

Good Friday

For Good Friday, the residents will be having Hot Cross Buns and cakes with a nice cup of tea or coffee.



Easter Sunday

For Easter Sunday, the residents will be served a delicious roast and Easter eggs for dessert.



Kings Charles III Coronation

On Saturday 6th May will be the coronation of King Charles III which will be quite an event in the country. We will make sure that the residents have a memorable day



Well, that's all for now. We hope you all have a lovely week. From all the team at Lakeside

