

In this Issue

- Covid-19 Update
- What's Happening
- Birthdays
- Pictures of the Month
- Employee Spotlight
- Story of the Month

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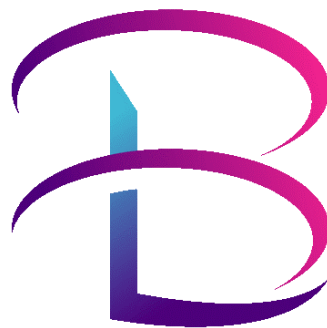
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Group-589240517892886](https://www.facebook.com/Brampton-Lodge-Activities-and-Events-Group-589240517892886)

Picture: Elsie with her
handmade poppies



Brampton

L O D G E

November 2020

Newsletter



This month we have been focusing on Remembrance and organising Christmas activities and events.

COVID-19 Update

As we are now in lockdown we have had to make adjustments to our visiting policy so that we can continue to facilitate visits. Ensuring our wonderful residents can see family and friends is a priority to all of us here at Brampton Lodge but we are also weighing this up against risk.

The changes we have made include adding additional height to the visiting screen in the visiting room, increasing deep cleaning of the visiting room, installing external hand gel points (in process) and we are currently limiting one person for each visit.

As from 1st December we plan to be able to offer additional visiting slots as we know Christmas is coming and more people will want to visit. We also plan to increase visits to two people as we feel we have the room to accommodate social distancing for those two people during the visit.

We continue to support visits for any end of life care.

The staff at Brampton Lodge are all committed to doing absolutely everything they can to help reduce the risk of Covid entering the home and in the event that it does get into the home, we have made provision and plans for us to manage and control and spread of the virus. Staff are tested on a weekly basis and all residents are tested every four weeks unless there is a need to do further testing, for example, if one of the staff produce a positive test, we would then test the whole home.

The Wi-Fi is being upgraded and work commences on 24th November. This will take about a week, but once it is completed there will be a vast improvement with connection etc. This will mean that there is more opportunity for facetime etc.

During the lockdown period the hairdresser is not able to visit the home but Rainie is offering hair washes and sets during the week.

This is a difficult time and I appreciate the impact it causes to all of our lives and all I can do is ask that we continue to support and look after each other to get through it.

What's Happening?

Residents meeting and Cream teas
with the Manager

Themed Arts and Crafts Projects

Active games to get you moving

Reminiscence sessions

Board games/ Scrabble/ Count down

Pet Therapy Guinea Pigs Visits

Popular Quiz Afternoons

Hand & Foot massage.

Individual Choice of activities on a
one to one basis available, could be a
drive , chat, board game or pamper.

Volunteer Visits

Our Gin bar is proving popular with a
wide range of Gins.

Themed Talks

Carpet Bowls

Bi-Weekly Bingo Via Zoom done by
professional callers with inhouse
prizes

Singalongs Via Zoom

Activity Packs for those in isolation

Monthly Church Service with Hymns
from Holy Trinity Church Via Video
link

Pictures of the Month



Gwen waiting for her Gin



Potting up some broad beans and peas



Some Halloween fun!! Well done Elsie who won the best carved Pumpkin competition.

Employee Spot Light

Compiled by our resident Journalist Sidney Ellingham

From voluptuous to vivacious - Vicky is victorious in her trim-down challenge!

Vicky (Victoria Emby) has come into prominence through her dedicated and inexhaustible determination to shed the pounds. And she has just completed an epic achievement of losing an astonishing 126 pounds to reach a svelte and vivacious 10st.

When we told Vicky we were going to do a story about her, we asked if she would jot a few words down, detailing her diet journey over the last weeks and months. We were so impressed with the account she presented to us, that we have decided to publish her story word-for-word and here it is.

Vicky's Weight Loss Journey

It all started when a colleague said she wanted to lose weight for charity and I said I have been wanting to lose weight too but have either not had the motivation or someone to do it with. So we decided to do it together and raise money for prostate cancer. We set a target of 2 stone to lose in 2 months. We planned on the 1st May 2019 and my starting weight was 19 stone 10.

We had joined the sports centre together where we could use the gym, swimming pool and the fitness classes. I downloaded the Samsung Health app on my phone to track my calorie intake and also I had bought a Samsung smart watch, which could be hooked up to the app to track my movements and fitness level. My first week I lost 9lbs which I couldn't believe and gave me the motivation I needed to carry on, plus people started actually donating to the charity we were raising money for so that put more pressure on and made me realise "oh no I actually have to do this now".

Once the two months were up, we had both managed to complete our target and both lost the 2 stone each. In the past, when I had tried to lose weight it always seemed to be a two week thing. I did a diet for two weeks and then I'd either get bored or crave something naughty to eat and go off the rail and put on or stay the same and I would think what's the point and give up. But this time, I had actually stuck to something because of the pressure of the fact people had gone out of their way to donate money for me to lose weight, so I knew I had to do it. Plus in my head it was kind of a competition with my colleague. I didn't want her to lose more than me. After the two months were up, I couldn't believe I had actually lost 2 stone. It made me realise that I could lose weight so I carried on with my weight loss journey.

A year on, I had lost 6 and a half stone!! Now, a year and a half later I have lost 8 stone!!! Even during lockdown, I have still managed to lose weight. When the sports centre closed I just went on long walks and even runs, and realised that I didn't necessarily NEED the gym to lose weight. I carried on eating good. In my time doing this diet, I have had treat days on the odd occasion but the very next day I had got straight back onto my diet. Since the lockdown has been lifted, I have joined PureGym to help me tone my body and get to a comfortable state with it

Closing footnote: We are all delighted and somewhat awe-struck at our "new" Vicky. From her "atomic blonde" tresses to her overall air of modern style and new found confidence – Vicky has achieved a truly spectacular transformation.

Vicky is engaged to marry her partner next year. I think you'll all agree that she's going to make a stunning bride.

Before & After Photos



STORY OF THE MONTH

Group Captain Walter J Ives CBE (also known as Jack) is 99 and was a spitfire pilot although he missed fighting in WW2 he saw action in Middle East near Tripoli. He suffered gunshot wounds in his arm, knee and foot on the left side and spent 5 days in hospital but got bored and walked out. He managed to get a lift in an aircraft with an American back to a RAF airstrip.

Jack became a member of the Caterpillar after having to eject from his aircraft due to empty fuel tanks and being unable to land due to bad weather and the radar going out. He came out of the cloud with 300 metres to the ground he pulled like hell on the parachute guides to miss one tree but then went straight into the next. He was caught half way up the tree and had to disconnect everything to get out but forgot to take off his oxygen mask and had to climb back up. He was next to a ploughed field with a farm house just down the road with a friendly lady who let him phone in to be picked up from Swaffham Police station. The Caterpillar Club is an informal association of people who have successfully used a parachute to bail out of a disabled aircraft. The name "Caterpillar Club" refers to the silk threads that made the original parachutes

thus recognising the debt owed to the silk worm. "Life depends on a silken thread" is the club's motto.

Jack served 35 years in the RAF and was also a flying instructor and later on an Air Attaché in Saudi Arabia.

