

NEWSLETTER

March 2021

Brampton Lodge, 4 Dixwell Road, Folkestone, Kent , CT19 5AN



Happy St Patrick's Day

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Editor's Desk

Hello Residents, Families and Friends!

We have been eagerly awaiting the 8th March which will see a return to visiting, and to be able to reunite loved ones.

This is a great step in the right direction, and we look forward to life becoming more normal over the coming months.

We have been through the hardest part and now we can look forward to happier days.

We look forward to seeing you soon.

Keep Safe!

Lorna



March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

Zodiac signs: **Pisces & Aries**

Birthstone: **Aquamarine**

Flower: **Daffodil**

Quote of the Day

*Be the CHANGE
that you wish to
see in the world.*

– Mahatma Gandhi

Managers Update

So at long last we welcome back our visitors which we know is so important for everyone. We are doing all we can to reduce risks as much as possible and will continue to observe and follow the latest guidance from the Government. The hairdresser is able to return after 12th April as per the Government Plan and we also hope that we can get some more outside entertainment booked after the end of May. Every resident has now had their first vaccine and we are waiting for dates for the second one. Please note we do not have any control over these dates but they should be within 12 weeks of your first vaccine. 75% of the staff have had at least one vaccine and some have had both. There are some staff that have refused to have the vaccine as at present it is not mandatory and they have the right to decide if they would like to have it but this could change in the future.

Government Roadmap

Step 1: 8th March

Schools and colleges are open for all students. Practical Higher Education Courses.

Recreation or exercise outdoors with household or one other person. No household mixing indoors.

Wraparound childcare.

Stay at home.

Funerals (30), wakes and weddings (6)

29 March

Rule of 6 or two households outdoors. No household mixing indoors.

Outdoor sport and leisure facilities.

Organised outdoor sport allowed (children and adults).

Minimise travel. No holidays.

Outdoor parent & child groups (up to 15 parents).

Step 2

At least five weeks after Step 1, no earlier than 12th April. Indoor leisure (including gyms) open for use individually or within household groups.

Rule of 6 or two households outdoors. No household mixing indoors.

Outdoor attractions such as zoos, theme parks and drive-in cinemas.

Libraries and community centres.

Personal care premises.

All retail.

Outdoor hospitality.

All children's activities, indoor parent & child groups (up to 15 parents).

Domestic overnight stays (household only).

Self-contained accommodation (household only).

Funerals (30), wakes, weddings and receptions (15).

Minimise travel. No international holidays.

Event pilots begin.

Step 3

At least five weeks after Step 2, no earlier than 17th May.

Indoor entertainment and attractions.

30 person limit outdoors. Rule of 6 or two households (subject to review).

Domestic overnight stays.

Organised indoor adult sport.

Most significant life events (30).

Remaining outdoor entertainment (including performances).

Remaining accommodation.

Some large events (expect for pilots) - capacity limits apply.

Indoor events: 1,000 or 50%.

Outdoor other events: 4,000 or 50%.

Outdoor seated events: 10,000 or 25%.

International travel - subject to review.

Step 4

At least five weeks after Step 3, no earlier than 21st June.

By Step 4, the Government hopes to be able to introduce the following (subject to review):

No legal limits on social contact

Nightclubs.

Larger events.

No legal limit on life events.

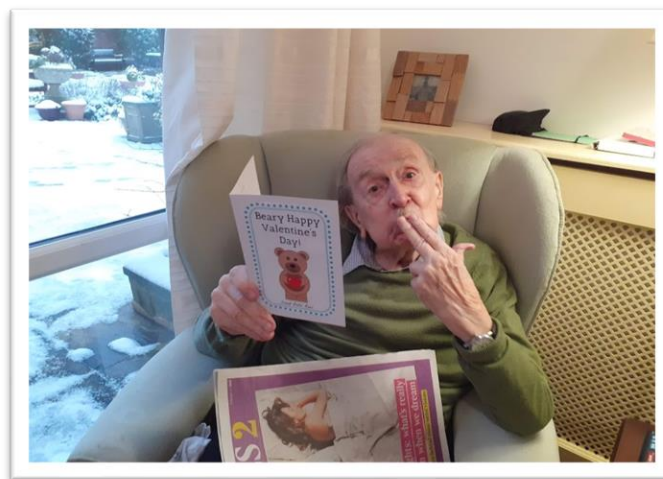
The weather is getting warmer and there are quite a few bulbs up in the garden and we have contacted the gardening volunteers for an update and they have said that they plan to hit the garden hard once the soil is a little warmer and they have planned some additional seating areas and some raised beds. Not long before lighter evenings and warmer weather.

Michelle and Claire

Month in Review February



Happy Valentine's Day from Roy and Sid



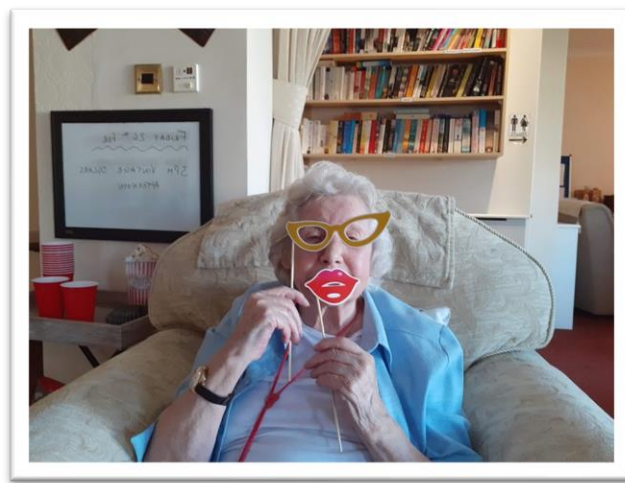
Happy Vaccination Day



Sheila's 750 piece puzzle achievement, well done.



Tomatoes and Chilli's seeds being sown.



Vintage Oscars themed Afternoon

Upcoming Events

Cream Teas

Mothering Sunday Michelle is arranging a treat for you

Making Easter Cards

Monday 15th March 11am in the lounge

Church Service from Holy Trinity

Tuesday 16th March at 11am in the quiet lounge

St Patrick Day

17th March look out for some themed games, quizzes and armchair travel.

Census Day

Sunday 21st March we will be having a coffee and Census morning with Lorna on hand to help you if needed.

Easter Bonnets and Arts & Crafts

Monday 22nd, 29th March at 11am

Greek Themed Day

Thursday 25th March, Greek food and armchair travel to celebrate Greek Independence Day.



Special Days

- 1st Chopin's Birthday
- 1st St. David's Day
- 1st World Day of Prayer
- 3rd World Wildlife Day
- 8th Intl. Women's Day
- 14th Mothering Sunday (UK)
- 15th The Ides of March
- 17th St. Patrick's Day
- 20th Spring (N.Hem.)
- 21st Harmony Day
- 21st Intl. Day of Forests
- 21st World Poetry Day
- 22nd World Water Day
- 23rd World Meteorological Day
- 25th Greek Independence Day

Regular Events

Bingo Tuesday at 3pm

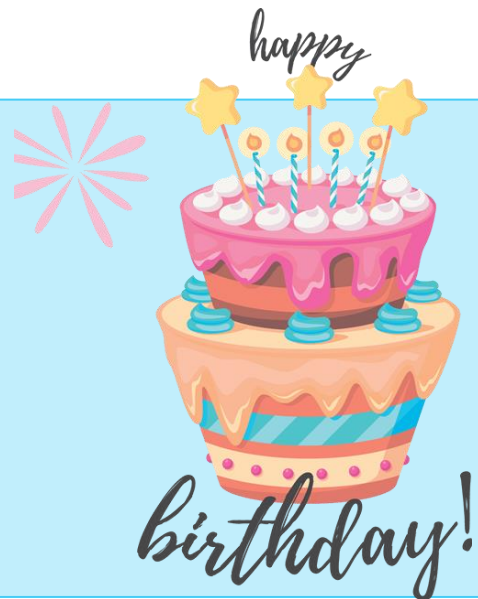
Sing along Thursday at 2.15pm

Gin O'clock Fridays from 4pm

March Birthdays

In March, we celebrate birthdays with:

- **Sidney**
- **Gianna**



Catherine O'Hara, Actress, 4th March 1954
Shaquille O'Neal, Basketball Player, 6th March 1972
Liza Minelli, Actress & Singer, 12th March 1946
Albert Einstein, Physicist, 14th March 1879
Michael Caine, Actor, 14th March 1933
Bruce Willis, Actor, 19th March 1955
Steven McQueen, Actor, 24th March 1930
Elton John, Singer, 25th March 1947
Vincent van Gogh, Painter, 30th March 1853
Celine Dion, Singer, 30th March 1968

Pisces (Feb 19 – Mar 20)

Pisces are friendly and selfless. They are always willing to help others

Aries (Mar 21 – Apr 20)

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

WOW!

Product Birthday Spotlight: The Rubber Band

On March 17, 1845, Stephen Perry (a British inventor and businessman) receive a patent for the first rubber band. Rubber band has been holding things together for the past 170 years. Cheap, reliable, and strong, the rubber band is one of the world's most ubiquitous products.

Poem to Share

No Man is An island

by John Donne

No man is an island,
Entire of itself,
Every man is a piece of the continent,
A part of the main.
If a clod be washed away by the sea,
Europe is the less.
As well as if a promontory were.
As well as if a manor of thy friend's
Or of thine own were:
Any man's death diminishes me,
Because I am involved in mankind,
And therefore never send to know for whom the bell tolls;
It tolls for thee.

Noticeboard



IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- **Gladys**
- **Gwen K , who hearse is stopping by on the 26th March around 11.15am**

CHARITY FUNDRAISER

One of our residents Maureen will be doing a fundraiser for the Alzheimer's Society week starting the 8th March. She will be walking as many miles as she can from Monday-Friday

Please sponsor her on her page
<https://www.justgiving.com/fundraising/maureenwalksmiles>

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please email in your submission to Lorna at activitiesbrampton@gmail.com

Thank you!

Noticeboard



LIBRARY SERVICE

We have a well stocked book/ DVD library which we can deliver & pick to resident's rooms. If you would like this service, please talk to a staff member.

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

HAIRDRESSER

We have a date for the Hairdresser which will be the 14th April.

Please see Lorna to book in.

Thank you

FOOT SPA

Any time our residents need abit of pamering we have a footspa available.

Please see Lorna.

GARDENING CLUB

Over the next few months our residents will be able to get more involved in the gardening and growing of their own food.

OUTINGS & ENTERTAINMENT

We hope as the lockdown eases that we will be able to go out for local walks and visits, and be able to have singers and entertainers visit us again.

Laughing Matters



Can You See Me?

An Englishman, a Frenchman, a Spaniard and a German are all standing watching an American street performer do some juggling. The juggler notices the four gentleman have a very poor view, so he stands up on a wooden crate and calls out, "Can you all see me now?"
"Yes" "Oui" "Sí" "Ja"

Mad Cow Disease

There were two cows out in a field, talking to each other. The first cow said, "I tell you, this mad-cow-disease is really pretty scary. They say it's spreading fast - I heard it hit some cows down on the Johnson Farm."

The other cow replies, "I ain't worried, it don't affect us ducks."

Walk a Mile

Never criticize someone until you have walked a mile in their shoes. That way, when you criticize them, you'll be a mile away, and you'll have their shoes.

In Common

What do Alexander the Great and Winnie the Pooh have in common? Same middle name.

Little Boy

A boy asks his father, "Dad, are bugs good to eat?"

"That's disgusting. Don't talk about things like that over dinner," the dad replies.

After dinner the father asks, "Now, son, what did you want to ask me?"

"Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

Spotlight on Katie Ward



1. How long have you worked here or when did you join of Brampton?

Started working at Brampton December 2009

2. Why did you join?

I already worked in a care home in Hythe, started there as a weekend tea girl whilst I was at school. My Mum worked at Brampton and told me about the position.

3. What do you enjoy most about working here?

I enjoy talking to the residents about their lived, especially when they were younger, about their experience of bring up a family in a different time, about their passions ect.

4. What is your current position?

Senior Healthcare Assistant

5. Who or what inspires you?

Everyone that has worked through this pandemic.

6. What would be your dream position?

I would like to train to be a nurse.

7. What's one thing - either industry-related or not - you learned in the last month?

My children have been home schooled over the pandemic so I've had to become a teacher. Scarlett has taught me long division and fractions, though as I had no idea.

8. Where did you go, on your last holiday?

I took my girls (Scarlett and Sophia) away to a hotel in Canterbury, so only up the road. We had an evening of face masks, films, chocolate and popcorn.

9. If you had to eat one meal every day for the rest of your life, what would it be?

Both of my daughters are vegetarian, so I don't buy meat to eat at home. Although I cant say I actually miss meat anymore. I am now really enjoying the meat alternatives that are plant based. We love a roast dinner with honey soaked parsnips and roast Quorn.

Word Search
WILD CATS



P G M M C A R A C A L T H E
O N C I L L A P U M A Q J L
K B O B C A T K O D K O D E
M O U N T A I N P J C R U O
G W I L D C A T L I O N I P
T A B I G E O F F R O Y D A
T S E T I G E R C O U G A R
H I O J A G U A R U N D I D
L A P A N T H E R A N O W M
Y T C H E E T A H A V U C C
N I J A G U A R H O Q Z O C
X C A N D E A N O C E L O T

Leopard
Puma
Jaguar
Caracal

Tiger
Oncilla
Lynx
Cougar

Panthera
Lion
Geoffroy
Bobcat

Ocelot
Kodkod
Mountain
Asiatic

Wildcat
Jaguarundi
Cheetah
Andean