

NEWSLETTER

April 2021

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



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Editor's Desk

Hello Residents, Families and Friends!

Its April already and spring is finally here for us all to enjoy. With some of the restrictions lifting this month, things are definitely feeling more normal.

We have been getting ready for the warmer months and are looking forward to being able to arrange more entertainment and to be outside enjoying the good weather.

Keep Safe!

Lorna - Wellbeing Coordinator



April Trivia

It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.

Zodiac signs: **Aries & Taurus**

Birthstone: **Diamond**

Flower: **Daisy & Sweet Pea**

Quote of the Day

*Act as if what you
do makes a
difference.
IT DOES.*

– William J ames

Manager's Update & News

We are slowly getting the garden ready for summer. We have planted more flowers around the garden and added to the sensory garden. We have also started a memory garden down by the patio at the end of the garden with roses and forget-me-nots. We have purchased new garden furniture and some of the older furniture will be getting rubbed down and re painted.

The volunteers doing the garden are going to come and take the poly tunnel down and then they plan to set up some gardening clubs and hopefully in the middle of May the children will be able to come and maybe set up some workshops such as making bird feeders and other bits.

We are on KMFM from 9am for a short advertisement for the home so listen out!

We continue with our family visits and rapid testing. We will continue to keep you updated with any changes to visits. We hope you are enjoying your visits and please let us know if there is anything we can do to make them better.

In the news this week, Boris Johnson addressed the nation to set out the next steps out of lockdown. These included plans to reopen non-essential shops and hospitality on April 12, the potential of a coronavirus vaccine passport, and tentative plans to reopen international travel from May 17.

But more importantly residents in care homes can have a second nominated visitor from the 12th April, which is great news. Please let us know who your nominated person is, as soon as possible?

Best Wishes, Michelle & Claire

Month in Review

WELL DONE MAUREEN

Maureen walked 20 miles for the Alzheimer's Society from the 8th-12th March.

This is a charity close to Maureen's heart and she did her walk in memory of her husband Mick. She raised £330, which smashed her target of £200. Thank you to everyone who supported her.

If you would like to donate please visit <https://www.justgiving.com/fundraising/maureenwalksmiles>



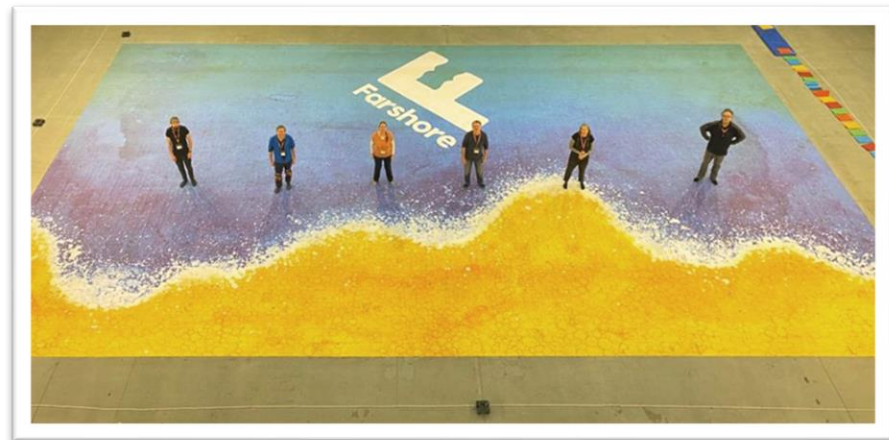
Local Community Project

Paper Beach- A Giant Artwork
Celebrate reading and the Joy of books whatever your age.

Egmont Books- A leading children's publisher have become part of Harper Collins and changed its name to Farshore. In collaboration with the East Cliff Creatives a project was launched to bring together the thoughts of participants young and old to celebrate the magic of reading through the creation of a giant art work.

The question was "where does reading take you". I sent my contribution. The target was 1500 replies, 2400 were received, 3000 of which were illustrated and came from all over the world. Ages 2 to 100, every one was used.

There were competitions for schools, 10 school winners each received £500 worth of books.



Article compiled by Sheila

Month in Review



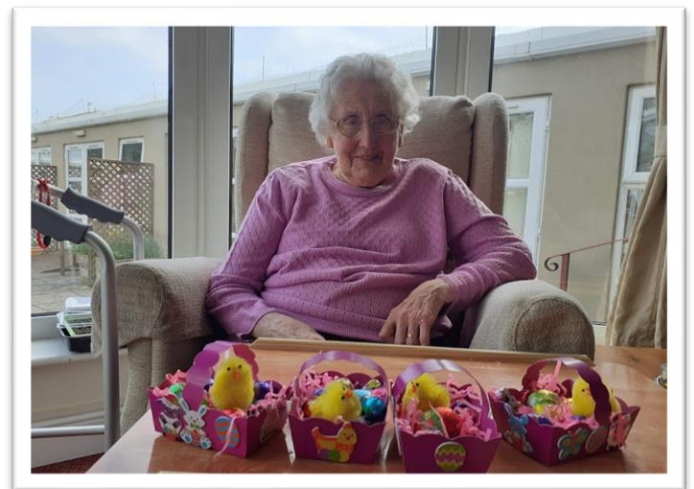
Pamper Day with Foot spa and massage



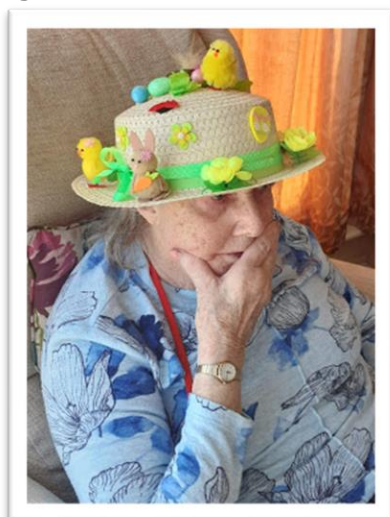
St Patrick's Day Fun



Making Easter Cards to send



Making Easter Baskets to share



Decorating Easter Bonnets



Sowing Seeds in the garden

Upcoming Events

Easter Bonnet Parade

Friday 2nd April at 3pm

Remembering Winston Churchill

Friday 9th April at 11am

Armchair Travel

Friday 16th April at 11am

Welcome New Resident Coffee Morning

20th April at 11am

St Georges Day Celebrations

Friday 23rd at 3pm

Pamper Afternoon

28th April at 3pm



Special Days

- 1st April Fools' Day
- 2nd Children's Book Day
- 4th Easter
- 7th National Walking Day
- 12th Human Space Flight
- 21st Creativity & Innovation
- 22nd Mother Earth Day
- 23rd Shakespeare's Birthday
- 23rd St. George's Day
- 23rd World Book Day
- 24th Intl. Guide Dog Day
- 25th ANZAC Day
- 30th Arbor Day

Regular Events

Bingo every Tuesday at 3pm

Church Service every month 6th April at 11am









Chiropodist Visit every month, 15th April

Sing along every other Thursday at 2.15pm

Chair Exercises every other Thursday at 3pm

Gin O'clock every Friday at 4pm

April 2021

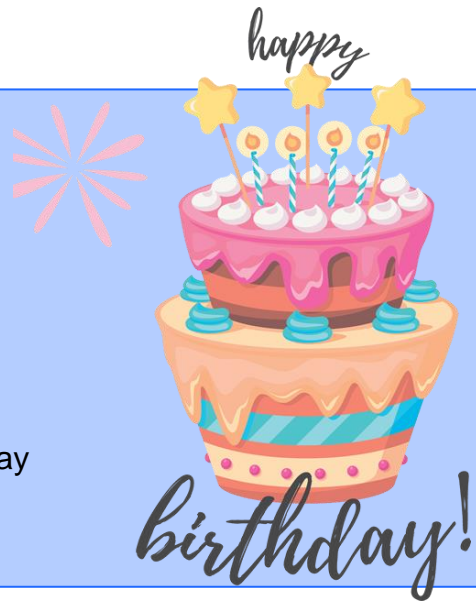
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 Bank Holiday 	6 11am Church Service 3pm Bingo	7 National Walking Day 11am Walking on the Leas 3pm Word Games	1  April Fool's Day 11am Telling Jokes 2.15pm Sing along	2 Good Friday 3pm Easter Bonnet Parade & Quiz 4pm Gin & Tonic's	3 Netflix movies, jigsaws, DVD's and books available.	4 Easter Sunday 
12 Day of Human Space Flight 11am One to Ones 3pm Themed Quiz	13 National Scrabble Day 11am Scrabble 3pm Bingo	14 National Gardening Day Hairdresser 3pm Gardening Club	8 11am One to Ones 3pm Chair Exercises	9 National Winston Churchill Day 11am Remembering Winston Churchill 3pm Crossword 4pm Gin & Tonic's	10 Netflix movies, jigsaws, DVD's and books available.	11
19 World Creativity & Innovation Week 11am One to ones 3pm Writing Limericks	20 National Pineapple Upside Down Cake 11am Baking 3pm Bingo	21  Elsie's Birthday 11am One to ones 3pm Word Games	15 East Kent Foot Care to Visit 11am One to ones 2.15pm Sing along	16 11am Armchair Travel 3pm Crossword 4pm Gin & Tonic's	17 Netflix movies, jigsaws, DVD's and books available.	18 Roy's Birthday 
26 11am One to ones 3pm Dog Themed Quiz & General Knowledge Quiz	27 11am Poetry Club 3pm Bingo	28 11am One to ones 3pm Pamper Afternoon	22 Mother Earth Day 11am Flower Arranging 3pm Talk on Beekeeping TBC	23  St George's Day Hairdresser 3pm Themed Quiz & Sing along 4pm Gin & Tonic's	24  Guide Dog Day	25  Anzac Day

April Birthdays

In April, we celebrate birthdays with:

- **Roy 18th April**
- **Elsie 21st April**

Please join us in the recreation room on the first Sunday
In April to celebrate!



Marlon Brando, Actor, 3rd April 1924
Eddie Murphy, Actor, 3rd April 1961
Russell Crowe, Actor, 7th April 1964
Jackie Chan, Martial Artist, 7th April 1954
Emma Thompson, Actress, 15th April 1959
Queen Elizabeth II, 21st April 1926
Jack Nicholson, Actor, 22nd April 1937
Barbra Streisand, Singer, 24th April 1942
Al Pacino, Actor, 25th April 1940
Michelle Pfeiffer, Actress, 29th April 1958

Aries (Mar 21 – Apr 20)

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

Taurus (Apr 21 – May 20)

Taurus are practical and well-grounded. They surround themselves with love & beauty.

WOW!

Product Birthday Spotlight: The Safety Pin

In April 1849, Walter Hunt patented the first safety pin, based in part on the Roman brooch known as a fibula. Hunt also invented several other famous things, all of which he gave up on before seeing any profit.

Poem to Share

Rhyme For Our Time

Submitted by Sheila from the Daily Mail Newspaper

All I want is a Salon somewhere
And someone who's able to cut my hair
While I just sit and stare
Oh, wouldn't it be lovely?

A sublime head massage by the sink
A cup of coffee for me to drink
I'll be feeling in the pink
Oh, wouldn't it be lovely?

Oh, so lovely sittin' abso-bloomin- lutely still
Watching my overgrown locks
Being shorn until..

Someone's comb running through my hair
A shiny new hairstyle done with flair
Highlights threaded through with care
Oh, wouldn't it be lovely?

Well that my dream for when lockdown's through
Oh, wouldn't it be lovely?

By Janet Byrne, Harrow, Middlesex

Noticeboard



WELCOME NEW RESIDENT

A very warm welcome to:

Peggy- who joins us on the 19th April

We will be having a welcoming coffee morning on the 20th April.

Please come along and introduce yourselves.

We hope that enjoy your time here!

CONTINUOUS IMPROVEMENT

Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

Please email info@bramptonlodge.com

HAIRDRESSER

The hairdresser returns on the Wednesday the 14th April, please see Lorna to book.

Then from the 23rd April, she will be visiting regularly on Friday mornings.

CHIROPODIST VISIT

We have appointed East Kent Foot Care to come and visit once a month. They charge £30 a visit.

There will be two groups, "A & B", group "A" will be seen this month and group "B" the following month so everyone is seen eight weekly. Please see Lorna to book.

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 hand in your submission to Lorna.

Thank you!

Thank you to Sheila this month for her poem and news article.

Noticeboard



COMMUNITY PROJECT FOR YOU TO GET INVOLVED IN

Folkestone Story Map

Your Stories, a memory project in Folkestone.

We want to capture people's memories of what Folkestone used to be like before the Rotunda and the ferries disappeared.

We're looking for recorded memories of around two minutes or less, though if you have a great story that takes longer then please don't worry about the time!

If you have a photo to go with the memory then we'd love to use it too.

All the memories will be uploaded to our website at www.folkestonestorymap.co.uk where there is a special section called Your Stories. We will then link the stories to QR code plaques erected in sites specific to the memories. Anyone can then come along with a smartphone and listen to the memories which will also remain on the website.

We eventually hope to create a story memory trail around the town to complement the fictional story trail in Lower Leas Coastal Park which we hope will be added to for many years into the future.

Here are some prompts that you may find useful:

- Did you ever used to visit The Warren? And if so, was that as a child with friends or with your own children? What did you like doing there? Did you ever see anything unusual?
- Did you ever visit The Rotunda and what was your favourite ride there? Do you remember the swimming pools or the paddling pool? Can you describe what it was like?
- Do you remember the countryside around Folkestone before the Channel Tunnel was built?
- Did you ever visit France frequently when the ferry was running from Folkestone?
- What was the town like when the ferries were running? Did you have a favourite theatre, dancehall or shop? Where did you and your friends used to go for a night out? Do you remember Bobby's department store and ever have afternoon tea there?
- What are you most fond of in Folkestone and why?

Please see Lorna to contribute.

Laughing Matters



A woman on the phone to her friend

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising....

I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

Making Breakfast

A wife was making her husband fried eggs for breakfast. Suddenly, her husband burst into the kitchen. "Careful," he said, "CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!"

The wife stared at him. "What in the world is wrong with you? You think I don't know how to fry a couple of eggs?"

The husband calmly replied, "I just wanted to show you what it feels like when I'm driving."

Spotlight on Tamsin

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

I think I joined in 2013 seems like forever ago.

2. Why did you join?

I finished my A Levels and wanted to apply for an apprenticeship to fill in my spare time before my evening cleaning job. I had applied for lots of care home apprenticeships as I had studied health and social care in school and decided it was the right career path for me. Brampton Lodge was one of three I was offered.

3. What do you enjoy most about working here?

The home from home atmosphere and when residents are sharing stories and having a giggle after a few Gins.

4. What is your current position?

Team leader

5. Who or what inspires you?

I don't really have a specific person or thing that inspires me, I find lots of different things inspiring could be people, places etc. I don't think I could pin point one.

6. What would be your dream position?

To own/manage a rescue centre for dogs.

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

Candy floss was invented by a dentist. A fun fact I learnt that makes me smile.

8. What's something about you (a fun fact) that not many people know?

I'm a keen member of the National Trust and English heritage. We have a passport style book and we collect stamps from each place we visit.

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

My last proper holiday abroad was to Rotterdam to visit my uncle. But in the UK I went to the Isle of Wight which was lovely but we picked a bad time to go as most of the tourist attractions were closed due to Winter. Plenty of walking to do though.

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

A very boring Sausage and mash with carrots and swede and for pudding Black Forrest gateau.



Word Search

BOOK TITLES



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

Metamorphosis
Dracula
Disgrace
Ulysses
Pollyanna

Heidi
Ivanhoe
Rebecca
Cinderella
Persuasion

Middlemarch
Pygmalion
Steppenwolf
Frankenstein
Atonement

Emma
Lolita
Carrie
Matilda
Faust