

# NEWSLETTER

## May 2021

Brampton Lodge, 4 Dixwell Road, Folkestone, Kent, CT20 2LG

### INTERNATIONAL NURSES DAY



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# Managers Update

We have had an incredibly busy month but feel it has been very productive!

The changes in guidelines for visiting has made a huge improvement to the wellbeing of everyone at Brampton Lodge and we continue to do all we can to support visits and make them as meaningful as practically possible. Over the next week or so we hope to be able to give all nominated visitors Lateral Flow Tests to do before they visit as this will speed things up everyone. As the guidelines change, we hope to be able to do more to enable you to be able to access the wider community and get some normality back.

We have redesigned the logo for Brampton Lodge with the support of one of the owners, Ben. We used the Forget Me Not flowers as we felt they represented a sense of reminiscence.

The new bath hoist has finally arrived, but we are waiting on an engineer to come and

fit it. This is something we do continue to chase up and as soon as we know a date, we will advise those amongst you who have expressed they would prefer to have a bath over their ensuite shower.

A new staff initiative has been launched to award an Employee of The Month. Gemma Ward was Employee of the Month for March due to her progression from Carer to Senior Carer. She has worked very hard and grown in confidence over the last few months and deserves recognition for this.

We hope you like the little basket of treats that have been left in your rooms. This idea was from Minkae who thought it might be something you would like. We will replenish them every 2 – 3 weeks. If you don't want one just let us know and we will of course remove it.

Thank you to everyone for completing their surveys. We find these very helpful when looking at ways to improve and develop new innovative ideas.

We are looking forward to welcoming the month of May and hopefully more sun and floral colour in our gardens.

*Michelle and Claire*

# Editor's Desk

Hello Residents, Families and Friends!

Its nearly May and we have already been enjoying the garden this April, lets hope for some more warm weather in May.

We had our first entertainer visit in nearly a year, we were very happy to welcome Miss Holiday Swing to sing for us, behind a glass divider on St George's day.

We hope to be providing more entertainment and fun in the coming months as restrictions are lifted.

Keep Safe!

*Lorna- Well Being Coordinator*



## May Trivia

The Month of May. May is named for the Roman goddess Maia, who oversaw the growth of plants.

Zodiac signs: **Taurus & Gemini**  
Birthstone: **Emerald**  
Flower: **Lily of the Valley**

## Quote of the Day

*Act as if what you do makes a difference. It Does.*

– William James

# Month in Review

## Folkestone Story Map

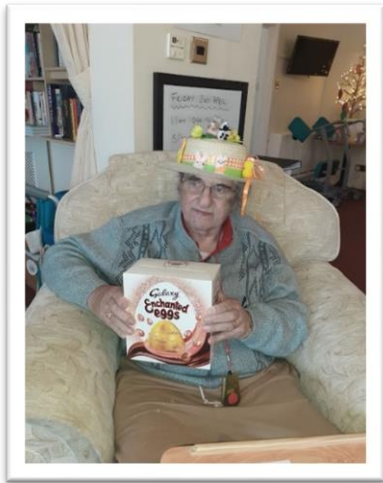
We have really enjoyed recording stories and memories of growing up in the Folkestone this month to be a part of this project. Which will see the stories uploaded onto a website to be accessed by barcodes placed around Folkestone. This photo has been submitted by Myrtle. It is her in a Canoe on Radnor Park Boating pond with her Father around 80 years ago.



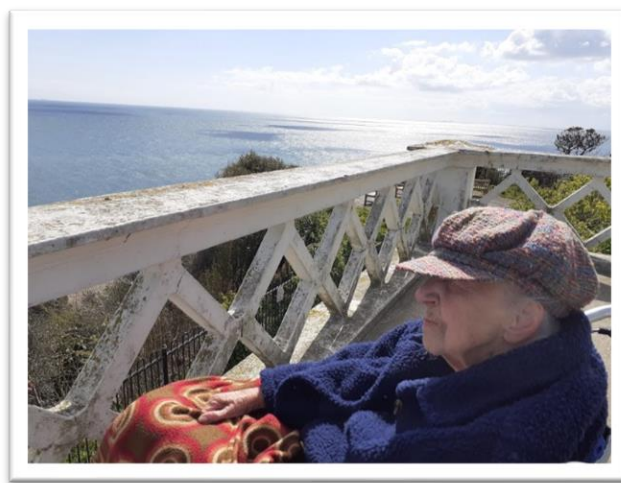
## St Georges Day

We were waving our flags and singing along to the very talented Miss Holiday Swing.

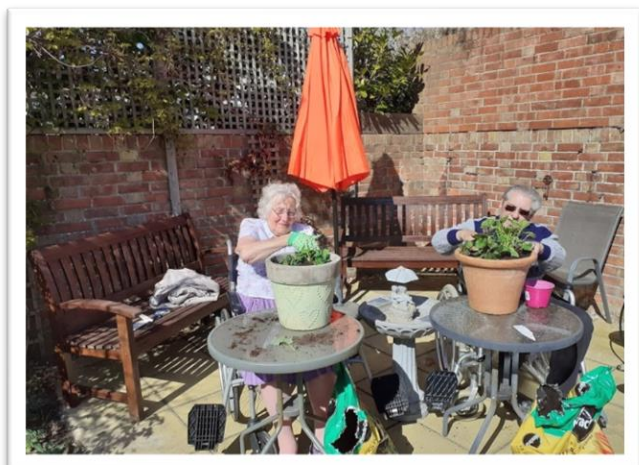
# Month in Review



**Well done to Roy for Winning the Easter Bonnet Competition**



**We took advantage of the good weather with walks along the Leas**



**We enjoyed gardening in the sunshine.**



**We created beautiful flower arrangements.**

# Upcoming Events

## **Festival of Mexico**

Wednesday 5<sup>th</sup> May, 11am Arm Chair Travel  
3pm Themed Afternoon

## **Abba Themed Day**

Thursday 13<sup>th</sup> May 3pm Fancy Dress and Karaoke

## **International Tea Day**

Friday 21<sup>st</sup> May 3pm Creams teas and Thanks to our volunteers.

## **Whit Monday**

Monday 24<sup>th</sup> May 11am Bible Readings

## **Africa Unity Day**

Tuesday 25<sup>th</sup> May, 11am Arm Chair travel,  
3pm Themed Afternoon.

## **Pamper Afternoon**

Friday 28<sup>th</sup> May from 2pm Footspa, massage,  
manicures and facials.



## **Special Days**

- 5<sup>th</sup> Cinco de Mayo
- 12<sup>th</sup> Intl. Nurses Day
- 16<sup>th</sup> World Baking Day
- 17<sup>th</sup> National Volunteer Week
- 20<sup>th</sup> World Bee Day
- 21<sup>st</sup> International Tea Day
- 24<sup>th</sup> Whit Monday
- 25<sup>th</sup> Africa Unity Day








# Regular Events

Monthly Church service 12<sup>th</sup> May at 11am

Hairdresser every Friday

Monthly Chiropodist visit 13<sup>th</sup> May

# May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>3</b> <b>May Day Bank Holiday</b> International Gilbert & Sullivan Day 3pm Gilbert & Sullivan Musical	<b>4</b> 11am One to ones 3pm Chair Exercises	 <b>5</b> Cinco de Mayo - Festival of Mexico 11am Arm Chair travel to Mexico 3pm Mexican Themed afternoon	<b>6</b> 11am One to ones 3pm Candle Making	<b>7</b> <b>Hairdresser</b> 3pm Reminiscence and quiz 4pm Gin O'clock	<b>8</b> Red Cross Day Netflix, DVD's, Jigsaws and books are available, please just ask.	<b>9</b>
<b>10</b> 11am One to ones 3pm Hoy!	<b>11</b> 11am Making Thank you posters 3pm Chair Exercises	 <b>12</b> International Nurses Day <b>11am Church Service</b> 3pm Reminiscence and quiz	<b>13</b> <b>Chiropodist Visit</b> Abba Themed Day 3pm Fancy Dress and Karaoke	<b>14</b> <b>Hairdresser</b> 3pm Crossword 4pm Gin O'clock	<b>15</b> Netflix, DVD's, Jigsaws and books are available, please just ask.	<b>16</b> World Baking Day
<b>17</b> National Volunteer Week  11am Making Thank you cards 3pm Hoy!	<b>18</b> 11am One to ones 3pm Chair Exercises	<b>19</b> 11am Gardening Club 3pm Quiz and word games	 <b>20</b> World Bee Day 11am Making Bee Hotels 3pm Talk on Beekeeping	 <b>21</b> <b>Hairdresser International Tea Day</b> 3pm Cream Teas and Thanks to Volunteers	<b>22</b> Netflix, DVD's, Jigsaws and books are available, please just ask.	<b>23</b>
<b>24</b>  Whit Monday 11am Bible readings 3pm Hoy!	 <b>25</b> Africa Unity Day 11am Arm-Chair Travel to Africa 3pm Themed Afternoon	<b>26</b> 11am One to ones 3pm Quiz and word games	<b>27</b> 11am Poetry Club 3pm Chair Exercises	<b>28</b> <b>Hairdresser</b> 2pm Pamper Afternoon 4pm Gin O'clock	<b>29</b> Netflix, DVD's, Jigsaws and books are available, please just ask.	<b>30</b>
<b>Spring Bank Holiday 31</b>						

# Limerick of our time

**Done as part of creativity week**

There are lots of girls with masks

Who are they? I frequently ask

Some have fair hair and are tall

Some have dark hair and are small

I wish they could take off their masks

By Myrtle



# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Peggy H**
- **Peggy B**

We hope that you enjoy your time here!

## HAIRDRESSER

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We have a hairdresser who attends every Friday morning. If you would like an appointment please talk to Lorna to write your name down in the hairdressers book.

## CHIROPODIST

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We have East Kent Foot care visiting every month they offer Chiropody and Podiatry, please see Lorna to add your name to the list.

## CONTINUOUS IMPROVEMENT

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There are feedback forms available at the front of house signing in book. 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.

## CAN YOU CONTRIBUTE?

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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!

# Laughing Matters



## Can you hear that?

An old man decided his old wife was getting hard of hearing. He called her Doctor to make an appointment to have her hearing checked.

The Doctor said he could see her in 2 weeks, and meanwhile, there's a simple informal test the husband could do to give the Doctor some idea of the dimensions of the problem.

"Here's what you do. Start about 40 feet away from her, and speak in normal conversational tone and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

So that evening when she was in the kitchen cooking dinner, and he was in the living room, he thought to himself, "I'm about 40 feet away, let's see what happens".

"HONEY, WHAT'S FOR SUPPER?"

No response.

So he moves to the other end of the room , about 30 feet away - "HONEY, WHAT'S FOR SUPPER'?"

No response.

So he moves into the dining room, about 20 feet away - "HONEY, WHAT'S FOR SUPPER'?"

No response.

So he walks right up behind her - "HONEY, WHAT'S FOR SUPPER'?"

The wife shouts out loud:

"ARE YOU DEAF HONEY? FOR THE FIFTH TIME I'VE TOLD YOU IT'S CHICKEN".

# Spotlight on Gemma

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

**I started Brampton 2009 when I was 15.**

2. Why did you join?

**I joined in the kitchen to earn some money while I was at secondary school then I went on to caring while taking my level 2 in health and social care.**

3. What do you enjoy most about working here?

**I enjoy working with all the staff we are all like family and get on well .**

4. What is your current position?

**Senior Carer**

5. Who or what inspires you?

**I love all the residents , chatting to them all also them chatting about their past .**

6. What would be your dream position?

**I would like to gain more qualification and go to a higher position.**

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

**I feel I have gained more confidence and understanding in my job as a senior member.**

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

**I am scared of mice and rats .**

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

**My last holiday was with my partner in Florida it was great apart from the ride I am so scared of big rides.**

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

**Sweet n sour with egg rice or a roast dinner.**



# Word Search

## NURSES



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

Challenge  
Confident  
Surgical  
Tolerant  
Research

Options  
Creative  
Professional  
Forensic  
Critical

Satisfying  
Technology  
Stressful  
Temperature  
Bandage

Emergency  
Compassionate  
Treatment  
Career  
Caring