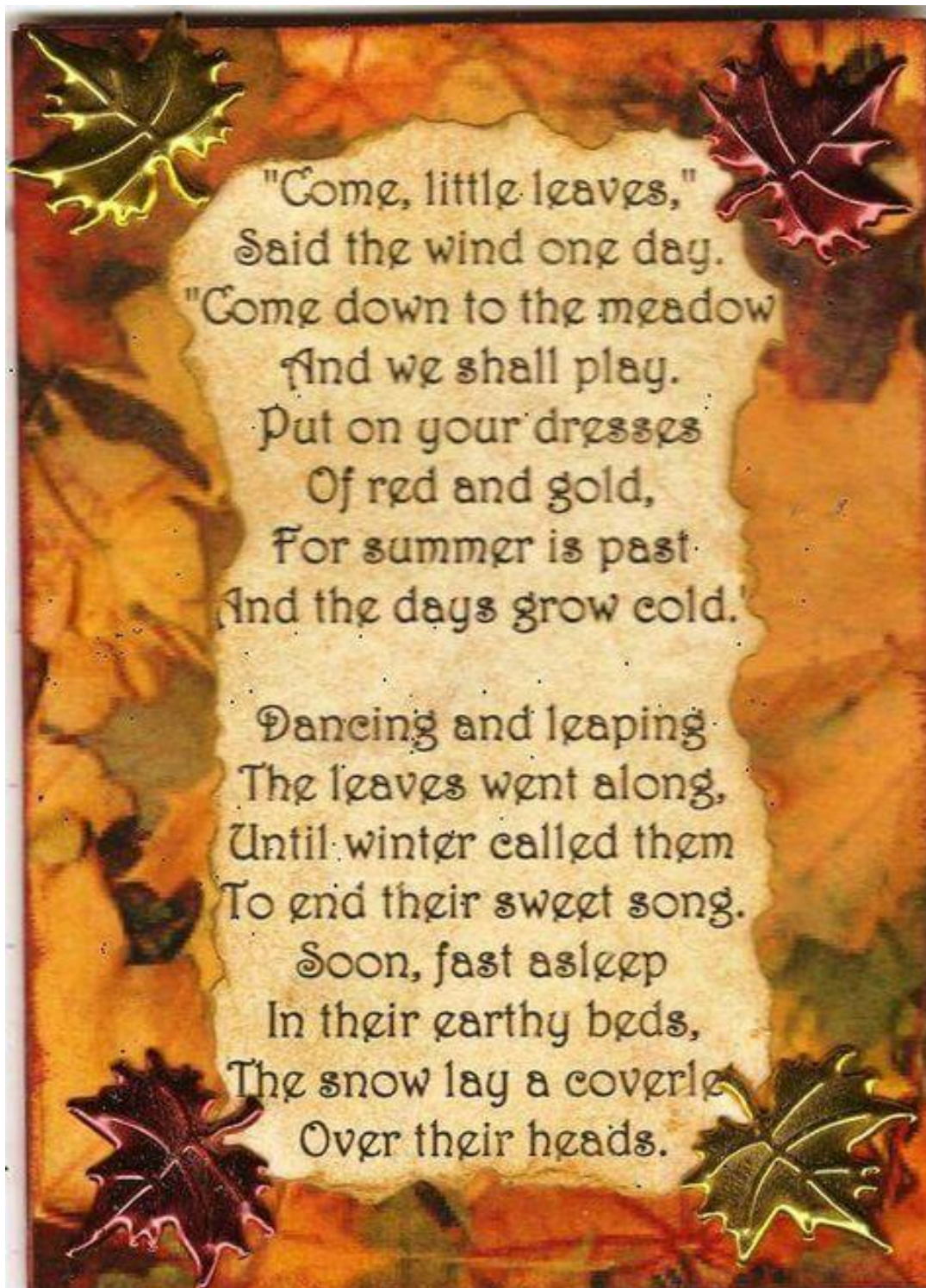


HOLMWOOD RESIDENTIAL HOME

RESIDENTS NEWSLETTER OCTOBER 2018



SUMMER WEATHER

We had a wonderful trip to the Beach Hut in Southwold during the Summer. The sun shone all the time we were there and we enjoyed a picnic while we looked at the sea. It was very busy with holiday makers as the children were on their school holidays.



PILATES

We now have a local Pilates teacher, who is now providing regular sessions for both residents and staff to enjoy. This low impact exercise promotes the benefits of stretching while building core strength, which can improve pain levels and arthritic symptoms, posture, lung capacity and energy levels.



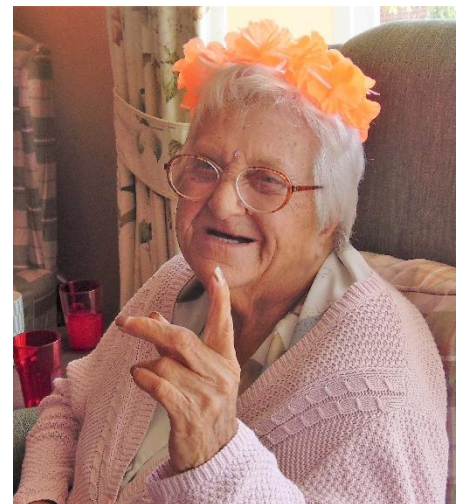
EMMANUEL PRE SCHOOL

We were pleased to welcome **Emmanuel Pre-School** children back for regular visits again. The children always like colouring and this week they coloured pictures of Autumn. The residents enjoyed helping the children and chatting to them. Some of the children were only two years old but they soon settled in and we are looking forward to them coming again.



INDIA DAY

We had a day to celebrate all the wonderful things about the Indian Culture. We had Indian food, music and dancing , clothes and incense to give the right atmosphere. Abby who is one of our office staff brought her sister in and they both dressed up in Sari's and offered everyone a Bindi to put on their forehead.



BUNGAY TOUR

Some of the residents embarked on a tour of Bungay's historic sights which included St Marys Church, The Buttercross and The Castle Hills. We stopped to have Hot Chocolate at Jesters Café. The hot chocolate was the best anyone had ever tasted.



SHIVER ME TIMBERS DAY



Dressing up as a Pirate was the order of the day and everyone had great fun having a go at sword fighting.

NEW MEMBERS OF STAFF

Since our last newsletter we have warmly welcomed two new colleagues who will be working as carers.

GINA



ELOISE



SAYING GOODBYE AND GOOD LUCK

We also said a fond farewell to our lovely colleagues Khayra and Kate who have recently graduated as registered nurses. They are both working in local hospitals.

HOLMWOOD BOUDOIR

We are planning a temporary boudoir and fun dressing up space in our former downstairs bathroom. If there are any items that you no longer have a use for ie hats, jewellery, perfume, feather boa's etc please bring them in for us to use.



OLD TREE

As many of you may have noticed there was a tree at the bottom of Holmwood's garden that had been dead for a long while. On the 10th October the tree surgeons came and felled it. Its always sad to see a tree disappear but eventually it may have fallen down and done some damage. All the wood will be going to good use.



FINALLY

Christmas is fast approaching and if you have any requests for entertainment or activities please convey them to Kathy or Emma and we will do our best to provide them for you. If you would like to make a Christmas wreath to hang on your door please let Kathy know and we can gather the items that you would like to use for your wreath.