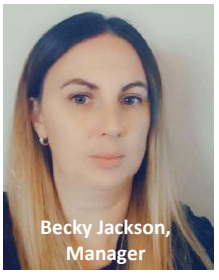
Birchfield CARE HOME

Newsletter

Summer 2022

Issue 46

Welcome to our Newsletter



Becky Jackson, Manager

Summer is here and we've been so busy enjoying it we thought we'd let the pictures tell the story of the past couple of months at Birchfield.

Don't forget, you can always stay up to date with our lives and activities by following us on our social media channels.

Find us on Facebook

IMO Charity

In May we had a lovely visit from the IMO Charity (Inspire Motivate and Overcome). The children had focused on mental health week and donated some lovely hampers to Birchfield. The IMO leaders have agreed to become friends of Birchfield and arrange regular visits to help with activities, play games and generally chat and befriend our residents.



Our Beautiful Garden

Jon has been working tirelessly in our garden recently to create this amazing space for us. It's made a massive difference and our residents love it!



Our New Conservatory

We were all excited by the recent activity and finally we're able to enjoy our brand new conservatory. What a beautiful setting, it's so lovely to sit quietly and watch the birds in the garden!





The Empire Theatre

Our visi t to the Empire Theatre was a great success and our residents had a fabulous time with a firm favourite being "When You're Smiling". Whilst there we bumped into the Mayor, Cllr Suleman Khonat, who used to be the paper boy for one of our residents!

Alfresco Fun!

The benefits of a bit of sunshine are many, but to double these with some alfresco dining, good conversation and a few giggles adds up to a great afternoon!





Gardening and Decorations

Our residents have been out in the garden recently preparing tubs that are now coming into full bloom. We've also been making the most of the warmer weather and using our time to decorate some tyres so that we can plant them out. Our residents chose to place them in a small court yard which they felt could do with a bit of livening up—we have more to add, but here's the start of this ongoing project.

Holistic Day

At Birchfield our approach is to look at the whole aspect of a person and their well-being. It's not always medical, sometimes we all need a gentle touch and a special treat just for us. Here are some of our ladies experiencing both a special treat and a little hand-holding at the same time and they all came out feeling wonderful and beautiful—as they all are!



Art for All

Creativity is one of the keys to well -being. Arts and crafts are well known to be a very good way to relax and keep our minds active as well as maintain our physical dexterity. Our residents enjoy regular arts and crafts activities and have a lovely chat along the way.



Our Posh Porch

There's always a warm welcome awaiting visitors to Birchfield. But we think our refurbished porch will also bring a smile to their faces—it certainly does to ours!



Daily Activity Plan

Dominoes, Tasting Sessions, Afternoon Tea, Bingo, Films and Reminiscence Afternoons as well as any trips in the pipeline.

Board games are available daily for everyone to enjoy including cards, noughts & crosses and a radio in the front seating area.

Our **hairdresser** calls in weekly, so if you fancy a change or a bit of a 'do' we'll be happy to make an appointment for you.

*Our regular **Afternoon Tea** is still being held every other Wednesday for our residents and we look forward to inviting you to join us again as soon as it is safe to do so!*

In-House Entertainment

We are continuing to provide a variety of activities 'in-house' including themed afternoons as well as re-introducing our external entertainers

Reminiscence time in groups and individually

Card Games and Quizzes

Pampering Afternoons

Arts and Crafts

Flower Arranging

Musical Movement and Exercise Sessions

Film Afternoons

Feedback

We welcome your feedback. If you have any suggestions for improvements to the Home or the service we provide, do let us know. Also, please feel free to send in any articles, memoirs or photo's for inclusion in our newsletter.

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