



# Chestnuts Care Home Newsletter



September 2021

## Welcome

Welcome to the monthly newsletter for The Chestnuts Care Home.

This newsletter is for residents, families and staff and is also published on our website at [www.chestnutscarehome.co.uk](http://www.chestnutscarehome.co.uk)

Chestnuts Care Home,  
Wrotham Road,  
Meopham,  
Kent,  
DA13 9AH  
01474 812152

## Boat Trip on the Kingfisher!

Friday 10<sup>th</sup> September  
Leaving the home at 2.30pm

Join us for a day out on the kingfisher boat!



With Tamla and Ebony!!

Activities with Tamla set out for the week:

**Mondays** - Daily Sparkle and Quiz

**Tuesdays** - Motivation 11am and arts and crafts 3pm

**Wednesdays** - Manicures

**Thursdays** - Music afternoon

**Fridays** - Reminiscing and Daily Sparkle

## Entertainment!

Wednesday 1<sup>st</sup> September

We have Salvatorie here 2.30pm onwards, so join us in the garden for an afternoon of music!!

Weather permitting



Thursday 16<sup>th</sup> September

Sarah will be testing all residents after lunch at 1.15pm, so please stay in the dining room



## Staff Birthdays!

Shirley - 10<sup>th</sup> September  
Maricel - 16<sup>th</sup> September  
Jacqueline - 19<sup>th</sup> September



Alyson the Vicar will not be here in September but will return on Monday 4<sup>th</sup> October for Communion



Tamla's 1:1 meeting will be on Thursday 23<sup>rd</sup> September



## Important dates in September

Tuesday 7<sup>th</sup> September - Buddy Holly was born 1936



Saturday 11<sup>th</sup> September - Last night of the Proms

Sunday 12<sup>th</sup> September - Mindfulness Day

Wednesday 15<sup>th</sup> September - Battle of Britain Day and Prince Harry was born in 1984



Tuesday 21<sup>st</sup> September - World Alzheimer's Day



Wednesday 22<sup>nd</sup> September - Autumn Equinox

We will be arranging an outing in the mini bus.

We plan on going for a drive out into the country side and stopping for a piece of cake and a cuppa!



### Friday 24<sup>th</sup> September

We will be celebrating Macmillan Coffee morning with a selection of cakes going round on the 10am teas, join us in the lounge at 10am to celebrate....



Wednesday 1<sup>st</sup> September and Thursday 2<sup>nd</sup> September

Richard the chiropodist will be here, in the cabin cutting and filling toenails - please let Tamla know if you would like yours done



Lesley's meeting will be held on Thursday 16<sup>th</sup> September at 2.15pm

We will also be hoisting a cheese and cracker afternoon So join us in the dining room for cheese, crackers and chats!



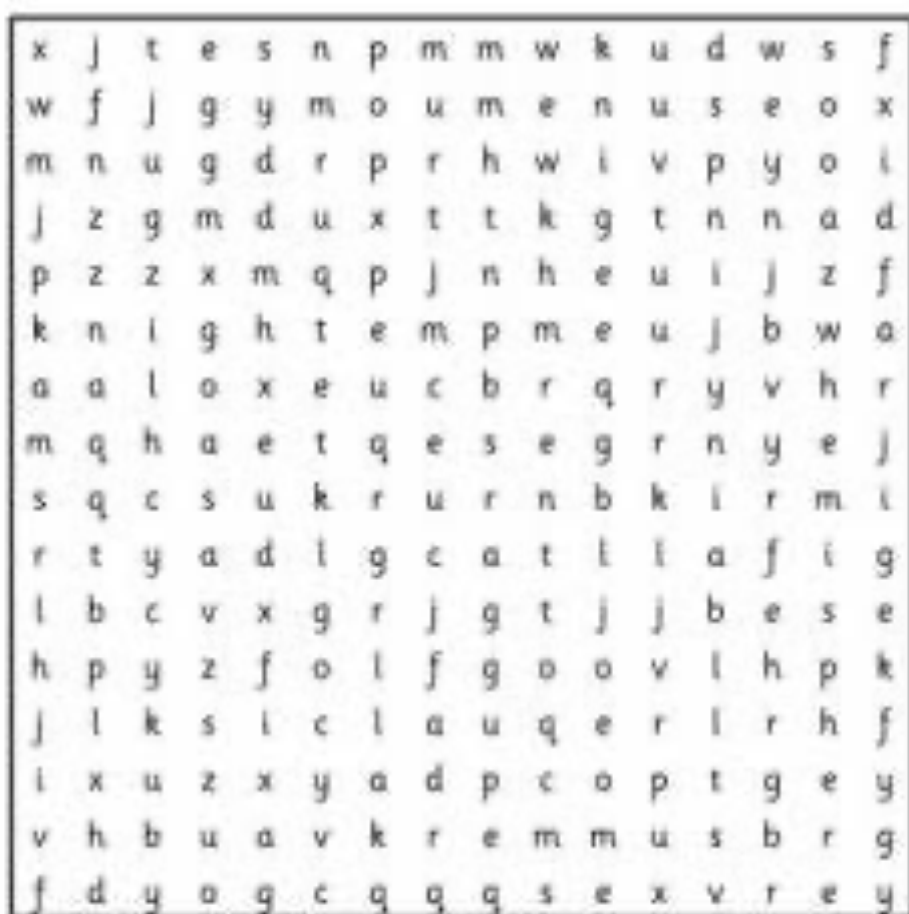
Wednesday 8<sup>th</sup> September 2.30pm onwards

Tamla will be doing flower arranging on the dining room





# Autumn Equinox Word Search



autumn

day

equal

equator

equinox

fall

hemisphere

night

northern

September

summer

sun

# Mindfulness Day

Sunday 12<sup>th</sup> September



mindfulness day

*Mindfulness Day is an emerging annual event, celebrated on September 12, on which day a variety of workshops and meditation groups are held with the intent to raise awareness to the general public about the profound value and benefit of mindfulness*

*It is an essential element of Buddhist practice, but over the years it has gone beyond Buddhism and has been popularized in Western countries by psychologists and psychotherapists. Mindfulness is considered to be an effective method to handle one's emotions. John Kabat-Zinn even created a stress reduction program based on the development of mindfulness*

*Mindfulness Day was created to raise awareness about the value and benefit of mindfulness and educate people about the ways to train it. On this day, meditation groups and workshops are held to help people find their own way to enjoy mindfulness and integrate it into their lives*

ONE

Start each day with a mindful breathing technique

TWO

Choose one daily task to do mindfully

THREE

Give yourself space to feel your emotions (without judgement)

FOUR

Try the "Don't Know Mind" technique

## *Updated Visiting guidance from Monday 30<sup>th</sup> August*

- *Two consistent relatives/friends will be allocated to be able to come into the home, one at a time and on different days.*
- *There will still be a booking system in place through Tamla as we cannot have lots and lots of relatives/friends in the building as we still need to keep other residents and staff safe. When entering the home, temperature will be taken and visitors will need to sign in and then go straight to allocated bedroom. Also will need to complete a form and sign it.*
- *Visitors will still need to complete a lateral 30 minutes BEFORE coming to the visit and show this to the senior carer In charge that day. If this is not done, access to the home will be denied. Visitors will need to wear gloves, mask and apron walking to the bedroom and keep this on for the remainder of the visit.*
- *An individual risk assessment will need to be completed for each resident that wishes to have relatives in their bedroom and relatives/friends will need to read and sign this.*
- *Visitors won't be able to "tidy" wardrobes or go through residents possessions as this is a risk of transmission. As with the guidelines now, you won't be able to hug/kiss your relative.*
- *No children will be able to visit in the home. The reason for this is the high transmission rate once they go back to school.*
- *The visits in the home will be increased to an hour.*
- *Visitors will be offered a drink in a paper cup if they wish.*
- *If visitors need to use the toilet whilst visiting, then please use residents toilet in their bedroom.*
- *If visitors still wish to visit in the cabin then this is an option as well, the cabin remains at 2 visitors at a time, children welcome and no limit on the amount of people that can visit.*

