

The Vale Newsletter

October 2019



Come and celebrate with us for our resident's
birthdays George, Angela and Edna

October 2019 Entertainment

Week beginning 1st October 2019

Tuesday morning Quiz and Reminiscence session, in the afternoon Book Club and afternoon tea and cakes

Wednesday morning Keep Fit session with Lee, in the afternoon, scone making

Thursday Church Service 11:30am all welcome, in the afternoon a good old sing along with instruments

Friday Pet Therapy with our guinea pigs in the morning, one to one session in the afternoon

Saturday One to one My Life History chats with staff

Sunday Hand Massages and Nail Care throughout the day

Week beginning 7th October 2019

Monday anything goes activity's all day

Tuesday in the morning one to one sessions and afternoon quizzes /hairdresser visits

Wednesday Morning Quiz and bean bag mat activity, in the afternoon "Music Through The Ages" and one to one You Tube baby films

Thursday Morning Chair Exercises, in the afternoon high tea and cakes all welcome

Friday Morning puzzles, games and Angela and George birthday party live entertainment from Matt Crane 15:00pm all welcome

Saturday Hand Massages and Nail Care in the morning

Sunday Morning Life History and one to one chats, afternoon foot spa sessions

Week beginning 14th October 2019

Monday Columbus Day, Columbus fact reading in the morning, milkshakes and western films in the afternoon

Tuesday Hairdresser visits one to one Pet Therapy /Book Club in Parlour in the afternoon

Wednesday My Life History one to one session in morning ,the afternoon Mrs Motivator 15:30pm all welcome

Thursday Rock and Roll dance music session, afternoon cheese and crackers “What Makes Us Happy” discussion

Friday Resident’s Meeting in the Parlour 15:00pm with tea and cakes

Saturday One to one My Life History sessions with staff throughout the day

Sunday Old film day with snacks and treats

Week beginning 21st October 2019

Monday Film morning, then Edna birthday buffet and cakes 15:30 pm

Tuesday Hairdresser visits in the morning, Gentleman Club at 14:00pm in the Parlour

Wednesday Staff Pyjama Day (£1.50 donation for our Resident Fund), Pet Therapy in the morning and Cockney Rhyming Quiz

Thursday Arts and Crafts throughout the day, Pom-Pom Making and Knitting

Friday Pet Therapy in the morning, then Afternoon Tea Party for Patricia
14:30pm Employee of the Month

Saturday Film Day and Musical Sing-Along throughout the day

Sunday Horning Hand Massages and Armchair Exercises in the
afternoon with staff

Halloween celebrations Week beginning 28th October 2019

Monday Halloween Arts and Crafts throughout the day

Tuesday Halloween biscuits making and pumpkin carving

Wednesday One to one sensory activities in the morning and Halloween
music and dance session afternoon

Thursday Halloween Party (staff to dress up £1.50 pound donation go to
our Resident Fund) with staff Karaoke and buffet – prize for the best dress
child all welcome 14:00pm-16:00pm



All families and friends are welcome to come along and participate in any of the activities listed above. There may be times when some activities may change due to our residents changing their mind.

If you wish to have dinner /tea with your loved one, please let us know a day before so we can accommodate a meal for you.

Please ensure your loved ones have plenty of body wash and shampoo

Please ensure your loved one's personal funds are kept topped up



Getting to know our staff

In the spotlight this month...

*Care staff member Patricia has been voted
Employee of the Month*



How long has Patricia been at The Vale Residential Care Home? Patricia has been with us since August 2019.

What do you like most about your role at The Vale Residential Care Home? Patricia loves the residents. She enjoys chatting with them and ensuring they are happy.

What do you like mostly about working at The Vale? Patricia says she loves the bubbly homely environment.

What have we been up to over the September 2019 period?



Residents enjoyed an outing to Hastings







Our residents enjoyed the Church Service



Peter really enjoyed his birthday celebrations





All our residents enjoyed the British Tea Party





Group activities with our residents





Residents enjoyed our Greek themed day





Terry had a lovely birthday celebration



Date for dairy Lee and James (Activity Co-ordinator and Chef) are completing a leg wax fund raising event, which will be held at The Vale on Friday the 22nd of Novemeber 2019 at 14:30pm, to raise money to purchase an ipad where our residents can Facetime their loved ones/ and other activities. Please contact Lee if you wish to sponsor.

Just an early reminder for your diary. Our Christmas Party will be held on the 24th December 2019 from 15:15pm with live entertainment and festive nibbles. If you have any nic nacs at home for our raffle you wish to donate, please pop them in to Lee or Jade

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If you have any suggestions for The Vale please come and speak with Jade, Home Manager who will be happy to assist you or leave a note in our Suggestion Box located in the Reception area.



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