

The Vale Newsletter

December 2019



Come and celebrate with us for our resident's
birthdays

Nita

December 2019 Entertainment

Week beginning 1st December 2019

Sunday Christmas tree decorating throughout the day and listening to Christmas song to get in the Festive spirit.

Week beginning 2nd November 2019

Monday Music through the ages in the morning and a quiz in the afternoon

Tuesday Hairdresser visits throughout the day , Morning my life history sessions and in the afternoon we have an outing to Nocuts from 2:30pm

Wednesday Barber visits for men throughout the day. In the morning we shall enjoy Group Decade mat games and in the afternoon session of Musical Motivation

Thursday At 10:00am the children from Pennies nursery are visiting us.
At 11:30 our church service will be held - all are welcome. In the afternoon from 14:00pm we shall be celebrating Nitas birthday with tea and cakes all are welcome.

Friday Activities anything goes throughout the day

Saturday My life history one to one session with residents throughout the day

Sunday Sing along with staff and puzzle games

Staff Elf Dress up Week beginning 9th December 2019

Staff will be dressed as elf's for the week but will wear there identification badges so you don't think Santa's helpers have taken over
The Vale ☺

Monday Christmas sing along in the morning , then Gentlemans club in the afternoon with shandy

Tuesday Hairdresser visits throughout the day. At 10am in the morning the children from pennies nursery coming to do Christmas arts and crafts with our resident's, then at 13:30pm mole hill cops school children coming to perform carol service all welcome.

Wednesday In the morning we shall be writing Christmas cards to our families, then some of our resident's will be going out to have a Christmas dinner party at New Line Learning Academy School. In the afternoon Mrs Motivator will be holding an exercise session from 14:30pm all welcome.

Thursday At 10am Curtis our Massages Therapist will be in the Parlour, all are welcome. In the Afternoon we'll be walking round Mote park weather permitting, pet therapy and one to one sensory activities in the afternoon.

Friday Residents forum in the morning at 11am with tea and biscuits and Activities anything goes in the afternoon.

Saturday Gingerbread men and reindeer edible crafts throughout the day with staff

Sunday Christmas films and quizzes throughout the day

Week beginning 16th December 2019

Monday In the morning arts and crafts then Outing to St Martins church for carol service in the afternoon from 13:30- 15:00pm

Tuesday Hairdresser visits throughout the day, one to one my life history and visit from park way school with children for carol service. In the afternoon Bingo games with prizes.

Wednesday In the morning the children from pennies nursery will be visiting us at 10am for Christmas gingerbread crafts. Then in the afternoon we will be having Pamper sessions with foot spas and manicures.

Thursday In the morning one to one sensory activities then in the afternoon celebration afternoon tea for our Carer Emma employee of the month 15:00pm

Friday Morning walks in Mote Park weather permitting and Christmas carol service from Otham church with festive nibbles at 15:00pm all welcome

Saturday morning exercises with staff and in the afternoon one to one pamper sessions

Sunday Sing along with staff throughout the morning and an afternoon quiz

Week beginning 23th December 2019

Monday Scone and cookie making in the morning

Tuesday Christmas sing along with staff and party preparations in the morning. And in the afternoon we have a Christmas party with live entertainers Unique, festive nibbles, and raffle prizes from 15:30pm All Welcome !!

Wednesday Christmas day celebration anything goes HO HO HO

Thursday Boxing day Celebration anything goes HO HO HO

Friday Pet therapy in the morning and reminiscence session in the afternoon

Saturday In the morning we are playing games and in the afternoon one to one sensory sessions with the tablet

Sunday Activities anything goes in the morning and in the afternoon Christmas films and hot chocolate

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 Christmas dinner with your loved one please let us know in advance so we can ensure that we can accommodate you. We do ask for a small donation this goes towards our residents fund.

We would like to thank all the families and staff members that sponsored Lee and James with the waxing of their legs we have raised a total of £220

We have purchased a tablet device where you can now skype your loved ones but please phone The Vales phone to inform us you will be skyping, so we can ensure your loved one can be made aware and they have the device at hand

Getting to know our staff

In the spotlight this month...

Care staff member Emma has been voted Employee of the Month



How long has Emma been at The Vale Residential Care Home?

Emma has been at The Vale since September 2018

What do you like most about your role at The Vale Residential Care Home?

I like helping the residents

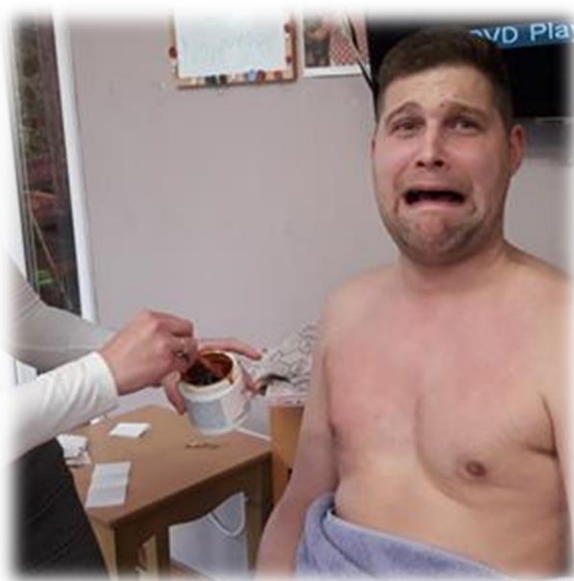
What do you like mostly about working at The Vale?

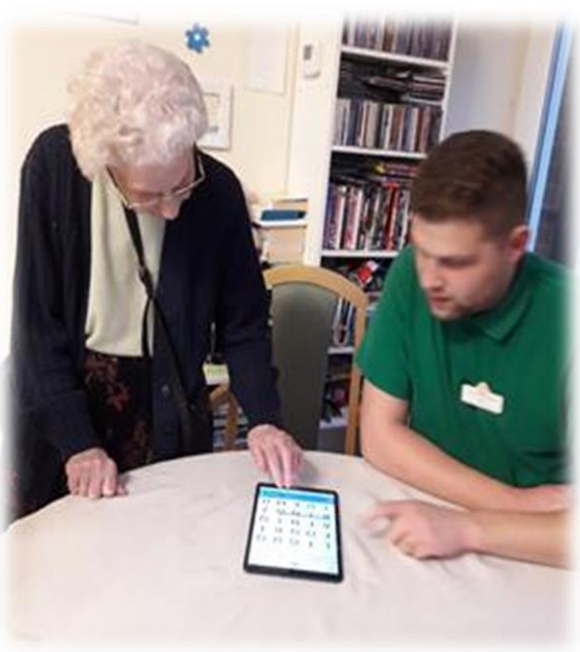
I like the friendly staff and management, we are like a big family at The Vale

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









All families and friends are welcome; do 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 have any suggestions for The Vale please come and speak with Jade, the 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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