## The Oast

BIRTHDAYS: LILLY 30<sup>TH</sup> RITA 9<sup>TH</sup> ALICE 20<sup>TH</sup>

COMING UP IN THIS MONTHS NEWSLETTER....

PICTURES FROM DECEMBER

EVENTS COMING UP IN JANUARY

**NOTICES** 



## INSPIRATIONAL QUOTE



Life is too short to wake up in the morning with regrets.

So, love the people who treat you right and forget about the ones who don't.

And believe

that everything happens for a reason...

if you get a chance - take it; if it changes your life - let it.

Nobody said that it would be easy...



They just promised it would be worth it.



HOPING EVERYONE HAD A LOVELY CHRISTMAS AND A GREAT NEW YEAR! HOW MANY OF YOU HAVE MADE NEW YEARS RESOLUTIONS? HERE AT THE OAST WE'VE GONE FOR "LIVE EVERYDAY TO THE FULLEST"

IT WAS SO NICE TO BE ABLE TO SEE LOVED ONES THIS CHRISTMAS AND HAVE YOU COME IN TO BE WITH FAMILY OVER THE CHRISTMAS PERIOD.

LAST MONTH WE HAD THE PLEASURE OF HAVING PETER
KNEEBONE AND KEVIN WALSH IN TO SING FOR US.
UNFORTUNATELY OUR PANTO GOT CANCELLED LAST
MINUTE AND WE WASN'T ABLE TO FILL THAT SLOT WHICH
WAS DISAPPOINTING BUT THERE WAS MANY TO CHOOSE
FROM ON THE TELLY. STEPH AND SARAH PERFORMED A
NATIVITY PUPPET SHOW FOR THE RESIDENTS WHO HELPED
DECORATE THE PUPPETS. WE HAD THE OAST CAFÉ RUNNING
THIS MONTH, LOTS OF ARTS AND CRAFTS, DECORATING THE
HOME, BINGO, QUIZZES AND LOTS OF FILMS AND TREATS.
TO KICK START OFF THIS MONTH WE WILL BE DOING MORE
EXERCISING AND MOVEMENTS TO HELP BURN OFF THOSE
EXTRA CHRISTMAS POUNDS HAHAHA AND GET THE
RESIDENTS UP AND MOVING ABOUT.
WE HAVE SINGERS KEVIN WALSH AND LIAM IN THIS MONTH.

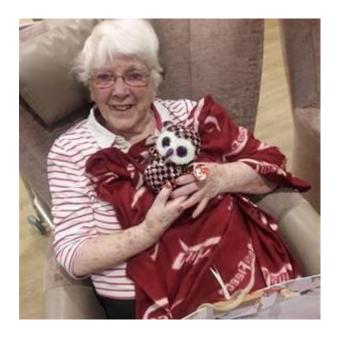
## **VISITING UPDATE**

AS MOST OF YOU ARE AWARE THE GOVERNMENT GUIDELINES NOW STATE THAT ONLY 3 NAMED VISITORS MAY COME INTO THE HOME. WE HAVE CONTACTED MOST OF YOU AND MOST HAVE TOLD US THEIR 3 CHOSEN PEOPLE. IF YOU HAVEN'T ALREADY DONE SO PLEASE CONTACT US ASAP AS WE CAN NOT LET ANYBODY IN FROM THAT FAMILY UNTIL WE KNOW WHO THE NOMINATED 3 ARE.

THESE 3 PEOPLE HAVE TO REMAIN THE SAME PEOPLE UNTIL THE RULES CHANGE AGAIN.

PLEASE NOTE YOU CAN STILL TAKE RESIDENTS OUTSIDE
THE HOME FOLLOWING RULES AND REGULATIONS.
WE ALSO OFFER TELEPHONE CALLS, VIDEO CALLS AND
WE CAN OFFER WINDOW VISITS FOR OTHER FAMILY
MEMBERS IN THE GARDEN AND CAN SEE ONE
ANOTHER THROUGH THE WINDOW AND WILL
COMMUNICATE THROUGH THE PHONE.
PLEASE REMEMBER FOR THOSE OF YOU COMING INTO

THE HOME LFT TESTS TO BE DONE ON THE DAY AND
UPLOAD RESULTS ON .GOV WEBSITE.







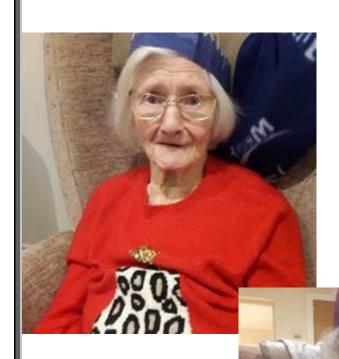


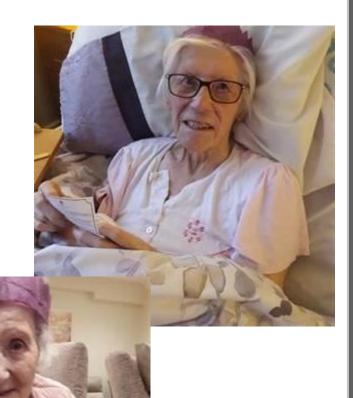














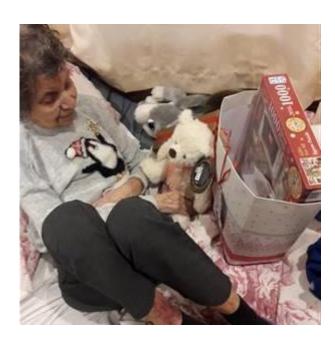














## RESIDENT IN THE SPOTLIGHT.....



INTRODUCING OUR LOVELY DAPHNE

DAPHNE HAS BEEN WITH US ON AND OFF FOR A FEW YEARS NOW. SHE IS AN INCREDIBLE LADY AND HAS LIVED AN AMAZING LIFE. SHE WAS IN THE RAF FOR MANY YEARS. SHE SAID HER GREATEST ACHIEVEMENT WAS MARRYING HER HUSBAND AND HAVING A CHILD. "I TRAVELLED THE WORLD WITH MY BEST FRIEND AND



WE VISITED PLACES LIKE ITALY, SWEEDEN, GERMANY. EVEN BETTER IT WAS ALL FREE THANKS TO THE RAF" DAPHNE LOVES TO CROSS STITCH AND

IS VERY PROUD OF WHAT SHE HAS

ACHIEVED OVER THE YEARS. HERE ARE 2 PICTURES SHE HAS CREATED.

