

# Hillbeck Newsletter

June 2022

We hope you enjoy reading about all the exciting things that happen at Hillbeck and what we have coming up.



## Internal Activities

We have a range of activities taking place every morning and afternoon... These include Bingo, Arts & Crafts, Quiz's, Sing-a-longs, Armchair Exercise's, Games and much more.

Platinum Jubilee Celebrations & Kevin Walsh – 2<sup>nd</sup> June

Victoria (Vocalist) – 6<sup>th</sup> June

Denis Connolly – 10<sup>th</sup> June

Alisha – 13<sup>th</sup> June

G Fitness, Exercise Class – 15<sup>th</sup> June

Father's Day – 19<sup>th</sup> June

Outing to Little Oyster tea rooms – 22<sup>nd</sup> June

Holy Cross Service – 24<sup>th</sup> June

Alisha – 29<sup>th</sup> June

## Birthday's This Month

Helen – 8<sup>th</sup> June

Sylvia – 11<sup>th</sup> June

Rodney – 30<sup>th</sup> June

## Quote of the Month

Kindness can transform someone's darkest moment with a blaze of light.

You'll never know how much you're caring matter's; make a difference for another day.

# Getting to know our staff

## Employees of the month



**Ellie**



**Shannon**

To all of you, thank you as always for all you do!

# Hillbeck News

Last month was Dementia awareness week; some of the resident's enjoyed making forget me not flowers.

Over the years research has proved that Reminiscing and Signing do play a really important part in helping a person cope with living with dementia.

Over the week we held discussions about dementia and we looked at reminiscing including childhood, School Days, previous job roles, families, weddings and previous holiday locations.

Many residents were able to talk about how they feel about living with dementia and the positive impact that activities can have on those living with dementia.

We have enjoyed many sing-a-long sessions, which of course resulted in lots of dancing and interaction.

We went on a trip to Aylesford Priory, where we all enjoyed tea and cake.

We fed the swans & ducks, looked around the local pottery shop and thoroughly enjoyed our afternoon out.

VE Day celebrations were held; we had a large table with World War Memorabilia set up.

The resident's thoroughly enjoyed this and some fascinating memories were discussed.

We held a quiz and wartime sing songs were held.

Trevor Osbourne (Vocalist and Guitarist) came to entertain us all at Hillbeck, they used musical instruments to join in and had a lovely time.

We are all looking forward to seeing you all at our Jubilee celebrations

Take care



