

Blair Park



CHARING HEALTHCARE
committed to care and support

Newsletter

August 2023 Issue

*Throughout our newsletter you can expect to read a little bit about what goes on here at Blair Park,
we hope you enjoy!*



Residents celebrating their birthday this
month are...

11th – Betty

We wish you a very happy birthday xx



A little preview of what we got up to in July...

We celebrated Shirley's, John D's and Eileen L's birthdays this month.

We had our Summer Fête on Saturday, 8th July. Unfortunately, not many people attended. However, the residents and families that did attend had a fantastic day. We raised just under £300.00 for our Residents' Fund. We had a singer, Peter Kneebone, who was very good.

We had a drag artist, Chamonix, in and he helped us all celebrate Eileen's birthday. A buffet was provided by her son and family. It was a lovely day with everyone up dancing.

John D celebrated his 68th Wedding Anniversary. His wife, Dorothy, and their son came to celebrate with an afternoon tea.

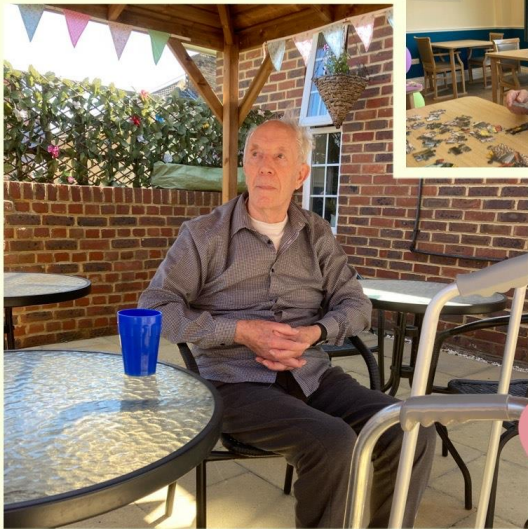
We have done our usual music and movement, arts and crafts, bingo and tuck shop every Sunday and Tuesday.

Rivers Rodents came in with some rodents for the residents to hold.

We have had lots of trips to the shops, church, coffee shops and walks around the park.

We have found The Light cinema in Sittingbourne, has dementia friendly showings of films so we took some of our residents to see Calamity Jane which was fantastic. We also had tea, coffee and biscuits.

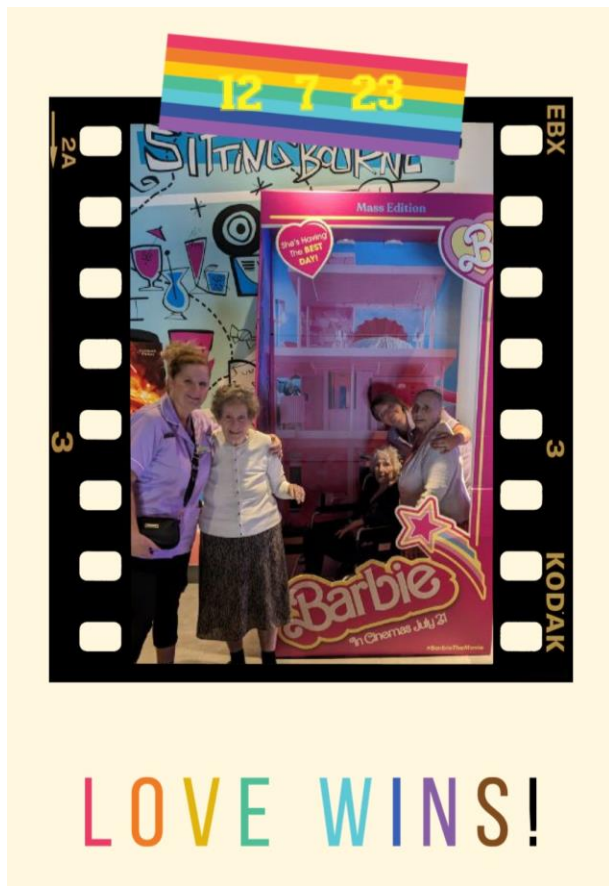




7th July

PIC·COLLAGE



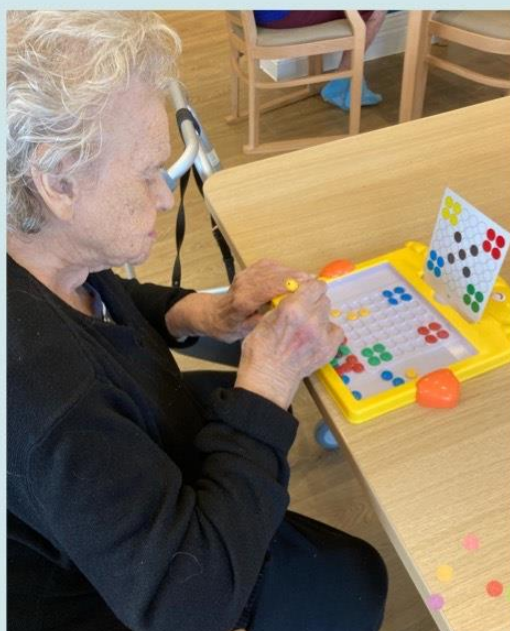












PIC•COLLAGE



2023




JULY

MON	TUE	WED	THU	FRI	SAT	SUN
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

PAM WILL BE HERE EVERY THURSDAY



chiroprapist

August

DUE IN NEXT: 16TH AUG

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



ESTD 1993

BARBER






















2023













AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

BARBER VISIT: 21ST AUGUST ALSO PLAYING HIS UKULELE

Blair Park – August Activities Planner

<p><u>Tuesday 1st</u></p>  <p><u>Music & Movement</u></p> <p><u>Arts & Craft</u></p> <p>13.30 - 15.00</p> <p><u>Tuckshop</u></p>	<p><u>Wednesday 2nd</u></p>  <p><u>Balloon Game</u></p> <p>10.00 - 11.30</p> <p><u>Sing Along</u></p> <p>13.30 - 15.00</p>	<p><u>Thursday 3rd</u></p>  <p><u>Arm Chair Exercises</u></p> <p>10.00 - 11.30</p> <p><u>Hairdresser</u></p>	<p><u>Friday 4th</u></p> <p><u>Indoor Garden Games</u></p> <p>10.00 – 11.30</p> <p><u>Reminiscence</u></p> <p>13.30 - 15.00</p>	<p><u>Saturday 5th</u></p>  <p><u>Ball Games</u></p> <p>10.00 - 11.30</p> <p><u>Sing Along</u></p> <p>13.30-15.00</p>	<p><u>Sunday 6th</u></p> <p><u>Exercise</u></p> <p>10.00 - 11.30</p>  <p><u>Cinema experience -</u></p> <p>13.30</p>	<p><u>Monday 7th</u></p>  <p><u>Board Games</u></p> <p>10.00 - 11.30</p> <p><u>Bingo/Pamper</u></p> <p>13.30 – 15.00</p>	<p><u>Tuesday 8th</u></p>  <p><u>Music & Movement</u></p> <p><u>Arts & Craft</u></p> <p>13.30 - 15.00</p> <p><u>Tuckshop</u></p>
<p><u>Wednesday 9th</u></p>  <p><u>Balloon Game</u></p> <p>10.00 - 11.30</p> <p><u>Sing Along</u></p> <p>13.30 - 15.00</p>	<p><u>Thursday 10th</u></p>  <p><u>Arm Chair Exercises</u></p> <p>10.00 - 11.30</p> <p><u>Hairdresser</u></p>	<p><u>Friday 11th</u></p> <p><u>Indoor Garden Games</u></p> <p>10.00 – 11.30</p> <p><u>Reminiscence</u></p> <p>13.30 - 15.00</p>	<p><u>Saturday 12th</u></p>  <p><u>Ball Games</u></p> <p>10.00 - 11.30</p> <p><u>Sing Along</u></p> <p>13.30-15.00</p>	<p><u>Sunday 13th</u></p> <p><u>Exercises</u></p> <p>10.00 - 11.30</p>  <p><u>Cinema experience –</u></p> <p>13.30</p>	<p><u>Monday 14th</u></p>  <p><u>Board Games</u></p> <p>10.00 - 11.30</p> <p><u>Bingo/Pamper</u></p> <p>13.30 – 15.00</p>	<p><u>Tuesday 15th</u></p>  <p><u>Music & Movement</u></p> <p><u>Arts & Craft</u></p> <p>13.30 - 15.00</p> <p><u>Tuckshop</u></p>	<p><u>Wednesday 16th</u></p>  <p><u>Balloon Game</u></p> <p>10.00 - 11.30</p> <p><u>Sing Along</u></p> <p>13.30 - 15.00</p>

<p><u>Thursday 17th</u></p>  <p><u>Arm Chair Exercises</u></p> <p>10.00 - 11.30</p> <p><u>Hairdresser</u></p>	<p><u>Friday 18th</u></p> <p><u>Indoor Garden Games</u></p> <p>10.00 – 11.30</p> <p><u>Reminiscence</u></p> <p>13.30 - 15.00</p>	<p><u>Saturday 19th</u></p>  <p><u>Ball Games</u></p> <p>10.00 - 11.30</p> <p><u>Sing Along</u></p> <p>13.30-15.00</p>	<p><u>Sunday 20th</u></p> <p><u>Exercises</u></p> <p>10.00 - 11.30</p>  <p><u>Cinema experience –</u></p> <p>13.30</p>	<p><u>Monday 21st</u></p>  <p><u>Board Games</u></p> <p>10.00 - 11.30</p> <p><u>Bingo/Pamper</u></p> <p>13.30 – 15.00</p>	<p><u>Tuesday 22nd</u></p>  <p><u>Music & Movement</u></p> <p><u>Arts & Craft</u></p> <p>13.30 - 15.00</p> <p><u>Tuckshop</u></p>	<p><u>Wednesday 23rd</u></p>  <p><u>Balloon Game</u></p> <p>10.00 - 11.30</p> <p><u>Sing Along</u></p> <p>13.30 - 15.00</p>	<p><u>Thursday 24th</u></p>  <p><u>Arm Chair Exercises</u></p> <p>10.00 - 11.30</p> <p><u>Hairdresser</u></p>
<p><u>Friday 25th</u></p> <p><u>Indoor Garden Games</u></p> <p>10.00 – 11.30</p> <p><u>Reminiscence</u></p> <p>13.30 - 15.00</p>	<p><u>Saturday 26th</u></p>  <p><u>Ball Games</u></p> <p>10.00 - 11.30</p> <p><u>Sing Along</u></p> <p>13.30-15.00</p>	<p><u>Sunday 27th</u></p> <p><u>Exercises</u></p> <p>10.00 - 11.30</p>  <p><u>Cinema experience –</u></p> <p>13.30</p>	<p><u>Monday 28th</u></p>  <p><u>Board Games</u></p> <p>10.00 - 11.30</p> <p><u>Bingo/Pamper</u></p> <p>13.30 – 15.00</p>	<p><u>Tuesday 29th</u></p>  <p><u>Music & Movement</u></p> <p><u>Arts & Craft</u></p> <p>13.30 - 15.00</p> <p><u>Tuckshop</u></p>	<p><u>Wednesday 30th</u></p>  <p><u>Balloon Game</u></p> <p>10.00 - 11.30</p> <p><u>Sing Along</u></p> <p>13.30 - 15.00</p>	<p><u>Thursday 31st</u></p>  <p><u>Arm Chair Exercises</u></p> <p>10.00 - 11.30</p> <p><u>Hairdresser</u></p>	

In the Spotlight this month
is...

George



George has been with us for quite a while as a kitchen volunteer, helping our Cooks and Dining Room ladies. He has also been making cakes for the residents and staff. George has left for pastures new and will be missed by all.

Thank you, George, for all you have done for us. We wish you well for the future.

Friends & Family

We would like to welcome all our new residents and their relatives to Blair Park.

We will be holding our next relative meeting on Wednesday, 30th August at 2.00 pm. We look forward to seeing you for cakes and drinks!

Our building works are continuing to progress well on the first floor, please take note of the building work warning signs located around the home. The builders have almost finished the centre section and have started on the next area.

Parking – I appreciate that at times it can be difficult for parking, particularly during busy periods of the day, due to the building work and skip, but can I please ask that everyone is mindful when parking their vehicles on the outside road area of the home that this does not obstruct any of our neighbours as we would like to continue to have good relationships with them.

We have a singer, Tricky Trev, coming in on 11th August from 2.00 pm to 4.00 pm if you would like to join us.



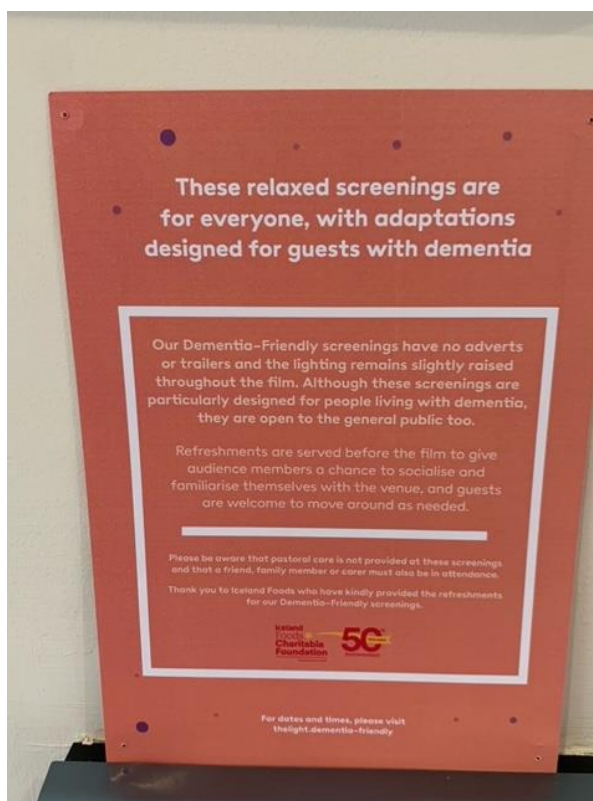
We are in the process of setting up our memory lane café area courtesy of the Residents' Fund. We will be having table and chairs so that families can have afternoon tea with their relative. The cost will be £5.00 per person and will go into the Residents' Fund for more exciting things for our residents.

We will let you know when we are ready for booking an afternoon tea.

We have activities planned so please check the activities board when you come and visit your relative.



Programme of dementia-friendly films at The Light, Sittingbourne.



TUCK SHOP
EVERY TUESDAY &
SUNDAY AFTERNOON

PRINGLES 1.20
CHOCOLATE 1.30
DRINKS 1.00





Thank You
FOR YOUR
SUPPORT

Getting in Touch

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