

# Hillbeck Newsletter

October 2024

We hope you enjoy reading about all the exciting things that happen at Hillbeck where everyone is made to feel welcome with our warm and friendly atmosphere



## Internal Activities

Our activity ladies organise a range of activities that take place every morning and afternoon...

These include Bingo, Arts & Crafts, Quiz's, Sing-a-longs, Armchair Exercise's, Board Games, Nail painting for the ladies and much more. Should your loved one have any particular interest then please speak with Louise or Kelly.

## Birthday's This Month

2<sup>nd</sup> Carole

4<sup>th</sup> Maureen

11<sup>th</sup> Aileen

23<sup>rd</sup> Valerie M

29<sup>th</sup> Jill

## Quote of the Month

"Love is the only memory one never loses."

# Getting to know our staff

## Employees of the month



Akshay was nominated by his colleagues for being kind and caring, Akshay recently dealt with an emergency calmly and professionally with a successful outcome.

Kelly was nominated by her colleagues for showing compassion to residents and having great activity ideas.  
Well done to you both!!



Congratulations to Alice on becoming a new flexi-senior we are sure she will do a great job!!

## Hillbeck News

During September we enjoyed two-day trips. Firstly, we visited the Fenn Bell Zoo in Hoo, even though it was a little breezy everyone enjoyed seeing the animals and even had a lunch with the monkeys. We took a trip to Dobbie's garden centre which is always a hit with our residents, we enjoyed cream tea and had a walk through the aquarium.

This month we have purchased some new exercise equipment such as floor peddles and exercise bands. We really enjoy the weekly mini gym sessions. Our activities team work closely with the visiting occupational therapists getting lots of suitable exercises for our residents.

We also purchased a multi games table, we are enjoying watching our residents' competitive sides come out! If you would like to come into the home and play air hockey, pool, table tennis with your loved one please ask a member of staff who will provide you with the equipment you will need.

Natalie gave an excellent performance at Hillbeck this month, it was her first time to visit. She played the saxophone beautifully; we look forward to seeing her again.

### Coming up in October

2<sup>nd</sup> - Jess the childminder coming in with some children

10<sup>th</sup> - day trip bowling

23<sup>rd</sup> - Holy Communion

25<sup>th</sup> - church service

29<sup>th</sup> - Andrew the Barber

31<sup>st</sup> - Elisha singing/Halloween







PIC-COLLAGE

Kevin and Stacey's door is always open for you should you have any concerns.

Once again thank you for all your ongoing to support.



Hillbeck Residential Home  
Roundwell  
Bearsted  
Kent  
ME14 4HN

Tel: 01622 737847 / Fax: 01622 735971

Emails: [hillbeck@charinghealthcare.co.uk](mailto:hillbeck@charinghealthcare.co.uk)

Website: [www.charinghealthcare.co.uk](http://www.charinghealthcare.co.uk)