



## NEWSLETTER 2018



### Weather News



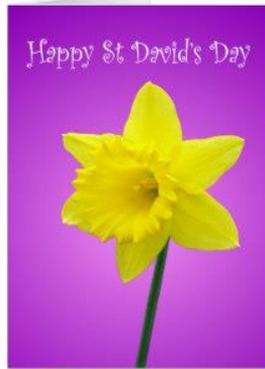
Well even with the snow the activities still continued at both homes during the bad weather, and talk about bring the outside in! Griffiths House built an indoor snowman by bringing the snow from outside in on a mat and everyone helped to build a snowman.



During one of our March sessions with Dale from Growing Support we all worked together to make a kite from sticks, strings and carrier bags. We then all went outside and had a chance to fly our kites. The wind was not always on our side, but we managed to get a few up in the air.



We had great fun working with Bristol Free School students to make Easter bunnies out of white socks, rice and ribbon. Everyone liked the finished product and even the teachers made one as a school bus mascot.



## **St David's Day – 1<sup>st</sup> March**

The home was filled with Daffodils and we celebrated St David's Day with Welsh Cakes and a Welsh Quiz.

## **St Patrick's Day- 17<sup>th</sup> March**

We all got together in the lounge for some Hot Toddies, some of us had never tried one and after this experience some of us will never have one again! But the majority enjoyed the drink and we had Scottish shortbread to munch on. The activities team dressed in our finest tartan and we put together a Scottish Quiz and listened to some traditional Scottish music. Thank you to Pat Beale's Daughter for coming along to this Saturday activity session and providing us with a surprising but marvellous Irish Traditional dance across the lounge floor. This got us all very in the mood for St Patrick's day and was very entertaining, so thank you very much!!

It is great to have families and friends come along and help provide some entertainment, fun and company for us. If you know of anyone who could do this with the activities team help of course, please do let us know. We are always on the lookout for talented individuals.

## Jigsaw Club



Another completed jigsaw by Marjorie our very own jigsaw champion, you can always find Marjorie in the library busy doing a jigsaw. Please do pop along and have a look over a cup of tea.



The Easter Bunny kindly delivered a large box of Easter Eggs, our team went around and wished everyone a Happy Easter and gave everyone an Easter egg.

## Easter Raffle & Easter Bonnet Parade



Thank you to everyone for supplying the Easter Raffle Presents and buying tickets, we raised £173.05. This money will go back into the activities fund to pay for future entertainment. Plus well done to everyone who took part in the Easter Bonnet parade. We had some great bonnets and residents displayed them on their heads whilst an independent adjudicator judged them for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place. Each was awarded a rosette and a prize.

### **Sports Day**

After last months winter Olympics, we decided to do our very own-seated sports day. We had two rows competing against each other and again you proved yourselves to be very competitive. We did a seated egg and spoon race, where each time the eggs got bigger as they got to the bottom of the row which caused great amusement. Seated volleyball and seated curling too.

Everyone is enjoying the fortnightly yoga from instructor Pauline and feeling the benefits from taking part in these sessions.

We have now recruited Sabina who will be replacing Rachel on our activities team. Sabina is due to start soon and will be bringing in some fresh ideas to the team. Whereas Rachel only worked during school term time, Sabina will be a full time member of the team. We are looking forward to welcoming Sabina to the activities team and working with her to provide help to everyone with meaningful and interesting activities.

Amanda & Annie  
Activities Team