

# Laurel Bank Newsletter

Autumn  
newsletter



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## *Hello and Welcome!*

Hello Again,

Isn't this year flying by? Already the nights are getting shorter, the trees are losing their leaves and Christmas decorations are appearing in shop windows- Autumn has arrived!

After a great summer at Laurel Bank where we've had all kinds of fun, including the Summer Fair and countless afternoons enjoying the sunshine out in the garden, it's time to batten down the hatches, crank up the heating and prepare for a fun-filled Autumn, including our very own music festival, enchanting storytelling, animals visits (including the return of the ever popular Little Beasties Mobile Zoo and Bob's Owls) and hopefully a collaboration with a local primary school.

I would also like to take this opportunity to welcome all of the new staff members, and particularly the new residents, to the home. I hope you enjoy reading this newsletter, and you have any ideas or suggestions for us, please let us know- we are always trying to improve all of the services we offer, and your input is vital. Schedules of residents and relatives meetings are now up in the lifts, and it would be great to see as many of you there as possible.

**Jamie Hodgson**  
Activity Coordinator



# News in and around *Laurel Bank*



## Charity Coffee Mornings

Our charity coffee mornings have been running for nearly 6 months now and continue to go down well with staff and residents alike. The Friendship Centre, Friends of Freeman's Woods and Mourholme History Society have visited recently to talk about the great work they all do in and for the community.

The next talks will be by Friends of the Winter Gardens (24th September) and Sainsbury's (8th October). It would be lovely to see more friends and family attend.



## Sainsbury's '150 Days of Community' scheme

I'm delighted to announce that Sainsbury's have chosen Laurel Bank to be a part of their '150 Days of Community' scheme. The project is designed to celebrate the 150th anniversary of Sainsbury's by encouraging staff to get involved with the local community for 150 days during 2019.

The details are still being discussed, but for 6 weeks running up to Christmas there will be extra helpers around the home- watch this space for some exciting new changes!



## Minibus Trips!



I appreciate that it is taken a while to organise and I apologise for this, but we are finally ready to start going out on day trips in the minibus. All families will be informed beforehand, and if anybody is interested then please speak to me or Liz.

## Laurel Bank Music Festival!



As I'm sure many of you know, we love live music and a good old sing along here at Laurel Bank, and with Lancaster Music Festival just around the corner we thought, why shouldn't we join in? So from 10th - 17th October, that's just what we're doing! We've got 3 live acts booked and will be theming our other activities around music as well- see the activity planners or ask Jamie or Liz for more information.

# News in and around *Laurel Bank*

## Summer Fair A Success!

I would like to say a massive thank you to everybody who attended the Summer Fair, or supported it through donations or by volunteering their time.

Despite the hazy weather it was an amazing day and so nice to see so many residents, family members and friends enjoying themselves.



## Collage Competition

It is the Lancaster Health Festival this month (19<sup>th</sup> - 22<sup>nd</sup> September), with this year's theme being 'The Lost Art of Living'. To raise awareness, local care homes were asked to take part in a collage competition, decorating an outline of the Ashton Memorial. We all had great fun doing this, and I love how different the two end results are. They will be on display in the home after the festival, and I would like to thank all of the residents who helped.



## Halloween Party

We will be having a Halloween Party in the afternoon on the 31<sup>st</sup> October. There will be games and refreshments, a fancy dress competition and hopefully some trick or treaters as well- if you know anyone who would like to come and trick or treating after school, please let us know!

## Don't Dine Alone Campaign

The Don't Dine Alone campaign kicked off at Laurel Bank last month- the campaign aims to tackle loneliness and social isolation in older people, and with around 1 million people over 60 spending 5 or 6 days a week completely alone, it's a worthy cause.

We are offering a free meal every Wednesday to anybody who would like to join us, although booking is essential. If you know of somebody that may benefit from company and conversation over a good meal once a week, please pass along our invitation.

## Volunteers

I would like to welcome back our two voluntary befrienders, Will and Petco, after their summer holidays. They are both hoping to enroll in Medicine at University next year, and do an excellent job chatting to our residents on their weekly visits. If you know somebody who would benefit from their company, please speak to Jamie or Liz.



# A few words from *Barchester...*

## Activity Round Up

As I'm sure you're aware, we're constantly looking to expand our activities here at Laurel Bank. I would like to take the opportunity to welcome our new Activity Assistant Elizabeth Cairns, who has already organized some excellent activities, particularly around arts and crafts.

Baking Club and Crafts Club are continuing to expand, as does the Cinema, with David Attenborough proving particularly popular recently. We will be organising group audiobook sessions shortly, as well as a Cheese and Wine night for the residents.

We are also trying out some new entertainers- everybody who saw David Dale's 'Enchanted Autumn', featuring storytelling and poetry to music, left very impressed, and he is visiting us again around Christmas time.

And I appreciate that it's been a long time coming but I'm expecting that we will be going out on regular day trips come the beginning of October.



## Dates for your Diary

- 27<sup>th</sup> Sept.: Little Beasties Mobile Zoo
- 10<sup>th</sup> Oct.: Red Cat Folk Ensemble
- 17<sup>th</sup> Oct.: Ukulele Phil
- 31<sup>st</sup> Oct.: Halloween Party
- 13<sup>th</sup> Nov.: Stevie Kay
- 22<sup>nd</sup> Nov.: Reminiscence with Hazel
- 29<sup>th</sup> Nov.: Bob's Owls
- 4<sup>th</sup> Dec.: Christmas Pantomime
- 16<sup>th</sup> Dec.: The Gadabouts Christmas Concert
- 13<sup>th</sup> Dec.: Christmas Fayre
- 30<sup>th</sup> Dec.: David Dale 'Ring Out Wild Bells'

## 2019 Barchester Care Awards

The Barchester Care Awards is an annual event that showcases the very best that Barchester has to offer. The Care Awards celebrates the fantastic individuals who work and volunteer in Barchester care homes across the UK. Our very own Head of Care, Wayne Clifford-Lund, has already picked up the Divisional Award, and will be attending the Grand Award Ceremony in Manchester on 3<sup>rd</sup> October- we wish him the best of luck, he thoroughly deserves the recognition for all of his hard work.



## Follow us on social media!

Keep up-to-date with the latest news and stories from us and see pictures of life at Barchester homes by following us on Twitter and Facebook:



@**Barchester\_Care**



/**BarchesterHealthcare**

## 999 Campaign- Free Tea & Coffee!

We have launched a new campaign at Laurel Bank to thank all of our local emergency service personnel for their tireless work. Any member of the Fire, Police or Ambulance Service can receive a free Barchester refillable cup from reception, which they can then bring in to the bistro whenever they like for a free cuppa!