

St David's Nursing Home

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 /StDavidsNH

Autumn 2019



"Living well every day"

St. David's Newsletter for Family and Friends

Hello. What a memorable summer! It's been a busy and enjoyable time here. Residents have enjoyed events and activities at St. David's and in Sheringham.

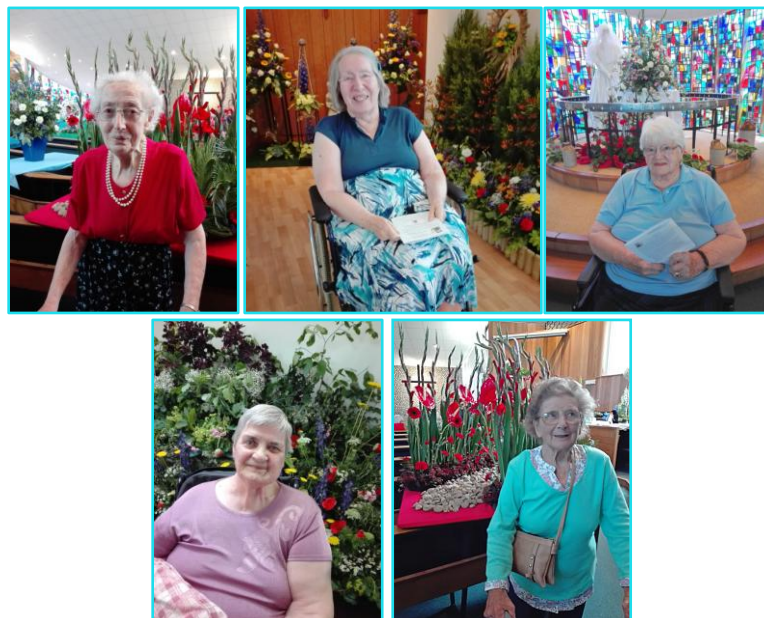
SUMMER FETE

Our Summer Fete was earlier than usual this year, at the end of June. It coincided with one of the hottest days this summer. Fortunately, the Marquee and Sun Umbrellas provided plenty of shade for residents, friends, family and staff. It was lovely to see everyone.



ST. ANDREW'S METHODIST CHURCH FLOWER FESTIVAL

The flower festival is one of the highlights of summer in Sheringham. Residents enjoyed seeing the different interpretations of this year's theme 'The Gift of Water'. Here are some of the favourite displays.

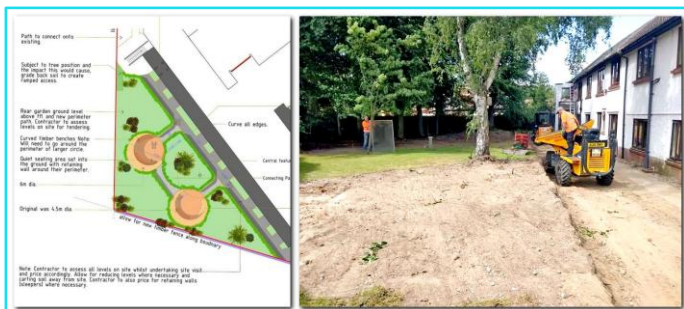


Manager – Linda Cooke RGN

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EXPANSION PROJECT



The project started as planned in mid-July. In addition to making the rooms larger and giving them direct garden access, we are also landscaping the back garden. The plan is to create two seating areas with benches for our residents to enjoy with family and friends.

NEW ACTIVITIES

Over the last few months, you may have noticed a couple of new activities appearing on our weekly Facebook schedules.

'Paul Plays the Piano' happens at least once a month. Paul's selection of music is very popular. The music has people up and dancing! Please check Facebook to see when Paul will be at St. David's.



Holistic Therapy

Janine Nelson will now be coming to St. David's on a monthly basis. Janine is a holistic therapist and can provide a range of therapies depending on a resident's interest. Again, follow our FaceBook page to find out the exact dates of her visits.



SEPTEMBER EVENTS

40s Weekend Celebration

Start your 40s weekend at St. David's. On Friday, 13th September at 2.30pm, Jeff Short will be here with his swing sound 'Celebrating the 40's'. All welcome.



WORLD'S BIGGEST COFFEE MORNING – MACMILLAN CANCER SUPPORT



Please join us on Friday morning, 27th September at 11.00 am for coffee (or tea), cakes and a chat. Every penny raised will help Macmillan Cancer 'be right there for people living with cancer'.

Best wishes

Linda Cooke, RGN