

St David's Nursing Home

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"Living well every day"

Summer 2023



St. David's Newsletter for Family and Friends

Welcome to the summer edition of our newsletter. Over the past three months, our dedicated team has been working tirelessly to provide exceptional care and create a vibrant community for our residents. Here are a few highlights of the activities that St. David's residents have enjoyed.

Coronation Celebrations

The crowning of King Charles was a wonderful day for the residents and staff of St. David's. For many residents, this was the second Coronation they have celebrated!

St. David's was decked out in bunting, balloons and flags. Residents dressed for the occasion wearing fascinators, union jack bowler hats or scarfs. Even the meal was themed red, white and blue where possible. Bertie Anderson was the musician selected by residents to perform during the afternoon tea. At the end of the afternoon, each resident received a commemorative gift.



Manager – Linda Cooke RGN

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Easter

Easter was another occasion where head attire was an important feature. Many residents made their own bonnets and boaters which were modelled over the Easter weekend. The designs certainly celebrated the start of Spring. Meanwhile, the 'Easter Bunny' ensured that every resident received eggs and a gift. The residents also organised all the lovely prizes ahead of the Easter Raffle.



Floor Games

The floor game afternoons are very popular with residents. There's a gentle rivalry between groups of friends; a great deal of laughter turning to concentration when it's a resident's turn.

Knocking down skittles, hooking a fish or catching a balloon requires dexterity and good hand and eye coordination.



Connecting to Nature - Flower Arranging and Gardening

Residents' passion for nature is always evident in our flower arranging and gardening sessions. The planted hanging baskets can be seen at the front of St. David's. While the amazing flower displays can be viewed in residents' rooms or in the Conservatory. Now that the weather is warmer, there will also be the opportunity to garden outdoors.



Connecting to Nature – Cute Companions

The last three months have seen several different types of four-legged friends visit residents.

The Alpacas, Lemmy and Bea are firm favourites. Dog lovers are very pleased as they now enjoy at least monthly visits from both Luna (a toy poodle) and Tuppence (a greyhound).

We have now added Cuddly Cavies (Guinea Pigs) to the visitor list. The cavies are a perfect size for residents to hold on their lap. The Cavies love being fed and groomed.



Summer Fete: Saturday 29th July 2023 2pm – 5pm

Please put this date in your diary.

Everyone is welcome!

The fete is organised to ensure that there are events to cater for all ages; from toddlers through to (Great) Grandparents. There will be a BBQ, Refreshments, Ice-Cream and a Cake Stall. There is also the opportunity to browse the Bric-a- Brac stalls, take part in Lawn games and plenty of Children's activities.

Social Mornings

These generally take place on the first Friday of every month. Our next social morning is at 10am on 7th July.

We look forward to seeing you soon.

Best wishes

Linda Cooke, Matron, RGN