

# St David's Nursing Home

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Winter 2019

*"Living well every day"*

## St. David's Newsletter for Family and Friends

Hello. It's difficult to believe that Christmas and the New Year are nearly here. In this newsletter, there's a list of the festive events that we have planned. But first we want to share some of the other news from St. David's over the last few months.

### **Expansion Project**

If you have visited us over the last few months, you will know the project is well underway and the last of the external walls are going up in the back garden. Work on the interiors, starting with the Conservatory will begin in the New Year.



### **Health Care Champions**

Our staff are always improving their care skills. Four members of staff have now received their Level 5 awards in Health and Social Care. Their next step will be to undertake the nursing apprenticeship courses which will see them become Nurses.

We now also have four senior carers trained as Champions in four specialist areas, covering Oral Care, Infection Control, Nutrition and Hydration and Safeguarding. In our next newsletter we will focus on what each specialism entails.

Manager – Linda Cooke RGN

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### **Residents and Staff enjoy Halloween**

We had a great turnout for the residents' Halloween party. It was definitely an all age event. The fun started with decorating pumpkins in advance of the party through to wearing costumes and eating 'spooky' treats.



### **Maria Kesselman, Soprano performs at St. David's**



We were very fortunate that Maria Kesselman was able to perform Christmas songs for us recently.

Ms. Kesselman is a well known Soprano and her interpretation of festive songs was much appreciated by all of us at the concert.

### **'The Victorian Enchantress'**

The Victorian Enchantress certainly cast her spell on the audience at St. David's. She even persuaded a brave member of the audience to put his hand in the 'guillotine'. Everyone was entranced by her performance.



If you haven't been able to visit St. David's recently, we hope you are able to join us for some of the upcoming festive events that we have this month.. Everyone is welcome.

Please let us know soon if you would like to join us with your family or friends for Christmas or Boxing Day Lunch. You can see the menus overleaf.

Best wishes for Christmas and the New Year

Linda Cooke, Matron



## Christmas Events

11<sup>th</sup> December, 2.30 pm

### ***'LET IT SNOW'***

Join us for a festive Sing a Long

13<sup>th</sup> December, afternoon

### ***BAKING MINCE PIES***

Time to create your own mince pies

15<sup>th</sup> December, 3.15 pm

### ***'SING FOR JOY' CAROL SERVICE***

Sing (or listen) to Carols and hear the traditional readings

17<sup>th</sup> December, 2.30pm

### ***DARRIN SINGS PLUS THE RESIDENTS' CHRISTMAS PARTY***

Early 25<sup>th</sup> December

### ***FATHER CHRISTMAS AND HELPERS VISIT***



**St David's  
Christmas Day Menu**

**Main Course**

Turkey, Gammon or Nut Loaf

Served with

Pigs in Blankets  
Roast potatoes  
Parsnips  
Carrots  
Yorkshire Pudding  
Walnut & Sausage Stuffing

**Dessert**

Christmas Pudding  
Mince Pies  
Brandy Butter & Cream

A light buffet  
will be served for tea

**St David's  
Boxing Day Menu**

**Main Course**

Venison in Red Wine or Roast Beef  
With Seasonal Vegetables

**Dessert**

Sherry Trifle  
Clotted Cream Rice Pudding  
Sticky Toffee Pudding