



Welcome to Issue 15 of the Eastbury House Newsletter

Firstly, may I offer a warm welcome to new staff members

Jacqui Frost - Deputy Manager, **Doreen Rockell** - Care & laundry

Bev Garrett – Care, **Fiona Hartless** – Night Staff sleep ins, and a welcome back to **Frances Hodgson** who returns on Bank for sleep ins.

Also, I recently spoke to Sarah who left Eastbury House in December, to find out how she is getting on. She said that she is really enjoying the challenge of her new position, though misses seeing all of you. She had hoped to be able to pop in after work by now, but says that with all the travelling (sometimes as far as Taunton) its proving very difficult... but... as the days get longer thinks she will be able to drop by, as there will be more daylight available to see to her horses at the end of the day!!!

I don't know where she draws her energy from but I wish I could have some!

This issue sees a New Year and a new position for me.

I am looking forward to the challenge of stepping into Sarah's shoes. It will be a little different, as I am not able to take on the role full time, I will be working two and a half to three days a week and every other Sunday afternoon. Hopefully, another member of staff will cover the other weekdays, until something more permanent can be arranged. In the meantime thank you for your patience and understanding.

I shall endeavour to create a programme that has something for everyone, featuring regular activities and events, visiting performers as well as any special features and one off events. I will also be trying to build in time each week for outings, such as morning coffee, lunches, afternoon teas or visits of interest. In order to do this I will need some input from you. I have attached a sheet with this newsletter, which I would appreciate you completing. The information will hopefully help me to plan more effectively.

I would very much like to take advantage of opportunities in our local community as well as further afield. I feel that it is important to build connections with people and organizations where we live, but also that we strengthen the bonds of the community within the house.

Looking back



Amongst other things, **November** found some of you flower arranging with Sarah and her daughter, and on another occasion drinking tea and eating jam tarts at a Mad Hatters Tea Party. Some of you entered into the spirit of it wholeheartedly....can you recognize these two people.....??



With Christmas approaching Sarah took many residents to Castle Gardens to enjoy the magical Christmas display.

Did you know that Christmas 2017 was the eighth time in nine years that Castle Gardens have won the Garden Centres Association Award for Best Christmas display.... I believe they have just started the planning for the 2018 display!!



Meanwhile, as the light faded, I took two parties out in the car to enjoy the festive lights adorning some of the houses in the local area... culminating our tour at a spectacular house display in Milborne Port.

On the first day of **December** we held a Royal Engagement Party in the sitting room to celebrate the news of Prince Harry's betrothal to Meghan Markle ...they really are a handsome couple, I hope they will be very happy.



Preparations were also under way for our Christmas Carols by Candlelight. With a fantastic attendance of both residents and guests the sitting room was glowing with candles and ringing with Christmas cheer... I for one really enjoyed sharing the evening with you all. **Julia Ford**, who runs the 'Singing for Everyone' session, was thrilled that so many of you came.

I really feel that we have some truly excellent visiting activity opportunities at Eastbury House, and would strongly encourage any of you to come along and try some of them out.

I thought I would use the newsletter to focus on some of the regularly featured activities and so asked Julia to write a bit about **‘Singing for Everyone’**

“My sessions, which run on Thursday mornings, last an hour and always commence with some simple seated exercises to stimulate circulation, some breathing exercises to increase lung capacity and practice using the diaphragm to control breathing and some vocal warm-ups. These exercises vary each week and we have much fun doing them.

I quite often add some songs that have actions to help stimulate memory, I produce a different booklet each time with a variety of songs from different genres and times, so there is something for everyone to enjoy. There is often ready banter and opportunities for sharing memories, which the songs might trigger. I bring my guitar to accompany most of the songs and the emphasis is very much about active participation. No one is asked to sing on their own, or to do anything they might not feel able to.

The main aim is to have fun singing!”

Julia Ford

Singing is good for you! How?

- ❖ Singing strengthens the immune system
- ❖ It is a form of exercise for your lungs, you develop a stronger diaphragm and it stimulates overall circulation
- ❖ Some believe that singing can increase your aerobic capacity and stamina
- ❖ Singing helps you sleep better as it can strengthen the throat and palate
- ❖ It is a natural anti-depressant as it releases endorphins and can simply take your mind off the day’s troubles to boost your mood
- ❖ Singing lowers stress levels and improves your mental alertness
- ❖ Sharing singing experiences with others is a social activity

January has had quite a musical theme. We welcomed **Ann and her Piano** to Eastbury House for the first time, despite her having played in and around Sherborne for many years. Many of you enjoyed her performance and indeed just her company, she’s such a natural, I hope to book her again soon.

David Andrews also entertained many of you with his theme of ‘Music and Songs from the Films’, which is set to continue with his next visit. January was rounded off with one more performance from ‘Musica with Katie’.

Our trip to Cineworld in Yeovil to watch the highly acclaimed ‘Darkest Hour’ was a great success (though next time I promise to remember my torch!!).

The film tells the thrilling and inspiring true story beginning at the precipice of World War II as, within days of becoming Prime Minister of Great Britain, Winston Churchill (Academy Award nominee Gary Oldman) must face one of his most turbulent and defining trials: exploring a negotiated peace treaty with Nazi Germany, or standing firm to fight for the ideals, liberty and freedom of a nation. Michelle, myself, my daughter Lily and five residents, were gripped from beginning to end. Residents commented afterwards...

“Very good” Father Downey

“Very nostalgic” Mrs Rideout

“Absolutely superb... interesting to see the other side to events I remember occurring when I was at school” Mrs Wade

“Particularly good ...clear and easy to follow ...spoken beautifully” Mrs Rushworth

“An excellent film with very good acting. It reviewed the situation of that time during the war very well” Mrs Morton

I shall try to arrange another trip for any of you who are interested in seeing this film... if not in Yeovil then certainly at the Digby Hall when it is screened by MOVIOLA.



Now some of you may, at times, have seen me rummaging through the big wheelie bin outside the kitchen window ...this is NOT because I have fallen on hard times, but because I have been collecting newspapers for my mother and father, who currently have a litter of nine golden retriever pups.

Knowing that Mrs Spink has a particular soft spot

for golden retrievers I arranged a viewing with my parents, and Mrs Rideout came along for the ride.

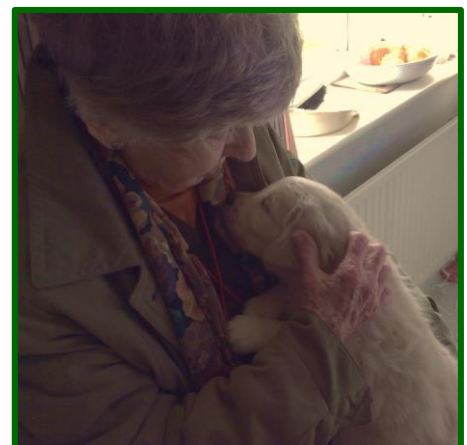
May I thank you all, on behalf of my parents, for the good quality bedding and **wrapping** material ...images of certain

political figures have never been put to such good use!!



In other puppy news...

Mrs A's new Labrador pup, Leonardo, has put in an appearance at the house. From what I saw his training must be going well ...very obedient, though I suspect the treats in Mrs A's pocket had something to do with it!



Looking Forward

- ❖ Dignity Action Day Thursday 1st February – 3pm in the sitting room
- ❖ Snowdrop Memorial Service Friday 2nd February – at Sherborne Abbey
- ❖ Valentine’s Day Wednesday 14th February – the music and poetry of romance – bring something to share if only romantic memories.
- ❖ Next Residents meeting Monday 19th February
- ❖ Florence and her Harp performance Thursday 1st March
- ❖ Michael Partington returns in March with a classical guitar recital
- ❖ Sherborne Abbey Festival 4th – 8th May – programmes in the hall or ask.

OUTINGS

Name _____

Please tick to indicate which type of outings you would be interested in.

- Morning coffee
- Lunch outings (café/ restaurant/ pub)
- Afternoon Tea
- Outings of interest (exhibitions/ museums/ house & garden etc)
- Daytime outings (cinema/ music performances)
- Evening outings (theatre/ cinema/ music performances)

If you have any suggestions of venues, events or of places you would specifically like to go, please add below