



Eastbury House Newsletter April 2020

Dear All

We hope you are all safe and well and coping with the very unusual times we are all experiencing.

We are all safe and well here at Eastbury House and trying to adapt our routine to all the new guidelines.

The weather has been an absolute blessing for residents and staff as we have been able to get out into the garden on most days, enjoying afternoon tea whilst observing the social distancing rules. We also plan to utilize the garden games and activities.



Our usual activities such as Wordplay, Brain Games and Crossword can also be played in the garden or on bad weather days can be adapted for all to play individually in their rooms.

To help people feel less confined, we have also been taking daily walks to visit the lamb fields at the end of Long Street, also to enjoy the blossom on the cherry trees and all the other numerous signs of spring.

Unable to gather in large groups, as we once could, we have recently started a morning exercise session for up to 2 residents in the sitting room. During the week we can then

get everyone down for a little 'wake and shake' to get the blood pumping and the joints moving. Contact with others is so important so we have also been encouraging residents to meet in pairs for games, a film or even just for tea or coffee.



In the last couple of weeks we have been making good use of technology to help keep everyone connected to family. Several residents have really enjoyed FaceTime and WhatsApp video calls with family and friends

If you haven't yet done this and would like to, please call the house to make an arrangement.

We have just sent out a caption competition picture to the residents, and the more entries the merrier, and possibly funnier... so please feel free to have a go and let us know your suggestions. I'm sure the residents will enjoy the results

CAPTION COMPETITION


