



ST DAVID'S RESIDENTIAL HOME

March/April Newsletter

Hello and welcome to our March/April Newsletter!

We thought we would take the opportunity in this newsletter to include a letter from our activities team, to properly introduce you to the newest member of the team and to also give you an overview of what activities your family members have been enjoying in recent months.

Dear Relatives,

I'd like to start off by saying a big hello to you all, my name is Beth and I am the newest member of the activities team. I started here at St David's in November 2021, I apologise that its taken so long to introduce myself properly. I feel I've settled in somewhat now and I'm getting to know your family members more and more every day.

A bit of background on me, prior to starting here at St David's I worked as a carer in homes for about 8 years. Ive worked with people with various ranges of disability and/or dementia. I always enjoyed taking part in activities with residents because it really helps for a person's mental and physical wellbeing and especially in a home environment. While working as a carer, despite wanting to, I found it so hard to include activities that residents wanted to do on a regular basis due to my role first and foremost being that of a carer and so I decided I wanted to become an activities coordinator so that I had the time and resources to spend with people, helping and motivating them to do the things they enjoy, or once enjoyed to do. I can honestly say I've never been happier since I started working here, along side Joan.

What have we been doing here at St David's in recent months?

We've had lots going on here in recent months. In the build up to Christmas we had a Festive Film Afternoon every week, where we enjoyed watching our favourite Christmas films with a side of popcorn!

On Christmas Day we enjoyed party games with singing and dancing, along with a few mince pies along the way!



Since Christmas we have focused our activities around the different seasons and special days in the year. We've been getting stuck in with crafts for Valentines and St David's Day, the afternoon quiz, play your cards right, cake making, armchair yoga, puppy therapy, the weekly bingo, our monthly church service, sherry mornings, pom pom crafts and much much more. Below are some pictures of our recent activities we hope you will enjoy.



What have we got planned for activities in the future?

Going forward we will keep doing our favourite activities such as bingo, the church service, armchair fitness and the afternoon quiz. Everyone really enjoys doing these on a regular basis.

Easter is coming up so we've got crafts planned and flower arranging. An Easter egg hunt will be taking place on Easter week for the residents also.

For the Queens Jubilee we will be having a Garden Party with all the trimmings to enjoy the festivities as well! We will be 'planting a tree for the Jubilee.' We will be having a BBQ and we will also have a special guest, Sparkles the pony! Sparkles in a very friendly miniature Shetland pony and will be here with us for all the fun!

We hope this newsletter has been informative for the activities side of you relatives care and we do hope that soon you can also join us in some activities, as soon as we're able.

Many thanks
The activities team