

# WOODLANDS NEWS

SEPTEMBER 2023

## Hello Everyone Update from Andrew

The Clocks will soon be going back, with lighter mornings and Autumn arriving.

29.10.2023

One of our Mottos at Woodlands is **'that it takes 2-hands to clap'** this is so very true in teamwork – with the welcome of Lubna Mahmood, who has taken over the role as our new Deputy Manager.



We have been really grateful to our residents, family/representatives who have attended the Activity/Menu Commission. It is really nice for all to be interactive with ideas and suggestions, and as such new menus have been created and proposal of activities.

At Woodlands we look forward to the change in season. Lorraine, Chef, creating autumn-inspired menus.

Collecting leaves to create various activities within our arts and crafts, with window displays.

Soon Alf, along with our keen resident gardeners will be planting the daffodil and tulip bulbs (in their containers) to continue bringing colour to the garden. We are still blessed to have our family of robins who have brought much joy for our birdwatchers and good use of the bird-table.

It has been pleasant, when able, for our residents to enjoy the garden, hats on and sips of tea or other refreshment.



Much time was enjoyed in relaxing and reading magazines, along with the enjoyment of choc-ices and ice-creams.



We continue with our Thursday favourite

### Creative Cookery Classes

- Savoury Kebabs
- Pizzas
- Jam Tarts
- Bread & Butter Pudding
- Supper Sandwiches



Lorraine works very closely with Lisa and Sharon, particularly in the planning of foodie activities and special meals. This enables for Cream Teas to be enjoyed, with freshly made scones. The debate continues: ‘which comes first.. cream then jam ... or jam then cream?’ Truthfully, our scones did not stay round too long for the question to be answered – they were delicious!



Special meals continue to be made, with following the ‘in-thing’ of National Day:

All have enjoyed:

- Ice-Cream Cone Day
- Coffee & Cake Day
- Chicken Pot-Pie
- Yorkshire Pudding day

**Not forgetting our Cheese & Wine afternoons and Chocolate Fondues.**

“All Connoisseurs”



**All strictly monitored by Lorraine with regard to calories and dietary needs.**

**CHARITY**

**Woodlands has reached over 1500 ring-pulls supporting the church Charity in Africa. Your support has been appreciated. We wish to continue with collection of the ring-pulls with delivery to Sharon.**

**THANK YOU**

**FRIDAY, 29<sup>TH</sup>  
SEPTEMBER  
2:30 pm.**



**£128.00 was raised by  
Donation  
Matched by Woodlands  
Total £256.00  
‘THANK YOU’**

Every month Lisa and Sharon devise their planning activity, with a much colourful icon poster being displayed in the foyer and also the resident’s lounge.

The planning ensures that most activities include cognitive thinking and movement.

Games are great for residents to enjoy. Social interaction can help reduce anxiety, which is beneficial for some of our residents who are inclined to worry.

Much enjoyed games are:

Bingo

Musical Bingo

Bowls

Target-Games

Music and dancing are a very big part of activities, which includes chair exercises.

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On the first Thursday of each month, we are blessed to receive a service from the Hillingdon Baptist Church. This service is open to all denominations.

Our well wishes were expressed to Rev. Reg on his retirement from all at Woodlands, with a gift and card.

**OCTOBER**

**Harvest Festival** is a celebration of the food grown on the land. Thanksgiving ceremonies and celebrations for a successful harvest are worldwide. As a return of thanks, a harvest box was prepared by our residents with thanksgiving to Hillingdon Baptist Church.

To add to the ambience of Harvest, pumpkin soup was served as part of supper.

**The Next Quiz Evening is  
Friday, 6<sup>th</sup> October  
7:00 pm.  
'Supper Spaghetti  
Bolognese' will be served  
Please see Lisa for Further  
Details**

**World Singing Day:  
Saturday 21<sup>st</sup> October**

Join us in a global sing-along. This one day serves as an opportunity to celebrate our global family through the international language of music.

We are excited to be part of it, with support from our volunteers.

**Sunday 12<sup>th</sup> November  
Diwali**

Diwali is a Hindu Festival of light, honouring Lakshmi, the goddess of wealth.

During this week Woodlands will celebrate Diwali by creating paper lanterns to hang around the home. To add to the ambience, Indian snacks and sweets will be enjoyed.

**Wednesday, 25<sup>th</sup> October**

World Opera Day, with a cinema evening of the performance of 'The Magic Flute'

**NOVEMBER**

**GUY FAWKES**

**'SPECIAL MEAL' 5.11**

Back to 1605! - In tradition we will recognise the tradition that continues on the 5<sup>th</sup> November. 'Bangers and Mash' will be served.

Sharon will also light sparklers to brighten the day.

**'We Will Remember Them'  
Remembrance**

**Never forgotten**

On Saturday 11<sup>th</sup> November at 11:00 am., in respect, silence will fall on the home in remembrance of the fallen during the world conflict. TV coverage will be shown on Sunday, 12<sup>th</sup> November. Arts and Crafts will include Poppy Art, some of which will be displayed in windows of the care home.

**30.11 - St Andrews Day**

Saint Andrew's Day is celebrated on the 30<sup>th</sup> November in Scotland. This day celebrates the Feast of Saint Andrew and is also considered Scotland's National Day.

Our Chef will cook a special 'Scottish Meal'.  
Scottish Beef Casserole with 'Neeps and Tatties'

Followed by Scottish Shortbread  
Supper: Scotch Egg

**DECEMBER**

*"Its beginning to Look A Lot Like Christmas"*

Santa's little helpers at the ready with the Christmas tree and decorations being put up on

4<sup>th</sup> & 5<sup>th</sup> December.

We look forward to a fun jolly day and lots of singing of Christmas carols.

**& ALSO**

**CHRISTMAS JUMPER DAY**

Residents, Staff and Visitors are welcome to join in the fun and wear Christmas Jumpers.

**RAH RAH THEATRE**

Wednesday, 6<sup>th</sup> December  
1:30 pm.

**Wednesday 13th December**

Arts and Crafts  
Christmas Card Making – lots of glitter and glue ... so much festive fun.

In the afternoon, relax and enjoy, with a mince-pie and an optional glass of sherry a Christmas Movie.

**“CHRISTMAS PARTY”**

Our Christmas Party with residents and care staff will be held on

**Sunday 10<sup>th</sup> December**

Like in the past, an all ‘singing and dancing’ afternoon and enjoyment of a festive buffet. Staff will have a non-uniform day and our residents will be ‘dressed to impress’.

We welcome back the Ruislip Cubs-Scout Group on

**Monday 13<sup>th</sup> November  
7:30 pm.**

With Christmas Smiles and Carols.

It is also expected that the Home will receive Carol Singers, thank you to the Church.

We do hope soon to have a visit from St. Helens, College, Hillingdon.

**Father Christmas** will visit on Thursday, 21<sup>st</sup> December, bearing gifts for all.

**CHRISTMAS DAY**

Our Chef aspires to keep Christmas traditional, with the serving of Roast turkey with trimmings and Christmas pud! Starter: Prawn Cocktail.

Immediate families are welcome to join their loved-ones on this special day.

**Our thanks to John our local Village Butcher for his generous gift of a fresh turkey and trimmings for our residents to enjoy on Christmas Day.**

**BOXING DAY**

Cold Meats, Mash Potato and Pickles

‘Creative Poem’ by

Brenda Paice and Doreen Baxter . with a little bit of help from the Carers – a fun afternoon

‘Christmas Poem,’

Presents Under the Tree  
Gifts For You and Me  
Prepare the Turkey  
Pour the Wine

We All will be Jolly and Fine

Snow on the Ground  
Snowballs in the Air  
Children Running Around  
Not At All Chilly for Them  
With their glowing Cheeks  
and Noses.

We do love the Summer  
The Dark Nights seem to Linger

But Now is the Season  
To Have Good Reason  
So...

**MERRY CHRISTMAS**

To One and All  
Let’s Hope Everyone Has a Ball

**Here’s and Cheers to 2024.**

... And a special Meal on New Years Day  
Cod wrapped in Parma Ham

Bubbles will flow during this festive season ‘alcoholic and non-alcohol’.



**HAPPY BIRTHDAY WISHES**

We would like to take this opportunity to wish “Happy Birthday” to our residents some staff... who celebrate “21 young years again!”

**August**

Margaret Gostelow

**September**

Doreen Baxter  
Anita Burchett  
Ellen Garvey  
Hannah Salzman

**October**

Joan Sellar

**November**

Phyllis Fewell

**December**

Ted Richards  
Pellegrino Salomone  
Margaret Simpson





**Polite reminder:**

As lovely as it is, due to the increase awareness of allergies, should home-made cakes or similar be bought into the care home may they firstly be shared with Lorraine/Lyn (kitchen) so that they can ensure that the ingredients will not have an adverse effect on our residents, staff or visitors. This information is displayed in our Visitors Policy, which all families have received, with policy available in the foyer.

**Thank you.**

*Take Care, and*

*We So Look*

*Forward to 2024*

*Andrew & Staff*