



KATHRYN COURT CHRONICLE

SEPTEMBER 2018

CALENDAR OF EVENTS

- ◆ **MONDAY 3RD SEPTEMBER**
RESIDENTS MEETING – 10AM
- ◆ **TUESDAY 4TH SEPTEMBER**
ARTS AND CRAFT'S - 10AM
LUNCH IN THE GARDEN (12.30PM)
- ◆ **WEDNESDAY 5TH SEPTEMBER**
BAKING 2PM
- ◆ **SATURDAY 8TH SEPTEMBER**
BINGO 10AM
- ◆ **TUESDAY 11TH SEPTEMBER**
MENS GATHERING – 10AM
- ◆ **WEDNESDAY 12TH SEPTEMBER**
LIFESPAN MUSICIAN 10.30 -11.30
- ◆ **FRIDAY 14TH SEPTEMBER**
GARDENING – CREATING WINDOW POTS
- ◆ **SATURDAY 15TH SEPTEMBER**
LADIES COFFEE MORNING – 10AM
- ◆ **TUESDAY 18TH SEPTEMBER**
BAKING – 10AM
- ◆ **WEDNESDAY 19TH SEPTEMBER**
DAY TO REMEMBER - CHELMSFORD
- ◆ **TUESDAY 26TH SEPTEMBER**
DAY TRIP – LOCATION TO BE CONFIRMED

Creative HeART Project



Residents took part in a creative art project for 10 weeks working alongside pre-school children and toddlers; creating art work and working in partnership with each other.





A DAY TO REMEMBER

On Wednesday 19th September we will be attending a 'Day to Remember' at Chelmsford Race Course; an event organised by Runwood homes staff and will include music and entertainment. Transport has been booked but if you would like to attend please speak to Donna S to book your space. £10 per person.

MINATURE HORSES

Daisy and Sparky the miniature horses came to visit the residents, relatives and staff at Kathryn Court; thankfully there was no little 'presents' left behind!

Both Daisy and Sparky went throughout the home to visit residents; encouraging them to stroke them; and feed them an apple or two.



HOME MANAGER – DONNA

Please pop in at any time to have a chat with her regarding any comments, queries or issues you may have, alternatively if you would like to make an appointment Please call in to the office or call 01702 292800



HOUSEKEEPER – KERRY

Please can you make sure all the clothes you bring in are labelled with a name and room number so clothing does not get mis-placed

We can label clothing for £10 for 50 items.

Please speak to Kerry for more information
Clothing that is made of lamb's wool shrink in our tumble dryers



MILKSHAKES / FRUIT SALADS

We have been experimenting with different tastes through milkshakes and fruit salads. Residents tasted fruits before cutting them and making their fruit salad / blending to make a milkshake.



VOLUNTEERS

Students from local colleges and schools come to the home to increase their knowledge and gain valuable experience in the care field.





PERSONAL ALLOWANCE

Please check regularly to ensure your relative has enough personal allowance in the safe. Please see Michelle for more information

Cheques to be made payable to Runwood homes LTD

HAIRDRESSER

Karen is in the salon on Monday and Tuesdays
Claire is in the salon on Wednesdays
£10.

CHIROPODIST

Claire tends to feet on Fridays - £15



PETS AS THERAPY

Pet therapy builds on the pre-existing human-animal bond. Interacting with a friendly pet can help many physical and mental issues. It can help reduce blood pressure and improve overall cardiovascular health. It can also release endorphins that produce a calming effect.



ACTIVE LIFE

Michelle from Active Life comes in weekly to do armchair exercises with our residents. You can see great fun was had with balls and pool noodles. Exercising the upper body and having a good old giggle at the same time.



