

# NESBIT HERALD



## LOVE IS IN THE AIR!

This Valentine's Day, the residents of Nesbit House were feeling the love – as we put on a day of romance-inspired treats.

In the morning, we began with a flower arranging session, where residents created beautiful displays of their favourite blooms. The flower power continued as each lady in the home – both residents and staff – was presented with a single red rose to mark the occasion.

After lunch, we hosted a tea dance with local singer Davina Rey. She performed a selection of classic songs, and many of our residents took to the floor for a spin. Davina made sure there were plenty of love songs in her set to capture the Valentine's Day spirit.

"I've always loved going to tea dances and this was a real treat," smiles resident Heather Griffin, 90. "It's great to listen to a talented singer and to get my dancing shoes on. It was a lovely way to spend Valentine's Day, particularly after the flower arranging in the morning."

The festivities didn't stop after the tea dance concluded, as residents had their dinner and prepared for the final event of the day.

In the evening, there was a 'Milkshake and Movie' night in the Nesbit House cinema. Residents were able to take their pick from four different Valentine's-themed milkshakes before settling down in our deluxe cinema to watch their chosen film.

After a vote among the audience, the romantic movie *Pretty Woman* was screened for them to enjoy.

"*Pretty Woman* is one of my favourite films - so it was fantastic to watch it on the big screen," says Diane Parslow, 89. "When I was young, going to the cinema was a very popular choice for young couples. It felt like the perfect way to finish a lovely Valentine's Day."



**"I'M PROUD OF MY TEAM FOR MAKING LIFE HERE SO ENJOYABLE FOR OUR RESIDENTS!"**

Welcome to the winter edition of the Nesbit Herald – I hope you've had a great 2020 so far and have plenty of good things to look forward to this year.

Despite the chilly weather, we've been feeling warm and fuzzy at the home thanks to the efforts of the team to make sure there's plenty for residents to enjoy.

Our Valentine's Day event went down a storm, we've all enjoyed the new Baking Club's offerings and there was some animal magic, courtesy of local firm ZooLab.

The team have got lots of ideas of how to make 2020 a year full of great activities and meaningful experiences for our residents. We're also channelling the 'New Year, new you!' spirit with some fun health initiatives and exercise sessions.

We're excited to welcome new residents and show them just how much they have to look forward to as they move into Nesbit House. I'm incredibly proud of my team for working so hard to make life here so enjoyable.

Why don't you pop in sometime and join in the fun?

**Charles Knowles**  
HOME MANAGER

# TOP STORIES FROM TEAM NESBIT

Take a look at what's been happening here this winter.



## BAKE OFF READY!

Move over Paul Hollywood, the Nesbit House Bakers are ready to put you to shame. We've got a group of keen bread and cake makers in the home, so they've been busy creating delicious baked goods for everyone to enjoy.

The idea began after staff discovered that one of our residents had a history of making soda bread every day for her family. Inspired by her story, we started putting on bread-making sessions and learning to make different types of bread.

So far, the group have produced sun-dried tomato, garlic and soda bread, and baked double chocolate cookies, shortbread and scones for the grateful non-bakers among us.

"I love the baking club, I find making bread and cakes very therapeutic," smiles resident Renee Leach. "We have a good natter while we are measuring and kneading, and our bakes have proved popular with the staff and other residents. I look forward to it every week."

While many residents enjoy tuning in to the Great British Bake Off, they've also been inspired by the Netflix series Sugar Rush. The non-bakers are hoping that the group will continue to try more delicious recipes and keep the rest of the home well-fed.



## CREATURE COMFORTS

January visits from local animal encounters company Zoolab caused great excitement among our residents, as they were introduced to some unusual creatures.

At first, some residents were reluctant to get up close to the Zoolab animals, but as the session went on, they changed their minds.

The Zoolab Rangers brought a Giant African Land Snail, a corn snake, a Chilean Rose Tarantula and a rat for residents to hold during two lively sessions. The Rangers delivered an educational talk about the character, diets and behaviours of each of the species.

"I wasn't keen on holding any of them at first," admits resident Jean Bartlett. "But learning more about each different animal was interesting and I started to relax. In the end, I really surprised myself by holding both a snake and a rat. I felt ever so brave."

Zoolab specialises in providing ethical hands-on animal encounters and regularly hosts sessions for community groups who want to learn more about the natural world. They came at Chinese New Year and gave us a talk about the 'Year of the Rat', where residents had the chance to ask questions and hold the Zoolab rat. We look forward to welcoming them back again soon.





## FOOD GLORIOUS FOOD

Our residents are getting into healthy food habits thanks to the introduction of Milkshake Mondays and Fruitful Fridays.

Wellbeing & Lifestyle Coach Dean Champion came up with the concept to encourage residents to consume more nourishing products and help them maintain a healthy weight.

On Milkshake Mondays, the group gets together to customise their individual drink creations. By adding fruits and other ingredients to the milkshakes, Dean can

ensure the residents get a great calcium and vitamin boost.

Meanwhile, on Fruitful Fridays, Dean and a volunteer resident prepare a selection of delicious produce, before taking it round to offer as a snack to residents and staff alike.

"I wanted to find a way to encourage healthy habits without it being a chore," explains Dean. "By involving the residents in the preparation of the food, we're empowering them to make healthy choices by using flavours they enjoy."



## BERYL'S B'DAY BUBBLES

One of our short-stay residents, Beryl Butcher, had a birthday to remember this year – when we hosted a bubbles and brushes celebration for her.

Wellbeing & Lifestyle Coach Dean Champion got chatting to Beryl – who regularly stays at Nesbit House – about her Christmas and discovered she'd enjoyed drinking Prosecco with her daughter during the festive season. Dean already knew that Beryl, 89, enjoyed art and creating her own paintings, so he decided to combine the two for a birthday activity session.

"Beryl was overwhelmed – she wasn't expecting it at all!" smiles Dean. "Beryl isn't one for a lot of fuss, so we would have never sprung a party on her. But this was a perfect way to mark her special day with a group activity session that many other residents got to enjoy too!"



## SIT AND GET FIT!

Our residents have been getting active in a new series of exercise classes that are all chair-based.

The classes are perfect for people with limited mobility who still want to remain active. Each session involves doing a series of movements to music, which help to promote blood flow, improve mobility and boost wellbeing. The feedback we've had so far is that residents are really enjoying the chance to keep fit, listen to music and get their bodies moving.



## BURNS NIGHT FUN

Our chef Derek Hutton laid on a Burns Night celebration to remember this January – by creating a delicious lunch inspired by the Scottish poet.

As a Scotsman himself, Derek was the perfect person to deliver the authentic Burns experience, and laid on a traditional meal of haggis, neeps and tatties. Despite the fact haggis is an acquired taste, eight residents tucked into the Scottish delicacy and found they enjoyed the flavour. Meanwhile, some of our staff and residents paid tribute with some snazzy tartan accessories.

"I loved the Burns Night celebration - it gave me the chance to get my tartan braces out!" laughs resident Bert James. "The meal was delicious and everyone had a great time."





## JOYCE GETS IN THE SWING OF THINGS!

**You are never too old to try something new, but it can feel challenging to push yourself out of your comfort zone.**

So, when resident Joyce Smith was asked to take part in an indoor golf game in our lounge, she was hesitant to say 'yes'. Joyce, 95, was worried that she wouldn't be able to participate because she has mobility challenges and uses a wheelchair. However, with encouragement from staff, Joyce was persuaded to give the game a go.

"I have never played golf in my life and I never thought I would," explains Joyce. "I assumed that being in a chair would make it too difficult. But everyone promised that I could be part of it if I were willing to try something different. I'm so glad I trusted them."

The golf match was played in one of Nesbit House's beautiful lounges, where staff are encouraging residents to compete in different games. They've installed a dartboard and stocked up on jigsaws and board games, so residents now have a range of fun activities to do while relaxing there.

The indoor golf has proved to be a hit with many residents, including keen golfer Bert James who continues to play at a local club with his son-in-law from time-to-time. The other

golfers have encouraged Joyce to join in, and the staff helped her to find the best angle to putt from a seated position.

"I told my daughter that I'd been golfing and she didn't believe me at first!" laughs Joyce. "It's been great to push myself a little bit and I appreciate how helpful the staff have been. I've also been getting involved in the baking club and sharing my scone knowledge with the others. I'm having lots of fun."

Some residents, like Joyce, need a little gentle persuasion to start taking part in group activities. But all our staff are trained to find opportunities to boost their wellbeing and to build their confidence. The Personalised Wellbeing Plans created by our Wellbeing & Lifestyle Coach Dean Champion help residents continue with the hobbies and activities they enjoy, but also encourages them to try new things too.

Joyce has made incredible progress during her time with us. We're excited to see what she – and the rest of the residents – get involved in next.

## DATES FOR THE DIARY

### UPCOMING EVENTS

**Tuesday 17th March**

St Patrick's Day event

**Sunday 22nd March**

Mother's Day flower arranging and afternoon tea

**Sunday 12th April**

Easter Eggstravaganza  
– music from Lisa Westhoff

### REGULAR COMMUNITY EVENTS

(Starting January 2020)

**Wednesday 14:00**

(second Weds of every month)  
Dementia Friendly Cinema Club

**Thursday 18:00 – 21:00**

Community Social

**Friday 10:30 – 12:00**

(first Friday of every month)  
Coffee Morning