



BERRYSTED FAMILY NEWS

A Quarterly Home and Community Newsletter of Berrystead Nursing Home

DEC 07 - FEB 08 ISSUE

Service Users Christmas Party



The Service Users' Christmas party was held on Tuesday 19th December.

The tables were set up party style with green cloths, elegant cream toper cloths embroidered slipper cloths with gold pots each with poinsettias and Christmas foliage arranged around a central candle. Carrying the theme through the disposable paper plates and napkins featured the Christmas flower the poinsettia.

Each table setting had a coordinating cracker and a wine glass. To finish the tables off each had a large helium filled novelty balloon featuring a Christmas character. The balloons made for much amusement and delight from the service users as they were brought into the dining room to be seated at their tables.

Trays of seasonally filled sandwiches, turkey with stuffing and cranberry, red salmon and ham were served with a selection of savouries from the Tesco finest range of party foods – salmon encrutes, cheese and bacon croissants and mini toad in the holes.

This was followed with individual strawberry trifles, mince pies and Christmas cake.



Service user Laura Greasley with the magician, proudly holding her balloon sculptured 'flower'.

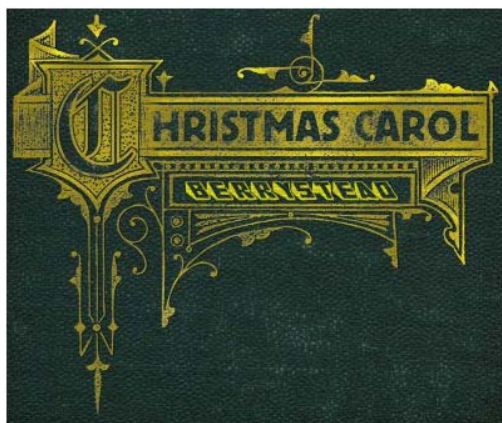
Service users could partake of a glass of sparkling Lambrusco wine or a soft drink.

Entertainment was provided by a magician and balloon sculptor. He went around each table chatting to the service users and performing card tricks and making balloon sculptures. These became treasured possessions to many. Favourites were poodle dogs, swans, flowers and teddy bears.

At the end of the party, activities leader Julie Hilton led the service users in the classic Christmas song 'I'm dreaming of a white Christmas'. Three cheers were in order as a thank you to all who had helped with the party in many different ways.

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by members of the three churches and activities leader Julie Hilton. The carols were accompanied by a special CD featuring an authentic church organ giving much ambience to the occasion.

December is the month of advent and in church throughout the month a

candle is lit for each of the four Sundays of advent. Berrystead addressed this by lighting four candles at intervals throughout the service.

After the service, warm mulled wine and minced pies were served. Our friends from the churches reminisced with the service users about Christmas time, carol and christingle services and going to midnight mass on Christmas Eve.

Activities leader Julie Hilton then made some presentations on behalf of the service users. She

Afternoon Service

Hymns, bible readings, prayers and poetry. Every third Monday. Main lounge. 3:00 PM

Formal Communion (shortened) Every first Wednesday. Activities Lounge. 2:30 PM



On the afternoon of Monday 17th December, Berrystead held a traditional Carol Service for the service users.

The service was led by members of St Michael and All Angel's Church of Thurmaston, St Peter's and St Paul's Church of Syston and All Saint's Church of Scraftoft.

Mirroring the format of services held in the local community churches, the service followed the nativity story through bible readings and carols. The readings were read

thanked the leaders for their valued support of the monthly church services held at Berrystead and said how much they were appreciated. The members of the churches were given a bottle of port and a box of mulled wine and raisin fudge.

Berrystead is very lucky to have the support of the local clergy in that the 'Church' is regularly brought into Berrystead for the benefit of the service users. Together with activities leader Julie Hilton the services are made to be as authentic as possible and mirror everything that goes on in the local community churches throughout the year.

NEW YEAR'S EVE THEMED TEA-TIME

Service users celebrated the New Year of 2008 with a New Year's Eve themed tea-time. The tables were set up in true hogmany style using the theme of tartan from the disposable plates through to the napkins and crackers. Bright colourful balloons made for visual impact as table centres. Platters of sandwiches and savouries were enjoyed. This was then followed by a slice of Bailey's Irish Cream cheesecake and mince pies and for some a slice of Christmas cake!

Activities leader made authentic snowball drinks for the ladies us-

ing Advocaat, lemonade and lime juice. A light refreshing drink being a favourite of many of the service users in their younger days. Lambrusco wine and soft drinks were also enjoyable alternatives on offer.

To set the party mood, a CD of 'Mrs. Mills' tinkling the ivories gave the opportunity for service users to sing-a-long to many of the songs that have been sung at family gatherings to see the new year in



years ago. A real party atmosphere was enjoyed by all with much reminiscence. The finale of the occasion was to welcome Sarah Walton who was to lead us on the flute with 'Auld Lang Syne', a traditional song for New Year's Eve celebrations. Service users joined in the hand links and sang enthusiastically word for word. Sarah happily played the song through some three times before they gave her a round of applause and a hearty three cheers.

FANCY DRESS AT CHRISTMAS



On Friday 21st December '07, the staff of Berrystead were invited to come to work in fancy dress costumes. The occasion made for a wonderful atmosphere and brought much amusement to the service users and their relatives that were visiting on the day.

The domestic staff had gone to a lot of effort in making their costumes

and together came as a group of snowmen – Janet Brown, Lisa Hill, Lesley Palmer, Linda Barratt and Maria Dance collectively the domestic staff.

A group of staff including Amanda Hall, Lary Dudek, Samantha Cox, Tracey Sleath and Mandy Pateman came chained together with interlocking handcuffs and dressed in orange boiler suits as escapees from psycho ward. Manager Gail Duggan in a policewoman's uniform tried in vain to keep them under control! Julie Hilton came as a Hawai-

ian lady, Jane Jackson as Mrs. Christmas, Judith Sithole as a snowman and Parm Gill as a sumo ballet dancer.

Director Sukhi Hoonjan innocently collecting the post of the day found himself surrounded by the somewhat 'worrying group' of individuals.



Parm Gill - a sumo ballet dancer



Gail Duggan as a policewoman.



Judith Sithole as a snowman.



The Domestics came as snowmen. Janet Brown, Lisa Hill, Maria Dance, Lesley Palmer and Linda Barratt



Joseph Cann and Mandy Pateman as Father Christmas and Evie elf.



Escapees from a psycho ward. Amanda Hall, Lary Dudek, Tracey Sleath, Mandy Pateman and Sam Cox.



Julie Hilton as a Hawaiian girl with service user Stanley Moore.



Jane Jackson as Mrs. Christmas with service user Stanley Moore

CHRISTMAS LIGHTS TOUR OF LEICESTER

On the first two Monday evenings in December two groups of service users were taken to see the Christmas lights and decorations of Leicester town centre. The cold and damp didn't stop us enjoying the evenings. Service users were cocooned within their wheelchairs over wrapped in blankets. Warm and cozy, they were able to view the Christmas lights through the large picture windows of the bus.

The tour took us first by the old Thorn Lighting buildings decorated for the last time as the company closes in the New Year, the end of an era. Many of the service users had fond memories of these Christmas lights that have been a feature for Leicester people for the past 40 or so years.

Then along the Belgrave Road and the Golden Mile to view the Diwali lights. Into Leicester and in particular to see the Clock tower, the town hall Square and the many lights strung across the city centre roads. The colourful lights set against the backdrop of the night sky made for a wonderful display and were enjoyed by all.



CHRISTMAS RAFFLE

The Christmas raffle was very well supported and raised a total of £ 159. This money has been paid into the Berrystead Patient's Comfort Club to help support the activities programme organized for the service users over the coming year.

Many thanks to all those who bought tickets and also to those who kindly donated prizes.

CHRISTMAS RAFFLE WINNERS

Michael Montague – Croft original sherry

Karen Linney – Ferrero Rocher chocolates

Jackie Harrison – Mulled wine and raisin fudge

Reg Newby – Bottle wine

Parm Gill – Bottle port

Ron Brigstock – Cherry lambrusco

Joy Wood – Acoustic Christmas moods CD

Maria Dance – Bottle of Tia Maria

Gordon Jarvis – Bottle of wine

Kerry Andrews – Bottle of wine

Mandy Pateman - Mars selection box

Lisa Hill – Bottle of Bailey's Irish Cream

Amie Crow – Shortbread Biscuits



ST VALENTINES DAY CELEBRATIONS

The service users of Berrystead celebrated a week of themed St Valentines activities. Two craft sessions were organized. The first group made Valentine wall plaques which involved colouring in a motif of a stenciled rose and then using laces to form running stitch around the edge of the plaques.

The second group used salt dough to cut out heart shapes which they then painted red. The scraps of salt dough were used to cut out letters to spell words associated with St Valentine's Day. These were then glued onto the red hearts.

On St Valentine's Day, February 14th Berrystead welcomed 'Timeless' to perform a programme of love songs. Timeless are a group of singers all with musical theatre/opera background. They didn't disappoint the service users singing popular love songs, songs from the musicals and love medleys with solos and in harmonies. Service users were in awe when listening to Timeless sing some powerful ballads in three part harmony.

The Friday afternoon bingo group played for prizes of Valentine's bags containing a velvet red rose and a box of heart shaped chocolates.



Service user Dorothy Ball cutting out heart shapes

BURN'S NIGHT CELEBRATIONS

On Friday 25th January '08, the service users of Berrystead celebrated Burn's Night with a special tea-time themed to the Scottish poet Robert Burns.

The tables were dressed in dark green cloths with a laminated placemat featuring the well known poem 'My luv is like a red red rose', tartan napkins and the Scottish emblem a Thistle featured in the bud vase.

In past years the traditional haggis, tatties and neeps has been on the menu. But this year service users unanimously chose the now legendary homemade Scotch broth, a meal in itself, with a freshly baked bread roll and butter.

A CD featuring Scottish pan pipes added to the ambiance of the occasion. The finale of the occasion was for the service users and the staff to join in singing 'Auld Lang Syne'.



John McCormack enjoying a 'wee dram' of whiskey

MENU

Homemade Scotch Broth
Bread rolls

Canarchan with raspberries

Scottish Shortbread biscuits

'Tot' of whiskey – Tea and coffee

ST VALENTINE'S THEMED BINGO PRIZE WINNERS



Dorothy Brigstock



Irene Briggs



Joan Potter

**AFTERNOON CON-
CERT - LOUIE**



Louie with service user Iris Parker

On the afternoon of Wednesday 30th January '08, the service users of Berrystead gathered for an afternoon of easy listening music performed by Louie.

Louie sings in the style of Nat King Cole and Louie Armstrong and sings the songs from an era well loved and remembered by the service users.

**THE
BELTONES
CHOIR**



The Beltone's Choir was welcomed back to Berrystead to perform an evening concert on Monday December 07.

The choir is made up of a group of individuals who enjoy singing and who all live in and around the village of Beltone just outside Loughborough. The choir has now been coming to Berrystead for the past five years.

Service users enjoyed listening to the choir sing a programme of Christmas songs accompanied by the choir master on keyboard. The finale of the occasion was for everybody to join together to sing a medley of Christmas carols.

**"OUR FLOSSIE'S" CHRISTMAS
CONCERT**

The finale of the Christmas Programme organized for the service users of Berrystead was 'Our Flossie's Christmas Concert'. On the afternoon of Friday 22nd December, activities leader Julie Hilton packed service users and many of their relatives into the lounge for a much looked forward to afternoon's entertainment.

'Our Flossie' is a much sought after polished entertainer and has been coming to Berrystead for the last two years. She has fast become one of the service users favorites.

'Our Flossie' starts her concert wearing all of her costumes and after each medley of songs cleverly removes a layer of clothing to reveal her next costume and then adds relevant accessories.

The afternoon started with 'Our Flossie' dressed as a nun and the theme tune from the musical 'The Sound of Music'. When the nun's outfit was removed she revealed a dress made of curtain fabric and sang further well loved songs from the film including 'My Favourite



Things' and 'Edelweiss'. The dress then came off to allow for a pair of shorts and braces made in the same curtain fabric as the dress (just as Maria had made for the Captain's children in the film). 'Our Flossie' showed us her talent of yodeling which included some audience participation.

The service users loved 'Our Flossie's' transformation into Country and Western idol Dolly Parton. Complete with a long blonde wig and buxom cowgirl outfit,

she was a hit with everyone.

Activities leader Julie Hilton then served tea, coffee and mince pies. Members of the choir chatted to the service users. For some, who had met the choir before it was like seeing old friends.

The choir promised to return in the New Year to sing songs from the musicals

Strictly Come Dancing came into Berrystead with 'Our Flossie' wearing a glamorous outfit. A trained dancer, 'Our Flossie' danced a waltz, a foxtrot and a tango whilst singing some classic dance songs. If the service users had been judges there would have been scores of ten in abundance.

PANTOMIME DICK WHITTINGTON

SG Productions returned to Berrystead on the afternoon of Thursday 21st December to perform the pantomime Dick Whittington.

Three talented and enthusiastic actors led us through the story of Dick Whittington and his cat traveling to London to try and find their fortune with their many adventures on the way.

Fast moving with colourful costumes, dance routines and the chance for audience participation kept the interest of the service users and led to much laughter, clapping of hands and foot tapping.

King Rat was a dastardly character to be booed and hissed at. Dame Cook was a favourite with her outrageous dresses and hairstyles and of course loud over the top vo-

cal. Dick Whittington in true pantomime was played by a girl. With the short top, black fish net tights and boots she did not go unnoticed by many of the male service users!

At the end of the performance, activities leader Julie Hilton thanked the actors on behalf of the service users for a thoroughly enjoyable afternoon of entertainment.

SG Productions will return in 2008 for a summer show 'In the Mood'. A musical tribute to the legendary Glenn Miller. Also at Christmas for the pantomime Cinderella.



Cast of 'Dick Whittington' in pantomime costume



On Monday 12th January '08 a group of service users met together for a quiz afternoon themed to the winter.

The first round was to try and beat the hangman by choosing letters to fit to an unknown word presented in large format on an easel as a series of dashed lines. Each word themed to the winter-time, January, snowflake and poinsettia.

This was followed by the 20 questions round where the service users have to ask questions to try and

find the identity of three individuals.

Sense of smell was then tested with service-users being given three pots containing a cotton wool ball infused with the smell of three things associated with the winter season. Vicks vapour rub, pine and oil of olbas.

A Kim's game followed with activities leader Julie Hilton introducing the service users to 20 items again associated with the winter. The items ranged from a sprig of holly through to a hot water bottle. The items were then covered up and the service users had to recall as many of the items as they could remember. To make the task a little more challenging it was necessary to give

the colour of the hot water bottle and the brand name of the cough medicine etc. This round led to much reminiscence especially with regards to old fashioned cough and cold remedies.

The popular alphabet round was found to be far more challenging than the service users first thought. They had to think of something to do with the winter through each letter of the alphabet.

The song round was enjoyed by all. Service users had to think of as many song titles as they could connected with the winter. This was then followed by the group joining together to sing three of these songs.



COMMUNITY PUB WEEK



The month of February hosted Community Pub Week. This is a national annual event where community pubs focus on the fact that they provide social opportunities for members of their local community. For example going out for a meal, being a member of the darts team, enjoying a skittle evening with supper, meeting friends for a chat over a drink or using the pub facilities to hold regular meetings for their club

or society.

Berrystead joined in with this event with two groups of service users being taken for a pub lunch at the Flying Childers.

Activities leader Julie Hilton organized a pub quiz afternoon and served crisps and pork scratchings together with lager shandies. A pub games afternoon was also enjoyed with service users able to have a

go at dominoes, table skittles (devil among the tailors), darts and table top pool. The singing for enjoyment group joined in the pub spirit by enjoying a ploughman's supper followed by a pub style sing-a-long ending with the customary chucking out songs.

CHRISTMAS MEAL OUTINGS

This year two groups of service users went for a Christmas meal at the Flying Childers, Kirby Bellars just outside Melton Mowbray. Christmas is a special time and those service users with a spouse were able to invite them to come with us.



Service users Ada Baines enjoying a floater coffee with activities leader Julie Hilton and care staff Vicky Pillington.

We were made to feel very welcome by the manager and his staff. The Childers with its Christmas decorations set the festive ambiance for us to enjoy our meals.

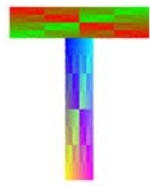
The menu provided us with a varied choice but most opted for the traditional turkey meal with all the trimmings.

SINGING FOR ENJOYMENT GROUP

The singing for enjoyment group meets every Thursday in the activities conservatory at around 4.30 PM. Service users firstly have their afternoon tea of sandwiches and cake with a cup of tea. This is then followed by a session of singing for enjoyment led by activities leader Julie Hilton. The emphasis is on enjoyment not the need to have a good singing voice.

Anybody interested in joining the group would be very welcome. See activities leader Julie Hilton for further information.

REMINISCENCE WEEK – ‘BAKING DAYS’



The week started with an afternoon quiz themed to baking days. Service users particularly enjoyed the Kim's rounds where utensils and items used for baking were displayed, held and talked about. The items were then covered up and the service users then had to recall as many as they could remember. Amongst the items were old fashioned scales, weights in pounds and ounces, an old cookery book, earthenware mixing bowl and marble rolling pin. The ever popular A-Z round challenged the service users to think of the names of cakes, pastries through each letter of the alphabet.

Another group of service users spent an afternoon using their pastry making skills. They helped to weigh out the ingredients and mix a batch of pastry. They then rolled out the pastry to make jam tarts. The scraps of pastry were then used to cut out letter to spell out words associated with baking bread. This prompted

much nostalgia with the service users recollecting memories of their own baking days.

These memories and favourite recipes of the service users were then used by activities leader Julie Hilton to make a book. Memories from winning cups for their Victoria Sandwich Cake, condensation running down the walls of the kitchen when steaming puddings, baking for church fund raising to husbands raiding the cake tin to add to their pack-ups when on fishing trips.



Service users enjoyed homemade cakes at the Lyons House Corner Tea Rooms activity

Service users asked their relatives to bring in their old cook books. The Be-ro cookbook was a favourite with many and when a copy of the book was loaned for the reminiscence project it led to many memories of them owning their own copies and the recipes that they used to use.

A special themed tea-time recreating a Lyon's House Corner Tea Rooms was arranged for the service users. A selection of homemade cakes including a traditional Victoria sandwich cake, lemon butterfly cakes, chocolate and walnut cake and a Swiss coffee and chocolate mocha cake were displayed on cake stands on a central trolley in the dining room. Julie Hilton, activities leader and the care staff wore broid anglais aprons and caps to become Nippy girls serving tea and cakes to the service users.

The Friday afternoon bingo group ended the week bringing in the baking theme by 'Mr. Kipling' cakes being served with the afternoon tea and coffee (Battenburg, angle cake and almond slices.) 'Mr Kipling' had been one of the mystery subjects in the 20 questions round at the quiz afternoon earlier in the week.

JIG-SAW GROUP

The jig-saw group meets in the activities conservatory every Friday morning 10.30 to mid-day.

It is a small group activity that helps support those service users who used to enjoy the challenge of completing a jig-saw puzzle.

Activities leader Julie Hilton has a selection of puzzles with adult themes in various sizes and thicknesses from those that can be completed in a morning to some that can be worked on week by

week using special jig-saw storage folders.

The adult themes of the jig-saw preserves the dignity of those involved in the group and the larger, thicker pieces help to address the problems that some service users have with poor dexterity.

All service users involved need help to some degree and so if anybody would like to help with this activity your support would be much appreciated. Please see Julie Hilton for further information.

AVID JIGSAW PUZZLERS



Jean & Arthur Moulton



Marjorie Newby



Frances Lewis