



BERRYSTEAD FAMILY NEWS

A quarterly Home and Community Newsletter of Berrystead Nursing Home

Volume 2, Issue 1, Winter 2006

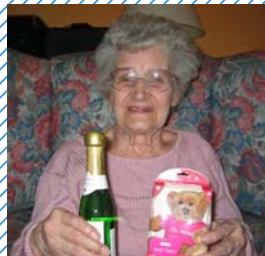
THE WINNERS BINGO ST. VALENTINE'S DAY



Kathleen Garner



Marjorie Newby



Dorothy Brigstock



Rolling salt dough. Service users Mary Tomblin, Rachel Hallam and Annie Allen with volunteer Kaysha

Valentine's Day Celebrations

On Wednesday February 14th, service users celebrated St. Valentine's Day. An afternoon concert was arranged with entertainer John Montague. Service users enjoyed a programme of well known love songs. The lounge was decorated with helium filled heart shaped balloons and heart shaped shortbread biscuits were served with the afternoon tea and coffee.



The mood was then set for the service users to follow with a themed St Valentine's tea time. The tables were set up in restaurant style with place mats featuring a red rose, and a matching napkin folded into a wine glass. Platters of freshly cut sandwiches with an assortment of fillings, a selection of cheesy savouries and crisps, home-made butterfly cakes and heart shaped biscuits was enjoyed by all together with a glass of sparkling Lambrusco wine.

The Magpie's group used salt dough to roll and cut out heart shapes. They then decorated them with love heart sweets baked them in a cool oven to slowly dry out the dough. They were then varnished and hung with ribbon on some tree branches contained in a large vase.

The Friday afternoon bingo group played for St Valentine's Day themed prizes. A half bottle of Lambrusco wine together with a boxed teddy bear holding a heart saying 'be mine' were won by Marjorie Newby, Dorothy Brigstock and Kathleen Garner.

Christmas Carol Service

On Monday 18th December, Berrystead held the Christmas carol service. The service was led by members of the churches of St Peter and St Paul's of Syston, St Michael and All Angels of Thurmaston and All Saints church of Scraftoft. Fronted by Pat Davies, members of each church and Julie Hilton each read a reading from the Nativity story which was followed by a carol.

After the service, warm mulled wine was served with mince pies.

Julie Hilton then presented each of the church personnel with a present on behalf of the service users of Berrystead in appreciation of their support for the afternoon services at the Berrystead held monthly throughout the year.

Christmas Quiz

£ 12 was made in aid of the Berrystead Patients Comfort Club on the sale of quiz papers. Only 4 entries were returned – all had answered the questions correctly so a draw was made.

Winner – Pauline Beeton
Bottle of Sherry and a box of Roses

Christmas Raffle

£ 101 was made in aid of the Berrystead Patients Comfort Club

Winning Tickets

Mandy Pateman-Chocolate fountain
Lesley Palmer-Tin biscuits
Jayne Pochin-Tin roses
Julie Duncan-Champagne
Norman Tomblin -Box crackers
Helen Bale-Bottle wine
Sylvia Newby-Gift set lipsticks
Carol Heighton-Box chocolates

SERVICE USERS CHRISTMAS PARTY

On the afternoon of Friday 15th December a Christmas party was held for the service users of Berrystead.

The tables were set with green clothes, napkins and placemats depicting a traditional Victorian Christmas scene, crackers and table centre pieces of cluster of helium filled balloons.

Activities leader Julie Hilton welcomed each service users as they arrived and seated them at their table.

Staff were then asked to help the service users pull their crackers, put on their hats and read the jokes. A glass of sparkling wine was served to those who wished to partake of and the atmosphere was set. The food was then served from large platters. Fancily cut sandwiches and party nibbles from the Sainsbury's range of party foods together with Pork Farms pork pie and crisps made for a mouthwatering feast.



Service User Betty Reid with Father Christmas and Evie Elf

This was then followed by the arrival at each table of a cake stand laden with mince-pies, chocolate éclairs, doughnuts, macaroons and individual strawberry trifles.

The tables were then cleared and tea and coffee was served whilst awaiting the arrival of two special guests.

Then all of a sudden there came the arrival of Evie Elf and Santa Claus. The two introduced themselves to each of the service users bringing much fun, smiles and laughter to the occasion. Then under the direction of activities leader Julie Hilton they presented each of the service users with a present on behalf of the Berrystead Nursing Home. Staff helped the

service users unwrap their presents. Some did choose to keep their presents until Christmas day!



Julie Hilton then led service users and staff, Evie Elf and Santa Claus with a rousing 'We Wish You a Merry Christmas!'

Service users enjoying the party atmosphere

On the final day of the Berrystead activities programme, staff were invited to come in a fancy dress. This makes for a wonderful, friendly and fun atmosphere for the staff, service users and their friends and family.

The domestic staff once again made an excellent team effort by coming dressed as a collection of boxed presents and a Christmas cracker. Full marks for such a clever idea by the domestic staff – Janet Brown, Lisa Hill, Linda Barratt, Maria Dance and Lesley Palmer.

Gail Duggan came as a rag doll and could be bought for 50p! Julie Hilton was Ethel elf, Robert Pateman as Santa Claus, Mandy Pateman a snowman, Amanda Hall the pink fairy from the Wizard of Oz, Lary Dudek an ingenious 'beach belle', Rosemary Jarvis as an angel and Jenny Cross complete with frilly apron and mop cap..

Service users thoroughly enjoyed the staff in fancy dress. They marvelled at the different costumes the staff had chosen to come in. Service user Laura Greasley said that the occasion had been splendid and made for a fun atmosphere. Service user Ada Baines commented on the lovely material used by Amanda Hall to make her pink fairy outfit.

There was no one winner as it was considered that everyone was a winner. Manager Gail Duggan thanked everyone for their efforts and said that she was very proud. She then served a homemade mulled wine with mince pies for the staff in appreciation of their hard work and dedication as a team over the past year.

FANCY DRESS



Robert 'Santa' Pateman hanging up his Christmas Tree decors

'Our Flossie' Entertains at Christmas

On Tuesday 19th December, Berrystead welcomed back 'Our Flossie' for a Christmas concert. 'Our Flossie' is a novel entertainer as she starts off the concert skillfully wearing all of her costumes. After each medley of songs, she removes a layer of costume and adds an accessory such as a hat. The concert started with her as a rather rotund Irish character singing a medley of Irish songs much to the delight of our Irish service users. She then became an air hostess from 'Flossie Airways', inviting the service users by the power of imagination to travel the world through song. Dressed as a military band leader, 'Our Flossie' marched us through a medley of band songs.

The finale of the afternoon was when dressed as a very glamorous Mrs Claus, 'Our Flossie' asked the service users and relatives to join her in a medley of Christmas carols and songs.



Christmas Concerts

**Maggie and Phil
Rock and Jive Duo**

On Tuesday 12th December Rock and Roll Duo Maggie and Phil returned to perform to us. Songs from the 1950's era brought back many memories to the service users. The duo were very visual with their authentic 50's costumes. After the concert service users shared in a tin of chocolate Roses.



**Richard Storer
Christmas Sing-a-long**

On Thursday 7th December, Berrystead's favourite afternoon entertainer Richard Storer led the service users in a good old fashioned Christmas sing-a-long. Everyone wore Christmas hats and joined in either with hearty singing or rhythmic moving of hands and feet. Service users Kathleen Garner, Molly Kelly and Laura Greasley mimicked Richard playing the keyboard. Richard still found time for his usual monologue spot much to the delight of all. A final 'I'm Dreaming of a White Christmas' left everyone with the Christmas spirit.

**THE CHRISTMAS PANTOMIME
'Let's Go Panto'**

The Berrystead Christmas programme of activities was opened on the afternoon of Monday December 4th with a pantomime. Once again we welcomed SG Productions back for an afternoon of pure pantomime. They didn't disappoint us with their performance of 'Let's go Panto'. A very cleverly written story leads two pantomime characters Cinderella and Dick Whittington through a mixed up pantomime world and over the afternoon we meet characters and events from all the well loved pantomimes through sketches, songs and dance routines.



A fast moving, visual performance with plenty of opportunities for audience participation all led for an atmospheric experience of the theatre at the Berrystead. A professional performance by talented actors who obviously enjoyed their work was much loved by all. Favourite characters of the service users were undoubtedly the pantomime Dame Dotty and the Fairy Godmother with an accent just like that of 'Mrs Doubtfire'.

Christmas Bingo

The Berrystead bingo group met together on the afternoon of Thursday 21st December for a special afternoon themed to the festive season. Service users donned Christmas hats and played for cuddly-soft toy characters of a Santa, reindeer and snowman.



We welcomed Megan 'PAT' Dog with her owner Joy Wood to join in the bingo. Between games service users were able to stroke Megan and have a chat with Joy.



At the end of the afternoon, Julie Hilton, activities leader presented Megan with a Christmas stocking filled with dog treats and Joy with a present in behalf of the service users of Berrystead. The Directors of the home also gave Joy a bottle of Sherry as a thank you for her dedication to the home with her 'PAT' dog visits and her valued support of Berrystead fundraising ventures.



from top to bottom: Iris Parker, Marjorie Newby, Joy Wood with Megan

CHRISTMAS OUTINGS

Tour of the Christmas Lights of Leicester

Two groups of service users went on a tour of Leicester City's display of Christmas lights. Organising the trips of the first two Monday evenings in December, the town was quiet and our bus driver was able to access more areas of the city centre.

Service users enjoyed looking at the colourful array of lights and decorations that adorn the city centre at Christmas time. The town hall square was a chance for many to reminisce about many years ago when they used to bring their own children to see the lights.

Service users were also able to see some of the improvements that have been completed especially along Humberstone Gate and Gallowtree Gate. The line of wand-like structures in rainbow colours sited along Gallowtree Gate became of topic of controversy with the service users on both tours.

Many of the service users commented on the sadness of the loss of Leicester's Lewis's department store. Their window displays along Humberstone Gate were always spectacular at Christmas. It was also the place to have a visit with Santa on the toy floor.

PUB LUNCH AT FLYING CHILDERS



Lunch amongst the service users of Berrystead.

The men; Tom Montague, Fred Fox, Stanley Moore and Harold Dowle thought the occasion to be worth a suit and tie.

Christmas Meal Outings

Again two groups of service users went on a Christmas meal to the Waterside Inn at Mountsorrel. Landlord Mick and his wife Sonia welcomed the service users for a three course Christmas lunch. The meal started with a drink from the bar and



Paul Jones and Rachel Hallam

fruit juice as a starter. This was followed by turkey with all the trimmings and a choice of sweet to finish, Christmas pudding and brandy sauce, strawberry gateau or ice cream.

The occasion was very festive with Christmas place mats on the table



Iris and Jeff Parker

and crackers to pull, paper hats to wear and silly jokes to read.

Chris Wright, the owner of Travelwright (the special needs transport Berrystead use) joined us for one of the lunches. Julie Hilton, activities leader, presented him with a bottle of Port in appreciation of his help and support with the monthly outings over the past year.

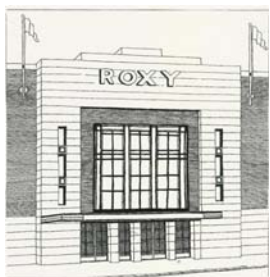
THE CINEMA COMES TO BERRYSTEAD

On Friday 26th January, the Berrystead lounge became a cinema for the afternoon. The seating was arranged so that the service users could view a large screen.



The occasion was the ideal opportunity for much reminiscence. Activities leader Julie Hilton helped by Robert Pateman from maintenance acted as usherette and usher for the afternoon. Service users were welcomed to the cinema with a CD playing organ music. Years ago a cinema of any repute would have had a 'live' organist. Shown to

their seats by torch light brought back many memories including double seats and the 'back row'.



Service users enjoyed watching a compilation of musicals from the past. Lavish Broadway sets, tap dancing, song and dance routines from the likes of Fred Astaire and Ginger Rodgers, Micky Rooney and Liza Minelli.

During the intermission, ice creams and freshly cooked popcorn was served to the service users.

Ulverscoft Grange



On Wednesday 28th February a group of service users went to Ulverscoft Grange for the day.

Ulverscoft Grange is one of the country mansions owned by the Shuttlewood Clarke Foundation. Founded in 1989 by the late Mr David Clarke, the foundation is a registered charity situated on the edge of the Charnwood Forest. The main focus of its work is to ease loneliness and suffering and offer comfort to the elderly with disabilities within the Leicestershire area.



On arrival, the service users were seated in a homely lounge with welcoming log effect fire crackling away in a feature hearth. Leaded windows gave beautiful views of the surrounding countryside. Friendly volunteer staff then served coffees and teas together with a selection of biscuits. The resident organist then led a sing-a-long of old time favourites which the service users heartily sang along to.

Service users were treated to a homecooked lunch of Normandy pork, roast and creamed potatoes, cauliflower, carrots and peas accompanied by a delicious gravy. The pudding was treacle and date sponge in butterscotch sauce served with a scoop of vanilla ice-cream.

After lunch, service users returned back to the lounge. Some had a go at answering the questions on the annual 2007 Shuttlewood Clarke quiz. Others were taken outside to visit the new feature of a sensory garden and to experience the unrivaled views of the Charnwood countryside.

The service users were served afternoon tea with homemade buttered scones and further relaxed in the homely atmosphere of the Grange.

All too soon, it was time to return to the Berrystead. Service users thanked the volunteers and the cooks for their kindness and welcome at the Grange. The recipe for the pudding was given to service user Paul Jones by the cook and a special thank you was made to the organist for her much enjoyed sing-a-long.

Activities leader Julie Hilton has been able to secure a further booking to take another group of service users to the Grange during the summer month of August.

Childhood Memories 1930's

A week of activities themed to childhood memories was organized for the service users of Berrystead.

The week commenced with a quiz. The 'hangman' round required the service users to find letters that would lead them to the brand names of confectionery firms of the 1930's – Cadbury's, Rowntree's, Fry's, Terry's and Nestle's.

The 1930's was a great time for sweet lovers when confectionery firms experimented with a variety of tastes and mixtures. Each new launch was a notable event. Fry's chocolate crunchies had already arrived in 1929. Terry's created their 'All Gold' chocolate assortment in 1932. Rowntree's 'Dairy Box' came out in 1936 and Cadbury's 'Roses' in 1938. The sensation of 1937 was white chocolate in the form of Nestle's 'Milky Bar'.

The 20 questions round followed with the service users having to find the identities of some well known characters from books they would have read in their childhood. Rupert Bear, Popeye and Snow White.

The highlights of the quiz was a Kim's game featuring items of childhood toys and games. Some of the items that helped to make the visual reminiscence display marbles, snobs, teddy bear, galliwog, cigarette cards, comics, skipping rope, spinning top, hool-a-hoop, wooden train, toy soldiers, yo-yo and homemade rocking horse.

Service users were shown each item and then the display was covered with a cloth. The service users then will then have to try and remember all of the items that had been on show. Much digression resulted after this round with service users reminiscing of toys they had possessed and games they used to play in their own childhood.

The alphabet round then used these memories to the full. Service users being challenged to think of toys and games through each letter of the alphabet.

Can you try to identify who the service users and staff are from these pictures?



Over the afternoon each round was interspersed with a childhood song taken from a CD entitled 'Hello Children Everywhere', 'Nellie the Elephant' sung by Mandy Miller, Charles Penrose's 'The Laughing Policeman', 'My Boomerang Won't Come Back' by Charlie Drake, Flanders and Swann 'The Hippopotamus Song', Arthurs Askey's 'The Bee Song', and Jon Pertwee singing 'I Know an Old Lady'.

During the afternoon session users enjoyed a kit-kat with their tea and coffee. Rowntree's had brought out the 'chocolate crisp' in 1935 but renamed it two years later as the Kit-Kat.

A special 1930's themed tea was put on for the service users. The tableware featured characters from the A.A. Milne books of 'Winnie the Pooh' - Pooh Bear, Piglet and Tigger.

There was a choice of sandwiches, corned beef, lunch tongue and pork dripping! The bread and dripping proved to be a very popular choice. Hot buttered crumpets followed although sadly toasted in an electric toaster and not with a toasting fork in front of an open fire. There was also jelly and evaporated milk and a slice of jam sponge cake.

The week ended with the Friday afternoon bingo group playing for prizes of a selection of chocolate bars that originated in the 1930's. Molly Kelly chose to win Rolo's originating in 1937, Paul Jones Fry's Turkish Delight (1932), Iris Parker Cadbury's Dairy Milk (1933) and Dorothy Brigstock Maltesers originating in 1936.

Activities leader Julie Hilton made a display of photographs of both service users and staff when they were children. Onlookers were asked to try and identify who was who.

VISION CALL UK LTD OPTICIANS



Berrystead has recently changed the domiciliary eyecare for the service users to a company called Vision Call. Regular eye examinations are vital to detect any changes in prescription and in ocular/general health. All eye examinations are free of charge for all over 60's. The opticians use state of the art portable testing equipment which enables them to perform the most comprehensive and thorough eye examinations possible.

Regular eye examinations are important not only to see if any correction is required but also to check for certain underlying problems. Regular monitoring is particularly important for older people as they are in a higher risk group.

Although service users who are registered blind or partially sighted will have poor vision they are not excluded from eye tests. The health of the eyes still needs to be checked to ensure there are no changes and that they are not experiencing pain in their eyes. Service users with dementia are also not excluded from eye tests, no matter how confused they may be. With specialized equipment (auto refractor), their prescription can be found with little response from them at all. Spectacles can then be provided if required to improve their quality of life and safety, allowing them to see their surroundings and possibly reduce their confusion.

2007 DATES



The **LINK MOBILE LIBRARY** will visit **Berrystead** on Wednesday
At
Approximately 09.30 – 10.00
on the following dates
June 6th
August 1st
September 26th
November 21st

*A helping hand is always there to carry books
Or help make a choice*

*We offer a wide range of popular Fiction/Non-fiction
DVDs/Videos?large print/Cassettes/jigsaws/
Cds/Talking Books and much more*

DANIEL ENDS VOLUNTARY WORK

Wreake Valley College student Daniel Spence was welcomed at the Berrystead. Over a four week period during January and February he gave some of his spare time to work as a volunteer helping with the Friday afternoon bingo group.



Annie Allen presenting Daniel Spence with a gift

Daniel is currently taking A-levels in maths, physics and media. He hopes to be accepted at Sheffield University to study medicine in September.

The service users enjoyed Daniel's company. He was able to support some of the members of the group who require a little help in marking off numbers on their bingo cards.

On his last visit to the Berrystead, Daniel treated each of the group to a bar of 'Fry's Turkish Delight'.

On behalf of the service users, activities leader Julie Hilton thanked Daniel for choosing Berrystead for his voluntary work. She added that his help and support over the last month had been much appreciated.

Service user Annie Allen then presented Daniel with a small gift and good luck card that wished him well for the future.