

# St David's Nursing Home

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 /StDavidsNH



*"Living well every day"*

Autumn 2022

## St. David's Newsletter for Family and Friends



It's difficult to believe that only three months ago we were celebrating the Queen's Platinum Jubilee. Now, we at St. David's (staff and residents) have been mourning the loss of Queen Elizabeth II and sending condolences to the Royal Family.

However, we did have a lovely summer at St. David's and wanted to share some of the highlights with you.

### **An Afternoon at the Races**

Residents really enjoyed dressing up for our first Afternoon at the Races. New shirts were worn and many ladies decided to model a fascinator. Over a glass of bubbly, the form of the horses for each race was debated and bets were placed - both on track (the Conservatory) and off track (individual rooms). Points were given for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place for each race prizes and rosettes were awarded at the end of the afternoon. Residents have requested that these 'Virtual Races' should happen again, so we are planning to have them every three months.



Manager – Linda Cooke RGN

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## Summer Fete

It was so wonderful to be able to hold our Summer Fete and meet family and friends again. The weather was superb!

Everyone seemed to have a great time enjoying the BBQ, jumping on the bouncy castle and participating in all the games. I am sure you have many photos of the afternoon, but here are a few of our favourites.



Thank you to everyone who made this afternoon possible. We raised over £500.00 for the Residents' Amenities Fund.

### **Cheese Tasting Afternoon**

The cheese tasting afternoons are very popular with residents. As you can see the Conservatory was full, as people compared cheeses from different areas and different styles. The cheeses were accompanied by wine, 'Bubbly' and some amazing homemade Green Tomato Chutney.



### **Birdies Boutique at St. David's**

Residents were delighted to be able to shop for clothing and accessories at St David's. Over a glass of wine, residents browsed the clothing and asked others for their opinion on colour and style. A personal shopper also delivered clothes to residents in their rooms allowing them to enjoy some retail therapy. We hope to have Birdies Boutique back before Christmas



Please let us know if there are any activities that you would like us to add. You can also see what's happening by following us on Facebook at #StDavidsNH.

Best wishes

Linda Cooke, Matron, RGN



## September 2022: Updated Visiting Policy

1. **Testing: Routine** testing has been suspended. However, if you have any cold or flu like symptoms (temperature, sore throat etc), please take a COVID-19 test to ensure you are negative before you visit. Please keep a box of tests at home (we will still be able to supply you with boxes of test kits).
2. **Visits: you no longer have to book a visit.**
3. **Facemasks:** we encourage you to continue to wear facemasks, especially as you move through the hallways and any other communal areas. Also please make use of the hand sanitisers available throughout the home.
4. **Children are welcome:** those who are under 11 can decide whether or not to wear a face mask.

We would like to remind all visitors that they should not enter the care home if they are feeling unwell. Transmissible viruses such as flu, respiratory syncytial virus (RSV) and norovirus can be just as dangerous to care home residents as COVID-19.

If visitors have any symptoms that suggest other transmissible viruses and infections, such as cough, high temperature, diarrhoea, or vomiting, they should avoid the care home until at least 5 days after they feel better.