

St David's Nursing Home

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 StDavidsNH



"Living well every day"

Winter 2023

St. David's Newsletter for Family and Friends



Hello. The year is winding down and Christmas is just around the corner. In this newsletter, we highlight some of the activities, residents have enjoyed over the last three months and outline the plans for a wonderful Christmas.

Halloween Party

The Conservatory was transformed for Halloween. Witches and Wizard hats were everywhere. Ghostlike images filled the windows. The extensive buffet offered meringues decorated with eyeballs, desserts garnished with bats and spider webs. The very brave put their hands into the Scary Box. Others played Ghost Ten Pin Bowling and Hoop the Witches' Hats.



Manager – Linda Cooke RGN

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Celebrations

This year we were privileged to celebrate a 106th birthday! We have fun organising birthday and anniversary celebrations that reflect a resident's wishes.



Furry Friends

The visits from the Alpacas, Lemmy and Bea are always enjoyed by the residents. Residents delight in comparing the shaggy coats of the alpacas with the lovely fabrics made from their silky fleeces. The alpacas similarly relish the carrot snacks that residents offer them.



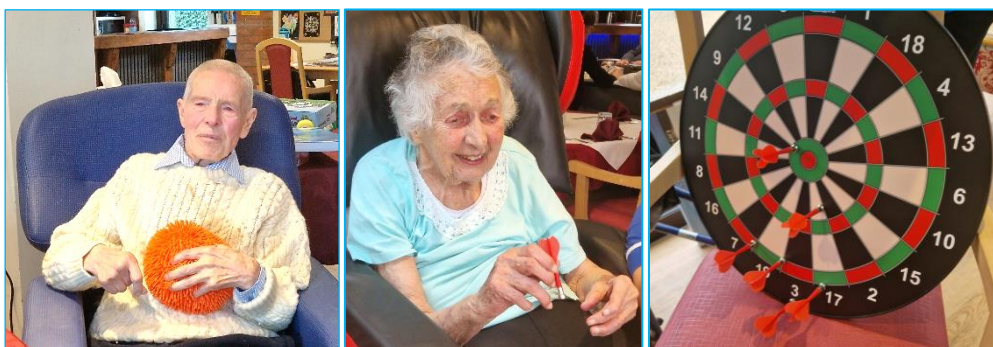
Arts and Crafts

The creativity of residents is astounding, and the results of the afternoon arts and crafts sessions can be seen all over St. David's. Amazing Halloween Hats were designed for the Halloween Party, intricate poppies were woven for Remembrance Day, and stunning Christmas wreaths currently adorn the Conservatory and individual rooms. Smaller projects have included salt dough sculptures and paintings celebrating fireworks.



Games Galore

From friendly domino tournaments to lively bowling and darts sessions, residents look forward to participating in a range of games during the 'Pub Afternoons'. There's friendly competition combined with banter. Plus, the opportunity to have a 'drink' to celebrate a win.



Christmas Activities

The decorations are up all over the home, inside and out. Many of the beautiful wreaths and decorations that you see have been created by residents. The Christmas Raffle has also been organised by the residents and features a wide variety of prizes.

 <p>Tuesday, 12th December</p>	<p><i>2.00pm Ukulele Band Christmas Show</i></p>
<p>Thursday, 14th December</p>	<p><i>2.30pm Christmas Entertainment 'Darrin Sings' 6.00pm Sheringham Beavers – Carol Singing</i></p>
<p>Sunday, 17th December</p>	<p><i>2.00pm 'Sing for Joy' Advent Service</i></p>
<p>Monday, 18th December</p>	<p><i>Hairdresser Nail Spa Pamper Day</i></p>
<p>Wednesday, 20th December</p>	<p><i>2.00pm Anthony Shiels – Pianist Christmas Music Afternoon</i></p>
<p>Thursday, 21st December</p>	<p><i>Communion Service</i></p>
<p>Friday, 22nd December</p>	<p><i>Carols by Candlelight with Mince Pies + Mulled Wine</i></p>
<p>Saturday, 23rd December</p>	<p><i>2.30pm Residents' Christmas Party Entertainment by Emily</i></p>
<p>Sunday, 24th December</p>	<p><i>2.00pm Sing for Joy Christmas Service</i></p>
<p>Monday, 25th December</p>	<p><i>Christmas Day Lunch King's Speech</i></p>
<p>Tuesday, 26th December</p>	<p><i>Boxing Day Social Afternoon – Raffle Draw Sherry and Christmas Cake</i></p>
<p>Sunday, 31st December</p>	<p><i>2.30pm New Year's Eve Party</i></p> 

Best wishes for Christmas and the New Year

Linda Cooke, RGN, Matron

Festive Menus



Christmas Day Menu

Roast Turkey & Accompaniments -

Pigs in Blankets, Stuffing

Roast Beef & Yorkshire Pudding

Roast & Mashed Potatoes

Honey Glazed Parsnips

Carrots & Sprouts



Christmas Pudding & Mince Pies

With Brandy Sauce & Cream

Fruit Salad & Cream

Coffee & Mints



Boxing Day Menu

*Venison Casserole with Red Wine
&*

*Honey & Marmalade Glazed Gammon
All served with a selection of potatoes
and vegetables of the day.*



*Hot Berry Sponge
with Custard or Cream*

Fruit Flan & Cream

Buffet Tea



New Year's Day Menu



Roast Lamb or Honey Glazed Salmon

*Roast or Creamed Potatoes
with Seasonal Vegetables*

Eton Mess

or

Ice Cream



*Finger Buffet with a selection of
party-style treats*

