

News from The Brandon Day Centre

November 2018



Welcome to the November edition of your newsletter.



British summer time has officially ended and autumn has finally arrived!

The trees are a glorious mix of gold and red and the leaves are beginning to fall.

At the Day Centre, we have lots to look forward to as you will see in the Newsletter.

We are also delighted that our friends at the Community Pay Back team will be coming to do some much needed work in the back garden of the Day Centre.

Community Payback is a scheme that allows offenders the opportunity to make amends for their crimes in their local communities by carrying out unpaid work on local projects.

In March, they did a great job clearing the day centre allotment and erecting a fence for us.

This time they are coming to clear the overgrown bushes and shrubs, lay slabs and erect a greenhouse that a Brandon resident very kindly donated. This will allow any green fingered members the opportunity to propagate seeds, grow tomatoes, strawberries and herbs for Café 27.

We hope the weather stays dry on the days the team are with us and we look forward to seeing the fruits of their labour and to enjoying the revitalised space they are creating for us.

Minibus Update

Fundraising efforts are well underway for a second new minibus for the Day Centre and to date, over £10,000 has been donated towards the new vehicle. If you or anyone you know would like to contribute to the fund, donations can be made via *mydonate BT* on the BCA website at:

www.brandoncommunityassociation.wordpress.com/minibus-appeal.

Donations



Left & Right: Pastors Ken and Val Stroud
Centre: Andrea with Denise Williams (BCA)

We were delighted to receive a cheque to the value of £520 from the Drove Coffee House at the Harvest Centre in Weeting.

The Drove is run by a team of volunteers and gives 30% of its proceeds to charities and organisations in the local area. The Day Centre was fortunate to be one of the first recipients.

We would like to say a very big thank you to the Harvest Centre, The Drove and all those who have supported the café. This very generous donation will go towards entertainment and outings for our members.

In memory of Michael



We would like to thank Michael's friends and family for their very kind donation to the Day Centre of £290. Our members have chosen a 'new age kurling' kit, which is a form of the

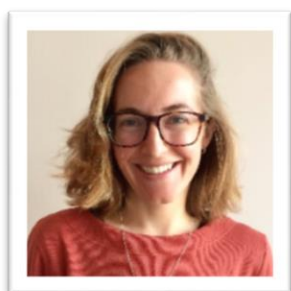
original curling game but adapted so it can be played indoors on any smooth, flat surface instead of on ice.

Some of you will remember enjoying the curling session arranged by Charlie at Abbeycroft Leisure at the beginning of the year. Now we have a new lounge carpet, we just need to check that the stones can be rolled smoothly over the surface before buying the kit.

This generous donation was given in addition to the £140 raised for activities and outings in memory of Michael by his friends at his local pub, the Saxon.

A big thank you from all our members and staff.

A warm welcome to ...



We are delighted to welcome Kathryn Loxton who has joined our team of Day Centre volunteers.

Kathryn moved to Brandon earlier this year

and is taking the opportunity to make inter-generational friendships whilst giving something back to the community.

Kathryn will be volunteering two mornings a week and is looking forward to getting to know you all.

Volunteering opportunities build skills in communication, encourage teamwork and promote a real empathy for all generations.

If you, or someone you know is interested in becoming a volunteer, we'd love to hear from you.

And farewell to



Pamela Pickard, Catering Supervisor, who left us recently to spend more time with her family. We are currently recruiting for Pamela's successor to work alongside Kim and Carl in Café 27.

Be a Souper Trouper

Did you know that 86,000 young people ask for help with homelessness every year?

Kim and Café 27 have signed up to host **The Big Broth** and will be serving up a treat this **Friday, 2 November** to raise money for Centrepont and give homeless young people the fresh start they deserve.

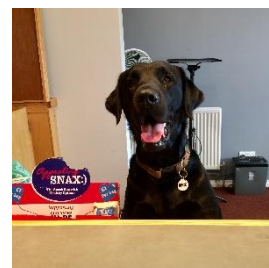
Please be sure to let friends and family know that we will be supporting the Big Broth event with our big pot of soup because the more bowls we serve up, the more money we'll raise and with every coin dropped into the money box, we will be helping homeless young people.

To help boost our fundraising efforts, we will be asking members if they would like to take part in the 'Soupstake' and guess a magic ingredient from 30 possible answers. Each guess will cost **£1** and the winner will receive a prize.



New faces on reception

Our two favourite pooches, Bella and Bec, gave themselves a break from biscuit hunting recently to try their paw as receptionists. Unfortunately, their skills weren't quite what we were looking for, so they have gone back to doing what they do best – eating and attention seeking for endless fuss and belly rubs.



War Horse Cinema Evening

A reminder that the Day Centre is
hosting a showing of

WAR HORSE

The film, set in World War I, is an epic
adventure of friendship and war that follows
a young man and his horse Joey.

Thursday 8 November 2018
7.00pm – 9.00pm

**Café 27 will be open for refreshments
between
6.00pm and 7.00pm**

**Friends and family carers are welcome – we
look forward to seeing you.**

If you'd like to attend and require help with
personal care/going to the bathroom, please
bring a family member or carer with you.

A full programme of Armistice Week
Commemoration events is available from
reception.

Christmas lunch arrangements

We have two Christmas lunches planned, which
are taking place on **Tuesday 18 December** and
Thursday 20 December. We will pick members
up in the minibus who normally attend on these
days as usual. If you **don't** normally come on
these days, the bus will pick you up between
11.00am and 11.30am and will drop you home
after lunch.

The lunch includes a two-course meal with all
the trimmings plus crackers and entertainment.

We hope to see as many of you as possible.
Family and friends are also welcome to join us
but will need to make their own travel
arrangements. If you haven't already reserved
your place(s) or would like more details, please
ask a member of the care team.

October highlights

We continually strive to make our activity
programme both varied and interesting, and
provide a mix of creative sessions and
workshops as well as live entertainment for
your enjoyment.

Here are some highlights from our October
programme.

Arts and crafts

Earlier in the month, an enjoyable morning was
spent with Anna and Kathryn creating bright
and vibrant artwork using paints, vegetables,
sponges and other materials. It was good to see
so many of you taking part. Who would have
thought you could create a masterpiece with a
cabbage!

We have some real talent amongst us.



WWI Artwork for Commemoration Events

In the lead up to Armistice Day on 11 November, there are a series of events happening in and around Brandon to commemorate the centenary of the end of WW1 (programme available from reception).

At Brandon Day Centre, we are hosting two events - a poetry reading session and short film on the morning of Wednesday 7 November and a cinema screening of 'War Horse' on the evening of Thursday 8 November.

Terry Kimpton from the Arts Society spent time with us to create a fitting piece of artwork to be displayed at our two events.

Pictured below is a 'work in progress' depicting a lone soldier with his rifle standing over a grave in a field of poppies. It is both poignant and striking.



Many thanks to those of you who got involved and to Terry for giving up his time to come and create this special piece of art with us.

We are keeping one for our own events and one will go to the Church for their own display.

Getting busy for Halloween



Preparing for Halloween is always a fun time at the Centre and from the look of things, this year has been no different.

With a helping hand from Paula and Kathryn, you created lots of Halloween decorations and table arrangements. Don't they look great?



Looking at the photos below, It seems that some of you got up to mischief as well. Great headwear though.



Live entertainment

Our activity programme is enhanced thanks to the live entertainment we have at the Centre. We were again treated to some excellent musical entertainment last month and here are just a few highlights.

Parallel Lives

Regular visitors Paulette and Ken spent some enjoyable afternoons serenading us.



Their upbeat sessions got many of you out of your chairs and onto the dance floor.



Kalamity Kate

Another fun session with guitar playing Kalamity Kate, provided an opportunity for dancing and instrument playing.



David, Amanda, Anna and Peter

Joyce and Mick

Another wonderful afternoon was spent with Joyce and Mick who give their time so generously to entertain us.



Geoff, Barbara, Mary, June P, Joyce & Mick tapping their feet to an upbeat number

CAB run free energy advice clinics at Brandon Library

If you would like to save money on your energy bills, need extra help from your energy company, or would like to better insulate your home, Citizens Advice are hosting Energy Clinics in the Brandon Library (in the Brandon Centre) on the first Tuesday of every month from 10am to 12noon.

Future dates are:

6 November 2018

4 December 2018

8 January 2019 (in place of New Year's Day)

5 February 2019

5 March 2019

Residents are asked to bring along their latest gas and electricity bills to get the most benefit.

Birthdays



Wishing a very Happy Birthday to everyone celebrating a Birthday in November.

Pat	9 November
Kathryn (volunteer)	10 November
Mick (driver)	25 November

A new face to Brandon

This month, we welcome a new entertainer to Brandon Day Centre. Jacen Bruce specialises in 50s classic rock 'n' roll, country, blues, originals and jazz standards. He also does an Elvis Sing-a-Gram, so I am sure there will be some Elvis numbers on the day.

Jacen Unplugged To Memphis and Back Classic 50s & 60s



Brandon Day Centre
Tuesday 6th Nov 1.45pm
www.jacenbruce.com

Competition time

Thank you to those of you who entered our Autumn 'Stew' Word Search competition last month. The missing ingredient was **SALT**.



Congratulations Lily – yours was the first correct entry to be drawn. Get pampered on us with an enjoyable spa treat.

Our November competition has a bit of a crunch to it ... it's all about biscuits!

Below are 16 well-known biscuits (sweet or savoury). Can you guess their names? Please hand your completed entry in by **Friday 23 November** for the chance to win a prize.

Name:

1. What do you get if your engagement ring goes in the freezer?

2. Prince Harry and Chris Evans are?

3. Rhubarb and Coffee and?

4. A famous Italian General?

5. Dials on a cooker top?

6. Enzymes and juices?

7. A place, or just pleasant?

8. Half a loaf?

9. Affluent supper?

10. Alcoholic drink with a crunch?

13. Lucky and artful?

14. Robin Hood's religious friend? Friar ...

15. Christmas treats that go with a bang?

16. An alcoholic drink?

Planning ahead

Here's a taster of what's in store for November

Thursday 1 November (1.45 – 3.00) Friends and family welcome	Sunshine Boys
Mondy 5 November (1.45 – 3.00) Tuesday 13 November (1.45 – 3.00) Wednesday 21 November (1.45 – 3.00) Friday 30 November (1.45 – 3.00) Friends and family welcome	Parallel Lives Ken and Paulette entertain for us
Tuesday 6 November (1.45 – 2.45) Friends and family welcome	Jacen Unplugged to Memphis and Back
Wednesday 7 November (11.00 – 12.00) Friends and family welcome	WW1 Poetry and Story Telling plus Film
Wednesday 7 November (1.30 – 3.00) Tuesday 20 November (1.30 – 3.00) Thursday 29 November (1.30 – 3.00) Friends and family welcome	Sing-along with Joyce and Mick A great opportunity to get your feet tapping
Thursday 8 November (11.00 – 12.00) Tuesday 20 November (11.00 – 12.00) Friends and family welcome	Dance, Dance, Dance with Jo Nichols
Thursday 8 November (19.00 – 21.30) Friends and family welcome – café open between 6.00pm and 7.00pm for refreshments	Screening of 'War Horse' – Pop-up Cinema
Friday 9 November (1.45 – 3.00) Friends and family welcome	Jackie Raven sings
Monday 12 November (1.45 – 3.00) Friends and family welcome	Nik Lowe and his guitar
Thursday 15 November (2.00 – 3.00) Friends and family welcome	Advice Surgery with Sarah Bradbury (CAB)
Thursday 22 November (1.45 – 3.00) Friends and family welcome	Kalamity Kate sings
Monday 26 November (2.00 – 4.00) Open to the wider Brandon community and family, friends and carers are welcome	St Nicholas Hospice Open House Session (Café 27)
Wednesday 28 November (9.00 – 12.00) Open to the wider Brandon community and family, friends and carers are welcome	Dementia Together Drop-in Session (Café 27) Providing practical information for people living with dementia, their carers, family and friends in Suffolk.
Every Monday (10.00 – 12.00)	Meet up Mondays (Café 27) Open to members of the community who are isolated or lonely and keen to meet new people and form new friendships over a cuppa and a chat.



Looking ahead to December

More in our December newsletter, but here is a glimpse of what we have planned.

3/11/19 December	Live Entertainment with Parallel Lives
5/17 December	Dance, Dance, Dance with Jo Nichols
6/12 December	Joyce and Mick entertain
13 December	Sunshine Boys
14 December	Advice Surgery with Sarah Bradbury (CAB)
17 December	Jackie Raven sings
18/20 December	Christmas Lunch
18 December	Mandy sings
20 December	Patsy Rose sings
21 December	Kalamity Kate
24 December	St Nicholas Hospice Open House Session (Café 27)
Every Monday	Meet up Mondays (Café 27)

Thank you for your continued support