

News from The Brandon Day Centre

March 2019



Welcome to the March edition of your newsletter.



The weather has certainly left us feeling that spring is on the way. Late February saw record breaking temperatures that felt more like summer, yet only 12 months earlier, we were in the midst of the 'Beast from the East'!

The bulbs that were donated to the day centre in the autumn of 2017 are now flourishing giving visitors to the building a colourful welcome.

This year, we are joining other organisations in the town for 'Brandon in Bloom'. We are planning a colourful display using upcycled planters and you can read about how you can help us on page 3.

Over the coming weeks you can get involved in painting and planting in readiness for the judging in June. Anyone interested in helping should speak to Andrea.

We were delighted that Brandon Day Centre has been selected to become the polling station for Brandon East at the forthcoming local elections taking place on Thursday 2 May 2019. We are delighted that this will enable more people to discover the centre which remains one of Brandon's best kept secrets!

A very warm welcome to ...



Congratulations to Bev Andrew, who we recently appointed as Senior Catering Assistant in Café 27.

Bev will be in the kitchen preparing your meals and refreshments

on Thursdays and Fridays, as well as providing cover for Deb during times of absence.

Bev brings a wealth of catering experience and knowledge, having worked as school cook/manager, and within other educational establishments. Prior to joining Empanda, Bev was a Food Technology Instructor at Inspiration Trust/Thetford Academy, where she taught students in all aspects of catering and food hygiene, as well as cooking for school events.

Bev has a real passion for cooking and is enjoying her new role working alongside Deb, Carl and volunteer, Carolina and to getting to know all our members. We wish you every success in your new role Bev.

In memory of Odette

We recently received a donation of £104.55 into the Amenities fund in memory of the late Odette Warner, who sadly passed away in November. We will remember Odette with fondness and appreciate the generosity of family and friends who have given the Day Centre this gift.



Our Valentine's Day Card Winners

You may remember in last month's issue, Patrick's wife had kindly donated crafting materials for our members to make Valentine's Day Cards for loved ones.

We had some wonderful entries but there could only be two winners and here they are:



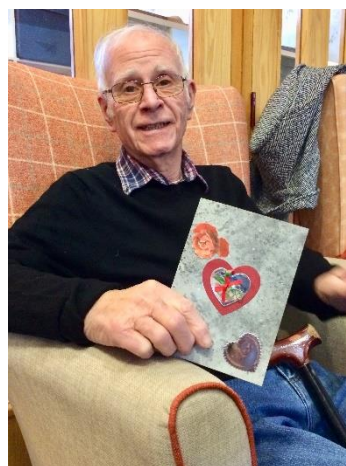
Sue's card took first prize, winning her a bottle of something nice donated by Patrick.



And Amanda scooped the runner up prize for her creation, with a sweet treat donated by Empanda.

Well done to everyone who took part. Each and every card was different, and they were all fantastic, you should be proud of yourselves.

Here are just a few of your amazing creations:



A big thank you to Patrick and his wife, Maureen and also to Anna who worked alongside members on this project.



In another session, some of you created some Valentine's floral arrangements with Jayne. Well done, they looked great.

Brandon in Bloom – can you help?



Andrea recently attended a meeting to help shape the 2019 'Brandon in Bloom' project. The theme this year is 'HOLI, a Festival of Colour' and many organisations across

the town are getting involved, including Empanda, who will be entering a display at Brandon Day Centre.

As well as planting up the hanging baskets to the front of the building, we plan to add some fun elements by painting different items, such as old wheelbarrows, pots etc in bright colours before planting them up to create an abundance of colour.

If you are able to donate any plants for this project, such as begonias, fuschias, petunias, bacopa, lobelia, calibrachoa, geraniums, osteospermums, nasturtiums or verbena, we would be really happy to receive them, or, if you have any ideas as to what we can use to plant them in, please let one of the staff team know.

Judging will take place in June, so we'd better get planting!

What a bonus



Congratulations go to Bonnie who, at the beginning of February, successfully scooped the double roll-over bonus ball prize, winning herself £33.25.

Here's Bonnie, celebrating her

win over a well-earned cuppa. Well done - it's great when we get a winner.

Food for thought

A group of guys, all turning 40, discussed where they should meet for lunch. Finally, it was agreed that they would meet at Wetherspoon in Ipswich because the waitresses were pretty and wore mini-skirts.

Ten years later, at age 50, the friends once again discussed where they would meet for lunch. Finally, it was agreed that they would meet at Wetherspoon in Ipswich because the waitresses were attractive. The food and service was good and the beer selection was excellent.

Ten years later, at age 60, the friends again discussed where they should meet for lunch. Finally, it was agreed that they would meet at Wetherspoon in Ipswich because there was plenty of parking, they could dine in peace and quiet with no loud music, and it was good value for money.

Ten years later, age 70, the friends discussed where they should meet for lunch. Finally, it was agreed that they would meet at Wetherspoon in Ipswich because the restaurant was wheelchair accessible and had a toilet for the disabled.

Ten years later, at age 80, the friends discussed where they should meet for lunch. Finally, it was agreed that they would meet at Wetherspoon in Ipswich because they had never been there before.

Sent in by Patrick

February highlights

Here are some activity highlights from our February programme.

Eyebrow Arts

On 7 February, we were treated 'An Invitation', an interactive arts performance, led by Sorrel and Dot.

Over two separate sessions, they introduced themselves to everyone through song and got everyone involved in various activities which culminated in the creation of a huge underwater scene, using the props introduced earlier in the session.

Here's how the story unfolds.



The passing round of feathers was a tricky business as they had a mind of their own.



Everyone then had to don aprons and pull a duster from the pocket for the next task which was to throw to a neighbour, catch and pass on. They were so light, it wasn't as easy as it looked.



The silk covered elastic, which was pulled from a suitcase went on forever and ever until everyone had a section to hold, forming an intricate webbed pattern which would later become part of the seabed.



To create the seabed and waves, transparent beach balls were filled with water and passed around before a huge blue cloth was revealed to keep all the balls balanced in the air before being lowered onto the floor.



Everyone was then handed a bag of treasure, including gems, stones, sea shells and lights so they could feel the different textures of each item before they were added to the seabed for the final flourish, sand and a farewell song!





Following the two performances, we asked Sorrel and Dot how they felt the events went and here is what they had to say

"We really enjoyed doing two presentations of 'An Invitation' at Brandon Day Care Centre. The participants were very enthusiastic about trying out some of the more unusual sensory activities we bought in for them. Together we explored some of the things that make creating art so exciting: play, experimentation, expression and connecting with other people."

We are touring 'An Invitation' to over 20 care settings in Norfolk and Suffolk and we felt really welcomed by everyone here; Brandon Day Care Centre is a friendly environment full of people who value creativity".

Whilst feedback from our members and staff was mixed, most people seemed to enjoy participating in this rather different event – thank you Sorrel and Dot.

Arts and Crafts



Amanda has been busy working on a nature-themed jigsaw over the past week. All her hard work and patience has paid off as the finished puzzle looks great.

Many congratulations Amanda, you have done really well.

Live Entertainment

We enjoyed another month of great entertainment in February and thank all those who support Brandon Day Centre.

Joyce and Mick continue to give their time to entertain us, and they always manage to get your feet tapping.



Nik Lowe came in to serenade us with a variety of tunes from across the decades.



And duet Ken and Paulette, AKA 'Parallel Lives' entertained us during the month with hits old and new.



Dance and Movement

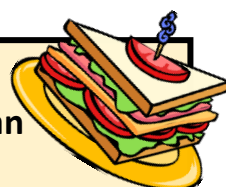
Regular visitor to Brandon Day Centre Jo Nichols, visited a couple of times in February to get us moving to music. All that limbering up, stretching, tapping, stepping and dance certainly helped us to work up an appetite.

Thanks Jo for your continued support of Brandon Day Centre, we really enjoy your sessions which are fun, therapeutic and make us all feel so much better afterwards.

Here's some of you in action.



Did you know
that Café 27 can
prepare a
sandwich supper
for you to take
home? If you are
interested in
placing an order,
please let us
know.



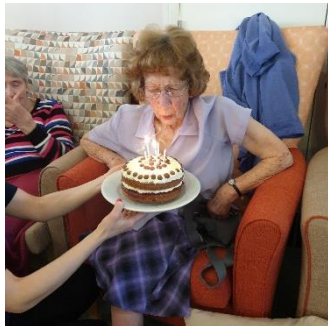
CAFÉ
27



A very Happy Birthday to everyone celebrating their special day in March.

Ken	3 March
John Sanders (driver)	14 March
Jerry	15 March
Barbara	26 March

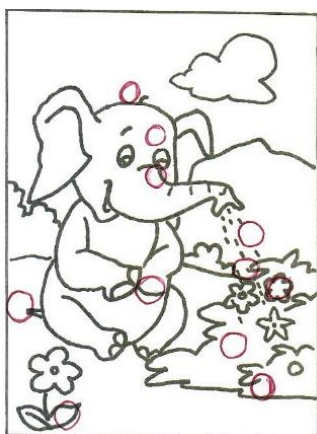
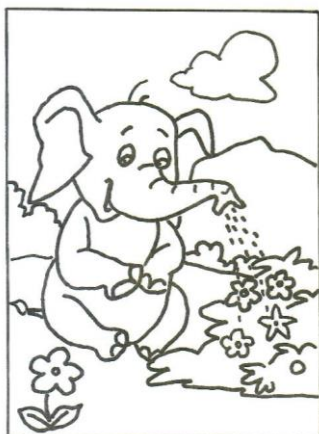
Here's Ivy, Annie and Helen celebrating their special days in February.



Competition time



Thank you to everyone who entered our February 'Spot the Difference' competition. We had lots of entries, but the winner picked at random who spotted all 11 differences, was Edna who won herself a sweet treat. Congratulations Edna!



Patrick has kindly sent in a 'Who said What'. How many do you know? Write your answer under each question, add your name at the bottom and hand in your entry by **Thursday 21 March** for a chance to win a prize. Good luck!

1.	She knows y'know
2.	Wakey wakey!
3.	It's the way I tell 'em
4.	Your country needs you
5.	Yaba daba doo
6.	Kiss me Hardy
7.	Come up and see me sometime
8.	Another fine mess you've got me into
9.	If I was your wife sir, I would poison you. Madam, if I was your husband, I'd let you.
10.	Floats like a butterfly, stings like a bee
11.	Life is too important to be taken seriously
12.	Germany calling! Germany calling!
13.	Play it again Sam
14.	If music be the food of love, play on
15.	We are not amused
16.	What's on the table, Mabel?
17.	Shut that door
18.	I dream of an Africa which is at peace with itself
19.	You are awful, but I like you
20.	Let them eat cake
Name:	

Planning ahead

Tuesday 5 March (10.30 – 12.00) Tuesday 12 March (10.30-12.00) Friends and family welcome	Arts and Crafts with Terry Kimpton
Tuesday 5 March (1.30 – 3.00) Tuesday 12 March (1.30 – 3.00) Tuesday 19 March (1.30 – 3.00) Wednesday 27 March (1.30 – 3.00) Friends and family welcome	Live entertainment with Joyce and Mick
Wednesday 6 March (1.45 – 3.00) Thursday 14 March (1.45 – 3.00) Friday 22 March (1.45 – 3.00) Friends and family welcome	Live entertainment with Parallel Lives Ken and Paulette entertain for us
Wednesday 13 March (11.00 – 12.00) Thursday 28 March (11.00 – 12.00) Friends and family welcome	Dance, Dance, Dance with Jo Nichols
Friday 15 March (1.45 – 3.00) Friends and family welcome	Live entertainment with Nik Lowe
Thursday 21 March (1.45 – 3.00) Friends and family welcome	Live music with Jacen Bruce
Monday 25 March (2.00 – 4.00) Open to the wider Brandon community and family, friends and carers are welcome	St Nicholas Hospice Open House - (Café 27)
Wednesday 27 March (10.00 – 11.30) Friends and family welcome	Dementia Together Drop-in Session (Café 27)
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 April

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

4 April	Sunshine Boys
8/18/26 April	Parallel Lives
9/25 April	Dance, Dance, Dance with Jo Nichols
10 April	Kalamity Kate
22 April	St Nicholas Hospice Open House Session (Café 27)
24 April	Dementia together Drop-in Session (Café 27)
Every Monday	Meet up Mondays (Café 27)

Thank you for your continued support