

News from The Brandon Day Centre

May 2019



Welcome to the May edition of your newsletter.



Despite the recent weather, summer is definitely just around the corner. The gardens are coming alive and the birds are busy nest building. We are pleased to note too that our Oak trees

are resplendent with leaves whilst the ash trees are a few weeks behind them. This bodes well for the coming months if we are to believe the saying, "Oak before Ash, we're in for a splash. Ash before Oak, we're in for a soak." Let's hope it's correct and we have a good summer to look forward to.

Andrea and the team, assisted by members, have been getting the front of the Centre ready for the 'Brandon in Bloom' judges. There is still much to do so if you are green-fingered or wish to get creative decorating plant pots, please let them know.

For some time, we have wanted to be able to organise an activity involving Centre members and children from the local community. For a range of reasons, this has proved difficult so we were thrilled when Jo Nichols, the Day Centre's inspirational dance coach, disclosed that she would love to organise a dance activity involving our members and pre-school children. She understood the benefits to both groups from participating in a dance workshop together. Indeed, she hopes that some of the mums may get involved too, making it a three generational activity! This will be a new session for the Centre and Jo suggests we call it 'Dance Generation' as it will involve all generations in what she hopes will be fun, games and social interaction for both adults and children.

Jo has run inter-generational activities before and knows how much everyone involved gained from the experience. The first inter-generational session at Brandon Day Centre is scheduled for **Thursday 30 May** and Jo has chosen 'Water' as the theme. She said, "This could be anything from splashing in puddles to swimming in the sea and even pirates! Whatever ideas people can come up with." She hopes that the groups will share their musical tastes and ideas as well.

Jo is delighted to be running 'Dance Generation' at the Day Centre as she said that members and the staff team are always so enthusiastic and keen to get involved.

We are very much looking forward to this new movement session and hope it will be the first of many. Jo will also be delivering her regular dance session on Wednesday 15 May.

A fond farewell to Lena



We were very sad to hear that Lena will be leaving her role as Relief Care & Support Assistant on 8 May due to ill health.

Lena has been part of the Day Centre family for six years and during that time has made many friends amongst staff and members. Lena has been a compassionate and caring team member, always putting others before herself. Her infectious smile and calm nature have helped so many of our members, particularly those living with dementia.

Lena will be calling in as and when she can for a cuppa and a chat. We would like to thank her for the service she has given and wish her well.

Blue/Grey is the New Yellow



After many faithful years of service, our remaining old minibus travelled its final journey last month – well, half travelled as it broke down on the return leg. With repair costs being more

than the bus was worth and no guarantee that it wouldn't break down again at any moment, we decided that enough was enough and that a reliable minibus was needed.

As you know, David Palmer and others, on behalf of the Brandon Community Association, fundraised for our brand new yellow minibus last year. New buses, with all the adaptations needed, cost in excess of £40,000 and unfortunately, David's minibus fund is nowhere near that level for the purchase of the second minibus, so a new vehicle was out of the question at the moment. It was decided that the next best option would be to source a second-hand vehicle.

The BCA managed to find a minibus in a metallic blue/grey that was formerly owned by a care company. With just 8,000 miles on the clock and a clean bill of health from the AA, we decided that this would be perfect. We took delivery of the bus a few weeks ago and I am sure by now, that many of you have travelled in it.

David continues to raise money on behalf of the BCA for the second bus, which will replace the blue/grey one further down the line.



Easter Raffle – Amenities Fund gets a boost



Our 2019 Easter Raffle raised an incredible £88, which will go towards activities and entertainment for the Centre.

Congratulations to all the winners, and a big thank you to everyone who donated prizes and bought tickets.

East Anglian Diabetic Eye Screening Clinic

The East Anglian Diabetic Eye Screening Clinic will be at Brandon Day Centre this month from Thursday 9 May to Thursday 30 May.

If you are part of the diabetic eye-screening programme, you should have received an appointment letter. If you haven't received a letter or have any questions, please contact the Diabetic Eye Screening team on **01284 848418**.

Where are average things manufactured?
The satisfactory

What kind of exercises do lazy people do?
Diddly – squats

What's the difference between a cat and a comma?
A cat has claws at the end of paws;
A comma is a pause at the end of a clause

What did the bald man say when he received a comb as a present?
Thanks – I'll never part with it!



April highlights

Here are some activity highlights from our April programme.

East Bonnets

Our Easter bonnet competition brought some excellent entries this year and here you are at work with our work experience girls from IES Breckland High School in Brandon.



The competition was judged by PCSO Anne-Marie Powell, who awarded first prize to Amanda for her bonnet with rabbit ears. Second prize went to Ivy and third to Ricky.



Amanda

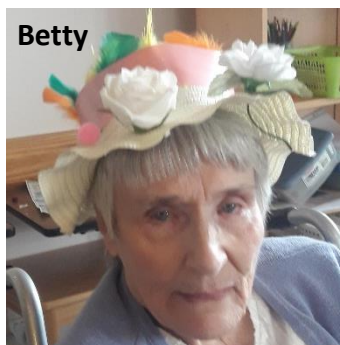


Ricky



Ivy

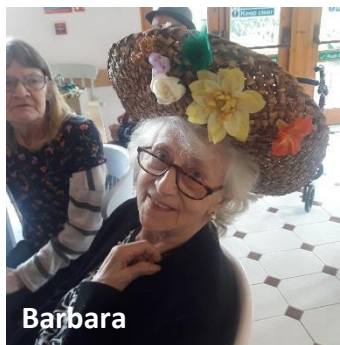
Well done to all our winners and to everyone who took part. We have some very creative people amongst our members.



Betty



Paula



Barbara



Anne-Marie also judged our Easter card competition, awarding first prize to Sue, second to Betty and third to Colin.

The three winning entries:



And here is Colin being presented with his prize of an Easter egg by Anne-Marie.



Arts and Crafts

As well as all the Easter arts and crafts, our regular visitor, Terry Kimpton has been doing various arts activities with you each week.

Terry is always keen to get our members involved with community projects and during one of his visits, he asked members to help colour in different bunny images for a three-day event happening in the town in July.



Live Entertainment

In April, we were treated to some enjoyable afternoons being entertained with music and singing by The Sunshine Boys and Kalamity Kate, as well as our regular visitors, Parallel Lives and Joyce and Mick.





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

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|--------|--------|
| Sue | 17 May |
| Amanda | 25 May |
| Edna | 30 May |



Here are a few of our Birthday celebrations that took place in April:

Competition time



Thank you to those of you who entered our April 'Numbers and Dates' competition. Well done Annie, you were our winner. Enjoy your sweet treat.

Answers:

| | |
|---|---|
| 1 | The 39 Steps. Novel by John Buchan |
| 2 | Maximum break in Snooker 147 |
| 3 | 3 Coins in a Fountain, 1954 Film |
| 4 | 1984 . Novel by George Orwell |
| 5 | 101 Dalmatians. A Walt Disney Film |

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|----|--|
| 6 | Pairs of legs on a spider 4 |
| 7 | 3 Degrees. 1970's female vocal group |
| 8 | Year of Great Exhibition in London 1851 |
| 9 | 7 Deadly Sins |
| 10 | Number of spots on a dice 21 |
| 11 | Year in which TV was invented 1927 |
| 12 | Year of decimalisation in the UK 1971 |
| 13 | Number of squares on a chessboard 64 |
| 14 | 2001 A Space Odyssey |
| 15 | Year in which Elvis Presley died 1977 |
| 16 | 2 Little Ducks in Bingo |
| 17 | 12 Signs of the Zodiac |
| 18 | 13 Number in a Baker's Dozen |
| 19 | 10 Green Bottles hanging on a Wall |
| 20 | 77 Sunset Strip |

Our May competition is a 'Garden Bird' Word Search. One of the answers is missing. Can you spot it? Simply write your name and answer in the box below and hand your entry in by **Friday 24 May** for the chance to win a prize.

Name:

Answer:

Blackbird
Blue Tit
Chaffinch
Goldfinch
Jay
Magpie

Robin
Sparrow
Starling
Thrush
Woodpecker
Wren

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| C | M | X | P | P | A | Y | D | S | T | T | Y |
| H | A | J | B | B | A | A | O | K | Y | T | D |
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| F | P | P | A | S | S | E | E | R | T | T | M |
| F | I | W | C | Q | J | X | U | T | P | E | S |
| I | E | U | K | C | N | S | Z | N | N | U | B |
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| H | N | E | R | W | R | R | E | C | V | V | N |
| A | B | K | D | E | D | R | O | B | I | N | O |
| A | T | J | T | O | L | O | H | H | E | I | K |
| D | G | Y | Q | P | J | W | A | F | Y | A | J |
| W | O | O | D | P | E | C | K | E | R | L | O |

Planning ahead

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|---|---|
| Wednesday 1 May (1.30 – 3.00) Wednesday 8 May (1.30 – 3.00) Tuesday 14 May (1.30 – 3.00) Thursday 23 May (1.30 – 3.00) Tuesday 28 May (1.30 – 3.00) Friends and family welcome | Live entertainment with Joyce and Mick |
| Thursday 2 May Friends and family welcome | Polling Station (Conference Room) |
| Tuesday 7 May (1.45 – 3.00) Thursday 16 May (1.45 – 3.00) Wednesday 29 May (1.45 – 3.00) Friends and family welcome | Live entertainment with Parallel Lives Ken and Paulette entertain for us |
| Thursday 9 May (1.45 – 3.00) Friends and family welcome | Live entertainment with Kalamity Kate |
| Thursday 9 May – Thursday 30 May | Diabetic Eye Screening Clinic (Conference Room) |
| Wednesday 15 May (11.00 – 12.00) Thursday 30 May (11.00 – 12.15) * Friends and family welcome | Dance, Dance, Dance with Jo Nichols *Dance Generation (an inter-generational event) |
| Wednesday 22 May (1.45 – 3.00) Friends and family welcome | Sunshine Boys |
| Thursday 30 May (2.00 – 3.00) Friends and family welcome | Stuart Green – Musical Entertainer |
| Every Monday (10.00 – 12.00) (except Monday 6 May/Monday 27 May) | 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. |
| Every Tuesday (10.30 – 12.00) | Arts and Crafts with Terry Kimpton |



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| Looking ahead to June More in our June newsletter, but here is a glimpse of what we have planned so far. | |
| 5 June | Sunshine Boys |
| 7 June | Kalamity Kate |
| 10/25 June | Dance, Dance, Dance with Jo Nichols |
| 11/19/25 | Joyce and Mick |
| 14/18/24 | Parallel Lives |
| 24 June | St Nicholas Hospice Drop-in Session (Café 27) |
| 26 June (to be confirmed) | Dementia Together Drop In (Café 27) |
| Every Monday | Meet up Mondays (Café 27) |
| Every Tuesday | Art workshop with Terry Kimpton |

Thank you for your continued support