

News from The Brandon Day Centre

August 2019



Welcome to the August edition of your newsletter.

We were delighted to report last month that we had taken over the All Hallows Day Centre in Ditchingham near Bungay.

As our other day care centre in Diss, The Denny Centre, will be opening soon too, we felt we needed someone to support the day centre managers and oversee all three day care services to make sure we're sharing good practice, good ideas and any opportunities that may present themselves.



We were very pleased to be able to offer this important role to Laura Edgar, former House Leader and Empanda's Training Manager. Laura has a long history of managing older people's services and of leading

dispersed teams, which means she has all the knowledge and experience that the role will require. As this expansion within our day care services has happened relatively quickly, we have created the role, initially, as a secondment for 12 months. Thereafter, if it proves to be valuable, we shall advertise it as a permanent position.

I'm sure you will be seeing more of Laura around the building. She is very keen to meet you all and find out what you value in the day care services. Good luck Laura, we wish you well in this exciting new secondment.

Laura's first day in her new role coincided with our long awaited Open Afternoon at the Denny Day Care Centre on 24 July. As the centre has been closed for almost 18 months, we wanted to give the local community and potential new members and their families, the opportunity to have a look around the re-decorated centre and to meet the team. Despite the very hot weather, we were delighted to welcome over 30 people who came in to see us and find out more about our plans. We hope they will join us when we eventually open the doors, hopefully in September.

Now that the summer holidays are in full swing, many of Empanda's team members are taking time off work to enjoy a well-earned summer break with their families. This can place added strain on those left behind ensuring that our services are still offering the levels of care and support that members rely upon. There was one day, last month, where some staff were off on holiday, another was unable to work due to a family emergency and Andrea was on a training course, which left us very short staffed. Whilst we put steps in place to ensure we had sufficient care and support assistants to enable us to support our members safely, there was a delay resulting in the buses leaving later than usual to pick members up. It was an exceptional situation and we would like to apologise to all those affected and thank you for your patience and understanding. We will do all we can to ensure that this does not happen again.

We hope you enjoy this month's newsletter and the activities and entertainment we have planned for you. We always welcome stories, quizzes and jokes, so please send us your ideas. Happy Reading!

We are delighted to announce that the Brandon Community Association minibus appeal was awarded the highest donation of £4,000 in the May/June Bags of Help Campaign. This is a fantastic boost for the fund and brings us another step closer to purchasing our second brand new minibus.

East Anglian Diabetic Eye Screening clinic

The East Anglian Diabetic Eye Screening clinic will be holding sessions at Brandon Day Centre from Thursday 12 September to Monday 7 October.

If you are part of the diabetic eye screening programme and have any questions, please contact the Diabetic Eye Screening team on:

Bookings Telephone: 01284 848418

Website: www.eadesp.co.uk

Email: enquiries@eadesp.com

Sue Ryder 'Dementia Together' Drop In Sessions

If you, or someone you know, would like to sit and have a chat with Lisa Donahue, our Dementia Navigator, bookings can now be made through Andrea Burgess.

If appointments are pre-booked, Lisa can offer 10.00am, 10.45am and 11.30am slots on the following dates in 2019:

Tuesday 27 August

Tuesday 15 October

Tuesday 26 November

Please note that if she doesn't hear from Andrea, she will assume that no bookings have been made and will not visit.

Alternatively, if you would like to see Lisa outside of the above times, please call the Dementia Together Helpline on:
08081 688 0000

Brandon in Bloom



After weeks of preparation, the front of the day centre looked splendid for the Brandon in Bloom judges on 12 July. On

such a hot day, they were grateful for tea and cake at Café 27. Well done to all involved. We now wait to hear the outcome of the voting on 10 September – fingers crossed!



IT'S THE WAY I TELL 'EM

Why was the broom late?

It overswept.



Where do you take a sick boat?

To the dock.



Why did the king go to the dentist?

To get a new crown.



Why isn't the moon a good vacation destination?

It lacks atmosphere.



Which of the witches' friends eats the fastest?

The goblin.



Why do Egyptian pyramids have doorbells?

So you can toot-'n'-come in.



July highlights

Dance and movement



At Brandon Day Centre, we recently welcomed some very special visitors to join us for our second mixed-generation music and movement

workshop aimed at bringing fun and learning to physical activity.

Following the success of our first workshop '*Splish, Splash, Splosh*', '*Animal Magic*' allowed participants to explore their own unique ways of moving as they became the animals featured in the songs. Some tried out their chimp cha-cha-cha, others rocked like a rhino and some took on the characteristics of sharks, mice and other creatures from the animal kingdom.



Music and dance are such simple ways to bring people together. It doesn't matter what age or ability, as people begin to move, you can feel the energy levels in the room lift. As they hear a beat or remember lyrics from days gone by, you can see moods lighten and a sparkle creep into eyes. As well as the great benefits of being more active, the real magic happens when participants talk, engage and laugh with each other. These workshops are a gentle way to bring different generations together who wouldn't normally meet, offering them the chance to share ideas and experiences and have fun in a way that is completely new to them all.



At the end of the workshop, Jo told us, "When I think about the Animal Magic workshop, all I can

see are the smiles! Staff, volunteers, children, parents and day centre members, all trying something new together – laughing, mixing and having fun! Bringing the community together in this way through music, movement and dance is inclusive and uplifting and can't help but do everyone involved a little bit of good! Brandon



Day Centre is in the heart of the community and is the perfect setting for such a joyful event. Many thanks to Empanda Care & Support for all their enthusiasm and backing in piloting the Dance Generation workshops."

Feedback from the event has been extremely positive and we're hoping to run more workshops in the future. Thank you to Jo for giving her time to deliver these wonderful sessions and to our visitors Alex and his children Alex Arthur (1) and Lana (3), Faith and her son Thomas (6) and Jo's daughter Aoife (5).



Arts and Crafts



After a short period of absence, Terry Kimpton is back giving his time to deliver art workshops with our members. The latest project is the creation of butterfly and leaf/floral decorations which will be placed on a model tree made by Terry and incorporated as part of the Tales and Trails community festival taking place in Brandon Country Park on Saturday 21 September from 11am until 6pm.

Devised and delivered by The Brandon Creative Forum, this year's festival will focus on celebrating the forest and community, with themes around a sense of place and the natural environment. There will be lots of trails to help all age groups explore the park, as well as a mixture of stalls on the day with a range of crafts, heritage skills and items to purchase.

Entry is free, so if you do get a chance to visit with your families, you will be able to see your works of art on display.

Watch out for photos of your creations in your September newsletter.



General Activities



Earlier in the month, Anna spent time with our members playing the 'throw and tell' activity ball game.

Essentially, it's a game of catch (or football as

demonstrated by Gordon) with a difference and a great way for people to talk about information which is unique to them, such as where they worked, where they grew up etc.



It gives members and staff, the opportunity to learn more about the people playing, particularly those who are new to the day



centre, as they share their experiences and mix with new friends.

The game promotes physical movement and hand-eye co-ordination and is a great way to unlock and share memories

and reminiscence about things participants value and enjoy.

Kurling

Another competitive afternoon was had recently when the Kurling stones came out.

Despite it being a close match at times, the gents won on this occasion. This is a really popular game amongst our members and everyone had a great game.

Watch out gents – the ladies haven't forgotten and will be sure to give you a run for your money next time!



Live Entertainment



Last month, we received visits from our regular entertainers who spent many afternoons entertaining us.

We missed seeing Ken and Paulette from Parallel Lives but are looking forward to seeing them back on 19 August. Hope you are feeling much better now Ken.

We welcomed a new act, Darrin, who spent a morning with us earlier in the month.

Darrin has been singing on and off for over 20 years but since July 2015, he has been performing as a solo artist.

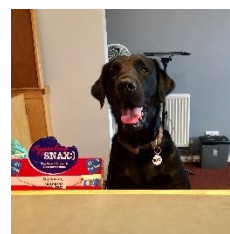
Darrin entertained us with songs from the 50's, 60's and 70's and as you can see below, he got people up on their feet to join in – a good sign that you enjoyed his music.

Feedback from Darrin's first visit has been extremely positive, so we are hoping that he will come and entertain us again in the near future.



And something a bit different in the pipeline

The saying goes, 'never work with animals or children'. We have certainly proved this not to be the case when working with children – our last two inter-generational dance workshops have proved extremely popular, enjoyable and uplifting, with the children behaving absolutely brilliantly.



And we all love Bella, Beck and Lucy, our regular furry visitors, who, apart from being rather partial to a biscuit (or six), also behave impeccably whenever they are in the building.

We always say that we like to provide a varied and enjoyable activities programme for our members and we know how much you love animals.



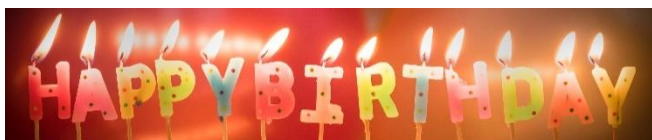
So, with this in mind, we've recently been in contact with Irene from Pinewood Boarding Kennels in Brandon to see if she, or her husband Peter, might be interested in coming along to

Brandon Day Centre to give a talk about running their kennels and cattery and to bring along one or two of their goats for you to pet and to learn more about - their characteristics, habits, diet etc.

Irene also has a family friend with a Shetland pony who is keen to visit different facilities such as ours, so you can meet one of these adorable animals and learn a bit about them.

Watch this space, we're on the case and hopefully, they will be able to visit us very soon.





A very Happy Birthday to Tom, Dawn and Eric who have a Birthday in August.

Tom	9 August
Dawn	16 August
Eric	17 August



Here's Harry and Peter P at their Birthday celebrations in July.

Competition time



Thank you for entering our July 'sweet' themed quiz. Our winner was Annie who got all 15 correct. A box of chocolates is winging its way to you. Well done.

Answers:

1. High Class Road – **Quality Street**
2. Clever Folk - **Smarties**
3. Good Children get these - **Treats**
4. Sport for Princes - **Polo**
5. Garden Flowers - **Roses**
6. Edible Fasteners – **Chocolate Buttons**
7. Wobbly Infants – **Jelly Babies**
8. Talk Quietly - **Wispa**
9. Big Bus – **Double Decker**
10. Spin Round - **Twirl**
11. Outside Meal - **Picnic**
12. Money-making Royalty – **Mint Imperials**
13. Assorted Girls' Toys – **Dolly Mixtures**
14. 100% AU – **All Gold**
15. Reward - **Bounty**

Our August competition will test your memory and general knowledge. How well can you do?

1.	How much does a 'stitch in time' save?
2.	How many pennies were there in an English pound (pre-decimalisation)?
3.	What were commuters urged to go to work on in the 1960's?
4.	What is the RAF's famous aerobatic display team called?
5.	What did Peter Piper pick?
6.	In a hit song of 1939, where was the washing going to be hung out?
7.	Where did 'The Wombles' live?
8.	What is the name of the frog who appeared in 'The Muppet Show'?
9.	How many men did the 'Grand Old Duke of York' have?
10.	What is Uri Geller famous for?
11.	Who or what is 'the old lady of Threadneedle Street'?
12.	What does the Queen hand out on the Thursday before Easter?
13.	What in World War II was a 'stuka'?
14.	According to the proverb, what should you not wash in public?
15.	What is the emblem of Wales?

Once you have entered your answers, write your name in the box below and hand your entry to a member of the care team by **Friday 23 August** for the chance to win a prize.

Name:

Planning ahead

Thursday 8 August (1.30 – 3.00) Wednesday 14 August (1.30 – 3.00) Wednesday 28 August (1.30 – 3.00) Thursday 29 August (1.30 – 3.00) Friends and family welcome	Live entertainment with Joyce and Mick
Tuesday 13 August (2.00 – 3.00) Friends and family welcome	Elizabeth Moore and Barn Owl Singers
Thursday 15 August (1.45 – 3.00) Friends and family welcome	Jacen Bruce entertains
Friday 16 August (11.00 – 12.00) Friends and family welcome	Dance, Dance, Dance with Jo Nichols
Monday 19 August (1.30 – 3.00) Friends and family welcome	Parallel Lives
Tuesday 20 August (1.30 – 2.30) Friends and family welcome	Helpline Alarm Demonstration
Thursday 22 August (1.45 – 3.00) Friends and family welcome	Sunshine Boys
Tuesday 27 August (morning)	Dementia Together Drop-in Session (Café 27) (by prior appointment)
Tuesday 27 August (1.45 – 3.00) Friends and family welcome	Kalamity Kate
Friday 30 August (1.45 – 2.45) Friends and family welcome	Stuart Green – Musical Entertainer
Every Monday (10.00 – 12.00)	Meet up Mondays (Café 27)
Tuesdays mornings (as available)	Arts and Crafts with Terry Kimpton
Looking ahead to September – More in our September newsletter, but here is a glimpse of what we have planned so far.	
4/12 September	Joyce and Mick
5 September	Dance, Dance, Dance with Jo Nichols
5/13/23 September	Parallel Lives
10 September	Nik Lowe
12 September – 7 October	Diabetic Eye Clinic (Conference Room)
19 September	Jacen Bruce
23 September	St Nicholas Hospice Drop-in Session (Café 27)
26 September	Kalamity Kate
Every Monday	Meet up Mondays (Café 27)
Every Tuesday	Art workshop with Terry Kimpton

Thank you for your continued support