

# News from The Brandon Day Centre

October 2019



Welcome to this month's Newsletter. The first days of October have certainly brought autumnal weather and several months' worth of rainfall in just a few days. We certainly need it, although perhaps not in such a short space of time!

As autumn is now with us, it's time to get the central heating on again and you will have seen workmen around the day centre and Heathcote House in recent weeks. On behalf of Orbit, they are building a new boiler room for Heathcote House so that the heating and hot water systems can be separated from the day centre. We expressed concerns to West Suffolk Council, who own the Day Centre, that whilst Orbit were getting new boilers for Heathcote House, they were planning on leaving the Day Centre with the old heating system that had really seen better days and required regular maintenance to keep it working. You will no doubt share in our gratitude when we discovered that Orbit have installed two shiny new boilers, just for the Day Centre! These should ensure we are all warm this winter and for many winters to come. Our thanks go to Orbit and West Suffolk Council.

We were delighted that Brandon was awarded a Gold in the 'Anglia in Bloom' awards. Judges visited several sites across the town, travelling in an old London Routemaster double decker bus. When they arrived at the Day Centre later in the afternoon, they were pleased to see the beautifully painted pots and hanging baskets and the shrubs and larger pots around the entrance. It certainly was blooming on the day of the judging thanks to Andrea and her helpers! The 'Brandon in Bloom' organisers are already beginning to plan for next year's awards, so watch this space for details.

Day Care volunteer, Katy, has finished writing up the feedback from the questionnaires many of you completed with her during the summer. She will be sharing the feedback with the care team and with members over the next few weeks.

## A warm welcome to ....



Frances Bool (left) and Lynn Mackay, who

recently joined our care team as Relief Care and Support Assistants. Frances has been in the nursing profession for most of her working life in various roles and, as well as her new position, is a support worker with Mencap.

Before joining us, Lynn volunteered at the St Nicholas Hospice Shop in Brandon, but her background is predominantly in the care profession, working for over 13 years with older and disabled people, including those living with dementia. Lynn moved to Brandon with her son two years ago and before starting this role, helped in Café 27 for a few weeks.



We also welcome Jackie Parsons who joins us as Relief Catering Assistant in Café 27. Jackie moved to Brandon from Hertfordshire with her husband and two dogs two and half years ago.

Having taken a year out, Jackie is looking forward to learning a new role and to getting to know staff, members and customers. We wish you all every success in your new roles with Empanda.

## 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:

Tuesday 15 October/Tuesday 25 January

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**



## IT'S THE WAY I TELL 'EM

"I went to buy some camouflage trousers the other day, but I couldn't find any."

☺

"I waited and stayed up all night and tried to figure out where the sun was."

"Then it dawned on me!"

☺

"I saw a man chatting up a cheetah."

"I thought: He's trying to pull a fast one."

☺

"I have kleptomania. But when it gets bad, I take something for it."

☺

"Somebody actually complimented me on my driving today. They even left me a little note. It said, 'Parking Fine'."

☺

"A man told me he was going to attack me with the neck of a guitar."

I said: "Is that a fret?"



## DANCE GENERATION WORKSHOP

### Spooktacular Event

A Mixed-Generation Music & Movement session  
bringing fun & learning to physical activity  
for Children aged pre-school - Key Stage 1. & Older Adults



October's theme: *Halloween*



Thursday 24<sup>th</sup> October (half-term)

11.15 am – 12 noon

@ Brandon Day Centre, Warren Close, Brandon IP27 0EE

This is a **FREE** event - donations always gladly welcomed to Brandon Day Centre

Come dressed to impress in your best Halloween costumes!

Information contact: Jo Nichols, Dance Facilitator

Tel: 0774 64 70 774 Email: jonicholsdance@gmail.com

Back by popular demand, Jo Nichols is running a third inter-generational dance workshop here at Brandon Day Centre on **Thursday 24 October**.

The theme of the 'Spooktacular' event is Halloween and promises to be lots of fun. We are hoping to attract more children and their families to this event and are encouraging children to dress up in Halloween costumes.

If you would like to experience one of these special workshops and Thursday isn't your normal day to attend, please speak to Andrea or one of the care team to see if you can swap your day. Unfortunately, we are unable to provide transport for any additional bookings.

The two events held so far have been extremely successful and much enjoyed by each generation, so if you would like to invite family members to join in the fun, we would be pleased to see them.

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 speak to a member of the care team.



**CAFÉ  
27**

## September highlights

### Arts and Crafts

#### Terry Kimpton workshops

Our 'Grand National' horseracing game has been played many times and as a result, the horses that are fixed to poles have become somewhat tired and in need of replacement.

Many thanks to volunteer Terry and our members for creating a new set of horses.



Pictured above are Amanda, June P, Eric, Patrick and Colin working hard to bring their own colouring styles to the individual horses and the finished images ready for cutting out.



You may remember that Terry worked with many of you on decorations for the model tree he had designed for the Tales and Trails Event held in Brandon Country Park in September. Pictured with the tree in all its glory are

Veronica, Eric, Rachel and June P and below is a photo memory board made by Terry and thank you message for the wonderful contribution made by members of Brandon Day Centre.



Here is Terry working on more projects. We really appreciate all the support you give to our members and the staff team.



With Harvest Festival, Halloween and Remembrance Sunday approaching, many of you have been busy working with our care team on decorations for the Centre.



### General Activities

Our volunteers play a hugely valuable role at Brandon Day Centre, organising and co-ordinating activities, helping at mealtimes and generally providing support to our members and the staff team.



as seen here with Tony and Geoff.

Janet, who volunteers two mornings a week at Brandon Day Centre, loves spending time with members doing quizzes and reminiscing

We are always pleased to take on new volunteers. If you know of anyone who might be interested in this rewarding and worthwhile role, we would love to hear from them.



Lena popped in for a cuppa and a chat recently and is pictured here with Patrick. It's always lovely to see you Lena.

## It has its ups and downs!

Having a varied activity programme is important to our members and games that can be played in a group setting are always popular. Earlier in the month, our members spent an enjoyable afternoon playing Snakes and Ladders on the giant board with Jane and Paula.



As with any Snakes and Ladders game, there were some highs and lows, with participants getting so close to the finishing line only to have their hopes dashed when they landed on the head of snake, sending them back down the board again, again and again.



## Live Entertainment



September was another good month for live entertainment.

Many thanks our regular entertainers and those who come and see us less frequently. It is always a pleasure to see the joy you bring to our Members through music.



During the month, we spent a lovely afternoon with Nik Lowe who came to entertain us. Accompanied by his guitar, Nik's set included songs both young and old.



We also received a visit from Jacen Bruce, our rock and roller who spent an afternoon entertaining us with his 50s classic rock and roll, country and blues.

Pictured below are Eric and June P up dancing to an upbeat number. It looks like it might

be the twist? Nice moves and great to see.

Thanks Nik and Jacen.





A very Happy Birthday to everyone celebrating a Birthday in October:

Jayne (staff)	2 October
Betty and Dolly	12 October
Barbara	14 October
Ricky	15 October
Andrea (staff)	16 October
Linda (staff)	18 October
Joan	24 October
Maureen	31 October



Here's Tom enjoying his Birthday celebrations in September.

### Competition time



Thank you for entering our September word search quiz. Some of you spotted that there was more than one country missing (thanks for pointing out the error) but anyone who guessed

'Uganda' was included in the draw. Our winning entry came from Rada. Many congratulations and enjoy your sweet treat.

For our October quiz, why not test your knowledge of names. In particular, the first names of famous duos.

To start you off, here's an example:

Madeley & Finnegan - **Richard and Judy**.

When you have entered your answers opposite, write your name in the box below and hand your entry to a member of the care team by **Friday 25 October**, for a chance to win a prize.

<b>Name:</b>
<b>Answer:</b>

<b>Burton and Taylor</b>
<b>Torvill and Dean</b>
<b>Simon and Garfunkel</b>
<b>Morecambe and Wise</b>
<b>Abbott and Costello</b>
<b>Laurel and Hardy</b>
<b>Corbett and Barker</b>
<b>French and Saunders</b>
<b>Astaire and Rogers</b>
<b>Cannon and Ball</b>
<b>Lennon and McCartney</b>
<b>Peters and Lee</b>
<b>Jewel and Baker</b>
<b>Rodgers and Hammerstein</b>
<b>Bogart and Bacall</b>
<b>Flanagan and Allen</b>

## Planning ahead

<b>Tuesday 1 October (1.30 – 3.00)</b> <b>Wednesday 16 October (1.30 – 3.00)</b> <b>Friday 25 October (1.30 – 3.00)</b> Friends and family welcome	<b>Parallel Lives</b>
<b>Wednesday 2 October (10.30 – 11.30)</b>	<b>Harvest Centre – Harvest Festival</b>
<b>Thursday 3 October (1.45 – 3.00)</b> Friends and family welcome	<b>Sunshine Boys</b>
<b>Tuesday 8 October (2.00 – 3.00)</b> Friends and family welcome	<b>Andy Barrett – Therapeutic Music Session</b> 
<b>Thursday 10 October (1.30 – 3.00)</b> <b>Tuesday 22 October (1.30 – 3.00)</b> <b>Wednesday 23 October (1.30 – 3.00)</b> <b>Thursday 31 October (1.30 – 3.00)</b> Friends and family welcome	<b>Live entertainment with Joyce and Mick</b>
<b>Thursday 17 October (1.45 – 3.00)</b> Friends and family welcome	<b>Nik Lowe</b>
<b>Friday 18 October (11.00 – 12.00)</b> <b>Thursday 24 October (11.00 – 12.00)</b> Friends and family welcome	<b>Dance, Dance, Dance with Jo Nichols</b> <b>‘Spooktacular’ – Inter-generational Dance Workshop</b> 
<b>Monday 21 October (1.45 – 3.00)</b> Friends and family welcome	<b>Kalamity Kate</b>
<b>Monday 28 October</b>	<b>St Nicholas Hospice Drop-in Session (Café 27)</b>
<b>Every Monday (10.00 – 12.00)</b>	<b>Meet up Mondays (Café 27)</b>
<b>Tuesdays mornings (as available)</b>	<b>Arts and Crafts with Terry Kimpton (not 22<sup>nd</sup>)</b>
<b>Every Thursday (2.00 – 4.00)</b> <b>Café 27</b>	<b>Realise Futures Walk-in Advice and Guidance</b> for Adults with a Learning Difficulty and/or Autism

**Looking ahead to November** – Here’s a glimpse of what we have planned so far.

<b>4/15/26 November</b>	<b>Parallel Lives</b>
<b>6/14/27 November</b>	<b>Joyce and Mick</b>
<b>5/25 November</b>	<b>Dance and Movement with Jo Nichols</b>
<b>20 November</b>	<b>Nik Lowe</b>
<b>28 November</b>	<b>Kalamity Kate</b>
<b>25 November</b>	<b>St Nicholas Hospice Drop-in Session (Café 27)</b>
<b>Every Monday</b>	<b>Meet up Mondays (Café 27)</b>
<b>Every Tuesday</b>	<b>Art workshop with Terry Kimpton</b>
<b>Every Thursday (pm)</b>	<b>Realise Futures Walk-in Advice and Guidance (Café 27)</b>

**Thank you for your continued support**