

Empanda Day Centre News

January 2024



Welcome to the New Year edition of 'Empanda Day Centre News'.

We hope you all enjoyed the festive break – it's really good to have you back.

On behalf of Empanda and our day care staff, our catering teams, our drivers and volunteers, we would like to wish all our customers a very Happy and Healthy New Year.

Included within this issue, as well as news from across our day centres, we will take a look at the many activities that took place at both All Hallows and Brandon in the lead up to Christmas.

Spaces Available

We currently have spaces available at both our day centres. If you would like to spend an additional day with us or know someone who would benefit from a day out, or their carer would like some respite from looking after their loved one, please ask a member of staff or give us a call.

All Hallows: Linda Robinson - 01986 458002
Brandon: Michelle Jarrett - 01842 819777

News from All Hallows Day Centre

Staff news



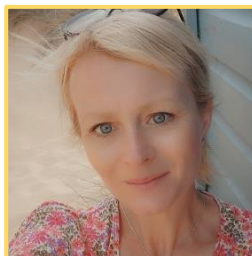
In November, we said farewell to catering assistant Claire. We wish her well for the future.

A very warm welcome to Ross, who has joined Sue in our catering team.



Ross has extensive experience working within the hospitality and catering sectors. We wish him every success in his new role.

Staff profile



"Hi, I'm Becky and have worked at All Hallows since May 2017, after spending seven years as a community carer.

I live in Ditchingham with my three daughters and when I'm not at work or school, we enjoy beach walks along the Suffolk coast to hunt for sea glass. My youngest daughter Flo is a keen footballer and plays in goal for Bungay Town Football Club, so weekends are often taken up with football.

I used to enjoy running and have run a half marathon. I am hoping to find the time and motivation to start again this year!

I love working at All Hallows. It's a privilege to help our customers, to chat with them and to make them smile. We have a great team and my work colleagues are also great friends."

Birthday celebrations

January

11th Peter E
14th Bob P
18th Will V (staff)
31st Karen T (staff)

March

12th Sally SH (staff)
12th Linda R (staff)
14th Jean W
18th Julie L (staff)
20th Ian B
27th Derek R
28th Duncan M

February

26th Jules P
26th Steve E
27th Peter D (staff)



Getting ready for Christmas



All Hallows was a hive of activity in the lead up to Christmas with customers and staff doing

their bit to make the centre look festive.

Here's Rose with the perfect little Robin Red Breast she made.

Cake competition

A huge thank you to Sue, our marvellous cook, for baking and decorating this fabulous Christmas cake for the 'Guess the Weight of the Cake' competition. We raised £27 for the centre, so thank you to everyone who entered.



The cake was won by Peter, with a guess of 6lb 15oz which was just one ounce away from the official weight of 6lb 14oz. Hope you enjoyed your sweet treat Peter.

Festive entertainment

We were delighted to be invited to the Chapel in the neighbouring All Hallows Neurological Rehabilitation Centre, to sing Christmas Carols with the school children from nearby Ditchingham Primary. It was so nice to listen to all the beautiful voices.



Pictured left is Alan enjoying the musical talents of Karen Bonsall, one of our Christmas entertainers.

Christmas raffle

A huge thank you to everyone who donated a gift for our 2023 Christmas Raffle.

We had a wonderful array of prizes (52 in total) which meant that so many of you were able to win something.

Through ticket sales, we raised an impressive £250 for the Centre.

Here's our festive Manager Linda enjoying her prize and Tracy awarding Evelyn with hers.



Christmas lunches

No Christmas is complete without that special festive fayre.

Our catering team, Sue and Ross, did a marvellous job freshly preparing and serving tasty Christmas meals with all the trimmings throughout the week leading up to Christmas. They served 64 lunches over the week.

Pictured below are: Eileen, Diane, Graham, Derek, Jean and Mike enjoying their Christmas lunch.



Christmas lights display for All Hallows



A huge thank you to Keith Penn from Earsham, who has raised a fantastic **£700** for All Hallows from his amazing Christmas light display which every year, transforms his home into a winter wonderland.

Keith's mother attended our centre in 2005/2006 and he has been raising money for us ever since.

We appreciate the hard work that goes into creating such a spectacular event each year and the time it takes Keith to get everything ready and put away. Keith has become a bit of a village celebrity, with people travelling for miles

around to see for themselves his work of art and to make a donation.

This year, Keith won the best decorated house and has added his prize money of £25.00 to the £700 donation already made to the centre.

Keith's donations have enabled us to buy many activity provisions, and have more entertainers visit our centre and we can't thank him enough for his continued support and generosity.

A visit from Santa's little helpers

We like to give our customers a small gift as a token of our appreciation at Christmas and this year, everyone received a ceramic mug and chocolate.

Below are customers Alma, Andy, Peter, Gloria and David receiving their gifts from some very special visitors to the centre.



Alma and Andy



Peter, Gloria and David

News from Brandon Day Centre

Staff news



Congratulations to Teresa Olle on her appointment as Relief Care & Support Assistant. Teresa also continues in her role as Domestic, keeping the centre spick and span.

Heathcote House Charity Day

In November, our neighbours at Heathcote House held a charity day in aid of St Nicholas Hospice. Brandon Day Centre ran a tombola to support our neighbours raise money for a worthy cause.

There were cakes, pastries and hot drinks, Little Luna Melts (homemade wax melts), Hayley's sweets & supplies, Ellie's nail bar, guess the weight of the cake/number of sweets.

Heathcote House raised an incredible **£306.06** for St Nicholas Hospice and the day was enjoyed by all.



Thank you to Lian from Heathcote House for organising a great event and to Teresa for helping out on the tombola.

Festive preparations

Jayne was very busy decorating the day centre in the spirit of Christmas. She did a fantastic job with the help of customer Shirley who together, decorated both our Christmas trees.

Below are some pictures of Shirley with the finished Christmas Trees, and the day centre looking very festive.



Christmas crafting



Customers got involved with some Christmas crafts during December by creating some Christmas trees with which to

decorate the day centre. It was so nice to see their creations up on display.



Christmas party hats

Every year, we have two days in the weeks leading up to Christmas, where we have a Christmas lunch followed by live music.

In preparation for these two days, customers were asked to create a Christmas party hat to wear on the day. Everyone got creative with tinsel, stars and pom poms and made some great looking party hats.



Well done to everyone who made a hat, you all looked very festive when you wore them.

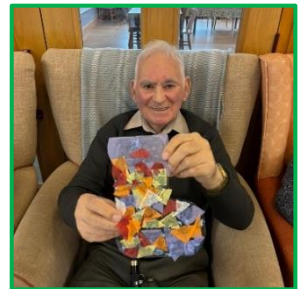
Stained glass window

Our staff member Terry is part of Brandon Creative Forum which encourages arts and crafts into the community of Brandon.

For the last few years, they have been creating stained glass windows for display on Market Hill, Brandon as part of the annual Christmas light switch-on.

Terry enjoys getting our day centre customers involved and supporting them to create some spectacular works of art.

Pictured below, are our customers with their creations which formed part of the display at the Christmas light switch-on.



We have some very talented customers. Well done to everyone, you did a fantastic job.

Activity highlights

Jo Nichols and guests

Jo runs various classes for us and has taught a routine to both the customers at the day centre and her other class. She kindly brought along two ladies from one of her classes to the day centre to do the routine and join in the fun.



In the spirit of Christmas, Jo had even brought in some 'snowballs' so everyone in the group could have a snowball fight. Thank you to Jo and her guests for a very entertaining Friday afternoon.

Santa's Grotto by the Harvest Centre

Each year, the Harvest Centre likes to create a Santa's Grotto in the lounge area at the centre to bring Christmas spirit to local families at no cost. For the few hours Santa's Grotto is at the Day Centre, the children have the chance to meet Santa and his elves and receive a gift.



They also have a hot chocolate station and sweets/chocolates for everyone to enjoy while waiting to see the big man. It was a lovely and busy evening and definitely brought the Christmas spirit to the day centre. Thank you to Jo for organising this event and for all the volunteers at the Harvest Centre for making this time of year magical for the children. We can't wait to have you back this year.



Christmas raffle



A huge thank you goes to everyone who donated prizes and/or bought raffle tickets for our grand Christmas raffle.

Together with the proceeds from raffle tickets sold at the BCA Christmas meal, we have raised a splendid **£209!**

The money raised will be used for new crafts, games, and entertainment for the centre.

Festive Fayre

Brandon Community Association has supported the day centre since it was opened in 2000 and own and maintain the minibuses used by many of our customers to travel to and from the day centre. To help Denise and the BCA to be able to raise funds to maintain the minibuses, they have a charity shop in Brandon High Street (near Aldi) and this is run by Julia, charity shop manager and her team of over 20 volunteers.

To thank Denise and the BCA, Julia and the volunteers for their hard work and for their support of the centre, we hosted a Christmas meal for them on 29 November.

It was a lovely afternoon, filled with chatter, laughter, and Christmas music.



A big thank you also goes to Sonia, Lucyna and Ross (from All Hallows Day Centre) who came in when the centre was closed to provide a fantastic two-course lunch for everyone, and to Jayne for her help in getting the centre ready for the festivities and throughout the afternoon.

Customer Christmas lunch days

Our Christmas lunch days were held on Thursday and Friday 21st and 22nd December, with many of our customers wearing the Christmas hats they had made in previous weeks.

The tables looked very festive and everyone enjoyed the wonderful Christmas lunch prepared and served by our catering team.

As part of the celebrations, we were fortunate to have Dave and Diane perform on Thursday and Kalamity Kate on Friday.

It was a lovely atmosphere on both days and a great way to start the Christmas celebrations.



Interactive screen

We were very fortunate to receive a grant from Public Health England to purchase a large table-sized interactive screen for the centre.

Research has shown that this equipment has calming and beneficial effects on people living with dementia.

The screen has multiple games built into it, including sensory games, colouring and musical games, as well as apps to enable customers to watch films.

You may have seen the screen being used over the festive period when Christmas music and videos (through YouTube) were played.

Some of the customers and staff have already tried the screen with colouring and sensory games. We can't wait to use the interactive screen more in the future and will be running a film afternoon which has been requested by some of the customers.

We are so pleased to have this piece of kit to enjoy, it makes a great addition to the programme of activities we can offer.



Beating the January blues

After the excitement and activity of the festive period, for some, January can often be a bluer time of the year, but not at the day centre.

We've had a great start to the year with Jo's first exercise class being active and full of smiles. Geoff and Shirley were up dancing with staff member Tina and Jo while others, like Barbara, were getting involved from the comfort of a chair.



This was an excellent way to kick-start the year – thank you Jo for keeping both the staff and customers entertained.

Who am I?



If you didn't manage to guess who last issue's little girl was, it was staff member

Teresa Olle. Well done to those of you who guessed correctly.

Birthday celebrations



January: 7th – Shirley A, 24th Hedy B

February: 1st Kim A (S), 2nd Francis B (S), 7th Sally D, 13th Teresa O (S), 25th Sally S (S)

March: 5th Iris L, 13th Lillian M, 14th John S (S), 18th Rose F, 19th Ian M, 30th Mick D (S)

Competition time

Well done to those of you who entered our Christmas Word Search competition.

The missing word was Crackers.



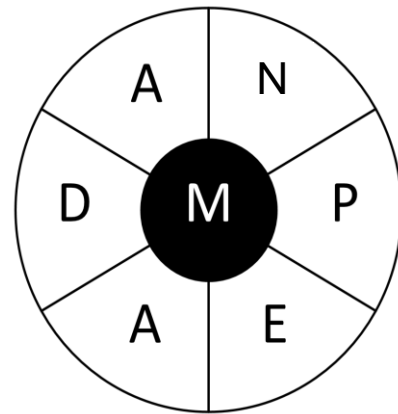
Our competition winner was Evelyn from All Hallows Day Centre. Evelyn's was the first correct entry drawn and here she is pictured with her husband Harry and her prize, a lovely shopping bag. Well done Evelyn.



This month, for a change, we thought you'd enjoy a word wheel competition.

Find as many words as possible using the letters in the wheel. Each word must include the hub letter 'M' and at least two others. Letters can only be used once. See if you can find the seven-letter word as well.

The entrant with the highest word score will win a prize. In the event of more than one entry with the same number of words, the winner will be chosen at random. Good luck!



Insert your words here:

Seven letter word:

Total number of words:

Name:

Day Centre:

What's on

Whilst the newsletter is published every other month, the care team will keep you updated with what's going on month by month as activities are planned. Here's what's planned so far.

All Hallows Day Centre

Thursday 25 January (1.15pm)	Karen Bonsall
Monday 12 February (1.15pm)	
Tuesday 20 February (1.15pm)	
Friday 15 March (1.15pm)	

Friday 9 February (1.15pm)	Simon Curtis
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Wednesday 14 February (1.15pm)	Songs of Praise with Janet and David
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Friday 1 March (1.15pm) – to be confirmed	Michelle Miles
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Tuesday 26 March (1.15pm) – to be confirmed	Tom Tonks
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Brandon Day Centre

Monday 29 January (11.15am)	Jo Nichols Dance/Chair Exercises
Thursday 1 February (11.15am)	
Friday 9 February (1.30pm)	
Thursday 15 February (11.15am)	
Friday 23 February (1.30pm)	
Thursday 29 February (11.15am)	

Tuesday 30 January	Kalamity Kate
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Tuesday 6 February (1.30pm)	Nik Lowe
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Monday 19 February (1.45pm)	Wingsong
Tuesday 12 March (1.45pm)	

Every Monday (10.00 – 12.00)	Coffee and Friends Event 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.
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