

Empanda Day Centre News

November 2024



Welcome to the latest issue of 'Empanda Day Centre News'. We hope you enjoy catching up with all that's been happening at All Hallows and Brandon Day Centres.

Although the temperature is mild for this time of year, with the clocks going back last month we are certainly noticing a drop in temperature in the early morning and in the evenings. A sure sign we are heading into winter.

In keeping with the season, we have included a helpful article on 'keeping warm and well in winter' which we hope you will find useful when preparing for the months ahead.

Goodbye to a dear friend and colleague

It is with great sadness that we announce that our Managing Director, Sally Hanlin, recently passed away following a long illness.



Sally, one of our three founding directors together with Ben Hughes and Kerrie Good, formed Empanda almost nine years ago but they had previously worked closely together over many years.

Before moving to East Anglia in 2000, Sally worked for a specialist Charity and Registered Provider offering a range of accommodation and services in the East End of London, working with some of society's most marginalised individuals, including street drinkers and homeless people.

Once in Suffolk, she ran a very successful floating support service with a local Registered Housing Provider, before switching roles internally to head up their Care and Support services. She was responsible for a large and diverse portfolio of care and support services, employing 270 staff and offering a service to almost 4,000 customers.

We will greatly miss our dear friend and work colleague, her wealth of knowledge, expertise and compassion.

We are determined to continue to maintain and build on the high standards that were integral to Sally's wishes for the company, and to continue her vision to grow and develop our services to be the best for the people we support and the communities we serve.



Keeping warm and well in winter



As we get older, our bodies respond differently to the cold. It can become harder for our immune system to fight off bugs and viruses, make health conditions harder to manage, and we can find it more difficult to move about and keep warm.

Low temperatures can increase your risk of flu or other breathing problems and can raise your blood pressure.

When you're older, your blood pressure takes longer to return to normal once you get cold too, which can raise your risk of heart attacks and strokes.

The colder your home, the higher the risk to your health.

The good news is that there's plenty we can do to help keep ourselves well in winter.

Keep moving



A little bit of activity is a great way to help you keep warm, as well as help you maintain strength and mobility.

- Move around at least once an hour and avoid sitting for long periods. Even gentle movement while seated can help.
- Keep as active as possible to boost your circulation. Even light exercise will help keep you warm.
- When you sit down, put your feet up as it is coldest nearer the ground.

When it comes to keeping moving, it's important you do something that feels right, and safe, for you.

Eat and drink well



It can be difficult to keep up the motivation to prepare meals but it's good to try and keep to a routine where you can. Hot food and drinks can help you to keep warm, so try to have one hot meal a day and as many hot drinks as you can.

Try to have a range of foods in your diet:

- Try to eat at least five portions of fruit and vegetables every day as they can help your immune system work well during winter – frozen and tinned vegetables can be just as good as fresh.
- Budget-friendly homemade hot meals can include porridge, a jacket potato, pasta, soups and stews.
- It's also a good idea to keep your cupboards stocked with some basics just in case you can't get to the shops – whether due to illness or bad weather.
- It's better to eat a bit of what you fancy rather than to eat nothing – even if it's just a slice of cake.
- If you're trying to keep your energy bills down, using a slow-cooker, microwave or an air fryer could help reduce costs.



The Association of UK Dieticians has published a Food Fact Sheet '*Eat well, spend less*'. If you would like a copy, please let one of the care team know and they will be able to print one for you.

Dress appropriately



Wearing several layers of clothing instead of one thick layer will help keep you warm.

- Base layers, such as thermal vests or long sleeve tops can trap heat. A hat is a good idea, even indoors.

- Try using a hot water bottle and a fleecy blanket.

Heat your home adequately



- Try keeping the room where you spend most of your time, such as your living room or bedroom, heated to at least 18 degrees.

- Keep your bedroom window closed at night.
- Remember to turn off radiators in hallways and rooms that aren't being used and close doors to trap heat in certain areas.
- Keep your curtains open in the daytime to let in the light and warmth but close them before it gets dark to avoid losing heat.

Supporting Each Other: Focus on Winter



- You may have heard **Winter Fuel Payments** being discussed in the news recently.

These payments used to be paid to everyone over State Pension age, regardless of their income. This has now changed. Only people who get **Pension Credit** will receive the one-off Winter Fuel Payment this year.

- And it's not just help with heating costs - getting Pension Credit opens the door to additional benefits such as help with the cost of:

- dental work
- glasses
- transport to hospital
- help with rent or mortgage interest; and help paying Council Tax.

- Not to mention a free TV Licence for those aged 75 and over.
- A lot of people think if they have savings they won't be entitled, but that is not always the case. While 1.4 million households in the UK already receive Pension Credit, an estimated 880,000 people are eligible for it, but are not receiving it.
- If you have friends or family over State Pension age (currently 66), ask them if they have checked their eligibility.
- They can find out more here: www.gov.uk/pension-credit, or by calling **0800 99 1234**.

Applications can be made online or over the phone.



Merry Christmas

Later in the newsletter we will let you know about the Christmas arrangements at both All Hallows and Brandon Day Centres, including opening times and festive lunch arrangements so you know what's happening in advance.

As we near the festive break, we would like to thank our care and catering teams and our drivers for their continuous hard work and commitment, our volunteers for the time and energy they bring, our partners and supporters, and above all, you our customers, your families and your friends.

We wish you all a very Happy Christmas and we look forward to welcoming you back in the New Year.

Merry Christmas

FROM ALL AT EMPANDA



IT'S THE WAY I TELL 'EM

Who hides in the bakery at Christmas?

A mince spy!

☺☺

What kind of ball doesn't bounce?

A snowball.

☺☺

What did one snowman say to the other snowman?

Do you smell carrots?

☺☺

What did one Christmas tree say to another?

Lighten up!

☺☺

Why are Christmas trees so bad at knitting?

They have too many needles.

☺☺

What do you get if you cross Santa with a duck?

A Christmas quacker.

☺☺

What do Santa's little helpers learn at school?

The elf-abet.

☺☺

Who is Santa's favourite singer?

Elf-is Presley.

☺☺



Remembering warmer months

With the nights drawing in, and the onset of colder months, we thought we'd look back at how our customers enjoyed some of the summer sunshine.

Relaxing and enjoying good company on the patio.



And a relaxing pampering manicure session in the fresh air!



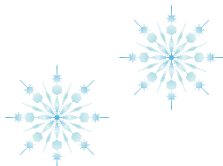
Young visitors to the Centre

Everyone at the Centre always enjoys a visit from a young person and Lucas always knows how to put a smile on everyone's face.



Our green fingered friend

The weather has been extremely mild for this time of year and has provided the perfect opportunity for keen gardener Alan to show off his green fingers with some of his home grown produce.



Activity highlights

We enjoyed a Reminiscence Facilitator session led by Angela Bishop who visited All Hallows with a range of toys and games from the past. Some of the toys Angela brought included a multi-coloured spinning top, a skipping rope, dolls, toy cars, Blow Football, roller skates and a Games Compendium (a box containing lots of games) to name but a few.



Our Wednesday group loved looking at the wide range of toys and games and many happy memories, and stories, were triggered.

We heard all about everyone's favourite loved toy and what they used to do in their spare time.

This turned out to be a very lively session as to which was the best toy!

Glenda was fascinated and mesmerised by the old Kaleidoscope.

Customers were also encouraged to demonstrate their newspaper cutting or making skills by creating a paper hat or paper doll chain - a skill Rosemary certainly has not forgotten whilst Lew is modelling his paper hat creation. Well done both!



Angela also brought to life The Sooty and Sweep Show by bringing in the two much loved hand puppets. She even tried to remind us of the voices the puppets used.

This is Angela putting on her best impersonations of Sooty and Sweep – though not at the same time!





Jules and Norma fondly remember watching The Sooty and Sweep Show.

Did you remember Sooty's best known catchphrase?

It was –

“Izzy-wizzy, let's get busy!”.

These are the special magic words that brought Sooty's magic wand to life!



Birthday celebrations

We have had many Birthdays over the last few months and here are some of the recipients of these 'Show Stopper' cakes. We hope you all had a wonderful birthday.

A big thank you to Sue and Ross in the kitchen for making these amazing creations.



Margaret



Janice



Derek



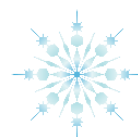
Pat



Alma



Robin





Christmas

Christmas is fast approaching – as are our Christmas luncheon days!

This year our Christmas lucheons will commence on **Wednesday 18 December** until Christmas Eve - **Tuesday 24 December**.



Christmas Raffle at All Hallows

Our annual Grand Christmas draw will take place the week before Christmas and we are appealing for raffle prizes to go into hampers, (chocolates, biscuits, drink, toiletries and other seasonal items).

Tickets are a £1 a strip (5 raffle tickets), so don't forget to bring a little money when you visit if you'd like to participate.



November	December
1 st - Lara S (vol)	14 th Chrissy C (staff)
2 nd - Peter S and Andy D	15 th - John T
11 th - Cecillia P, Ollie B and Alan S	19 th - Glenda R
17 th - Helen L	19 th - Sue G (vol)
17 th - Angela S (staff)	23 rd - Greta
21 st - David D	January
26 th - Tracy W (staff)	11 th - Colin S
29 th - Malcolm J	14 th - Bob P
30 th - Sue R (staff)	18 th - Will V (staff)
	22 nd - Liz W



Staff news

Many congratulations and a warm welcome to Simon Taylor. Sy has recently joined our team as a minibus driver.



"Hi, I'm Sy. I've lived in Suffolk for 17 years and been married for 15 years. We have a rescue cat called Lulu who is spoilt rotten.



My favourite hobby is photography, mostly nature and aviation. I'm really enjoying my new role at All Hallows Day Care Centre."

All donations gratefully received and proceeds will go towards your entertainment programme and 'little extras' for our customers.

Christmas/New Year Opening Times

Mondy 23 December	Open
Tuesday 24 December	Open
Wednesday 25 December	Closed
Thursday 26 December	Closed
Friday 27 December	Open
Monday 30 December	Open
Tuesday 31 December	Open
Wednesday 1 January	Closed
Thursday 2 January	Open



Activity highlights

Arts and crafts in the community



We offer a variety of arts and crafts activities for all our customers to enjoy. We frequently hear the phrase “I’m no good at painting and crafts” from our groups but just look at some of the artistic talent our customers have from looking at the photographs below.

In our centre, we have lots of different techniques and mediums for those who are ‘willing to give it a go.’ Very often the participants are amazed by the outcome and are extremely proud of their creations.

Staff are always on hand to encourage and support our customers who may never have tried, nor indeed had the time in their busy lives, to explore their creativity.

Below we see, Jean, June, Betty, Peter, Diane and Alan enjoying some of the artistic activities on offer.



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 a nice bath (or both), 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

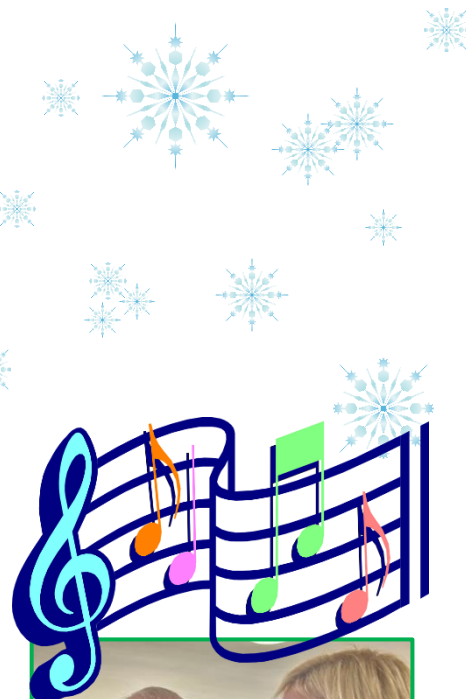
Brandon: Michelle Jarrett - 01842 819777

Creative customer

One of our Friday customers, Doreen, brought in some of her ornaments to show us one of her much-loved and enjoyable hobbies.

She delicately hand paints and decorates items including ceramic vases, small 'ginger' jars, trinket pots and decorative plates.

Some examples of Doreen's work can be seen below. All the other members and staff were extremely impressed by her beautiful handiwork. We agree!



Music and dance

The benefits of music and dance are widely known, and we try to incorporate some form of movement session for our customers.

In a care setting, music and dance has a positive effect on all our customers but particularly helping those who are living with dementia.

Some of these benefits include helping to reduce anxiety and depression, to maintain speech and language, to comfort, to enhance quality of life and has a positive impact on customers and carers.

Pictured right is Colin showing staff member, Becky, some of his dance moves.



In the words of the late Len Goodman – a 'Strictly Come Dancing Judge' –Tennnnnnnn!

Activity favourite



Dominoes is one of the more popular activities we offer our customers. It's both stimulating for the mind and encourages social interaction.

Pictured right are Bob, Harry and John participating in a very serious match – deep in concentration.





Staff news

A warm welcome to Linda who has joined the team as a Relief Care and Support Assistant.

Many of you have now met Linda who previously worked at Brandon Park Nursing Home.

We wish Linda all the best in her new role.



Activity highlights

A slow, slithering and waggy visit

A visit for our Thursday customers was arranged with one of our colleagues, Laura, who works in our Learning Disabilities service. Laura and her son, Alex, brought in a selection of their animals including tortoises, a snake and their two dogs Loki and Rocket.



All the customers enjoyed seeing and holding the unusual collection of tortoises and snake and of course making a big fuss of the dogs – which both two and four legged loved!

We all know the huge benefits to wellbeing that animals and reptiles bring including joy and comfort. It was lovely to witness the interaction which brought many smiles to customers' faces.

A big thank you to Laura and Alex for bringing their animals in to meet our customers.

We are looking forward to your next visit.



Birds of Prey

Animals are important to a person's wellbeing whether they have fur, hard shells, scales or feathers.

We were also lucky to have a visit from Keith Sutton from 'Birds of Prey' who visited our Monday customers bringing with him a bird of prey.



Bird Handler Keith, gave our customers some information about birds of prey before bringing a large owl round for the customers to stroke. It was amazing to get to see this beautiful and majestic flyer up close.

A big thank you to Keith for taking time out of his day to visit and spend time with us.





VOLUNTEERS NEEDED

We Need Your Help!

Brandon Day Care Charity Shop

Volunteers are needed
No experience required
Flexible hours



Come and join our friendly team

For more information
pop in or call

01842 810204



Spook-tacular seasonal news

Scarecrow trail

The day centre was contacted by Jake from the Forestry Commission at High Lodge to see if we wanted to take part in creating a scarecrow for a scarecrow trail the Forestry Commission was creating over the spooky season. The scarecrow trail ran from 25 October for two weeks.



Terry from our care team, designed, created and modelled a t-shirt design using an Empanda polo shirt, as well as creating the head for the scarecrow.

Jayne brought in a stand to help support the scarecrow and had help from the customers to make sure he was filled enough with stuffing for his frame.

As soon as the scarecrow was finished, Jayne came up with a competition for the customers to name the scarecrow.

Various names were submitted but the winning name, chosen by Barbara H, was **Bale Bob**.



Congratulations to Barbara H for choosing such an appropriate scarecrow name!

Before Bale Bob left the day centre to catch his bus to High Lodge to star in the scarecrow trail, many of our customers, staff and entertainers posed with Bale Bob - see their photos below.





Some staff members' friends and family went to visit Bale Bob on the scarecrow trail to keep him company and were happy to share their pictures. See these below.



Paper Mache session

Our Friday customers helped in the preparation of creating Bale Bob's head and had an afternoon hard at work covering balloons with Paper Mache.

Unfortunately, the Paper Mache balloons were not going to survive being outdoors on the trail, so Bale Bob's head had to be changed to a flowerpot. However, as you can see below the Friday customers had a lot of fun and Bale Bob still looked great.

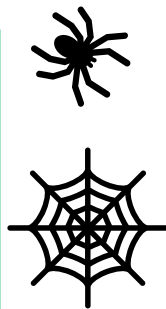


Halloween crafts



In the spirit of Halloween, customers got creative making their own ghosts and paper plate pumpkins which were displayed in the dining room. It was a great way to embrace the spooky season.

Jayne also created a Halloween themed musical bingo with songs and sounds related to Halloween. It was a howwwwill lot of fun!



Halloween decorations

To celebrate Halloween, the team decorated the day centre with all things spooky – ghosts, pumpkins, witches and cats. Using Halloween crafts from both this year and last, there were enough crafts to decorate both the lounge and dining room. Looking at the photos below it looks as if our customers had a spook-tacular fun time!



Here are just some of the pictures of the day centre looking very eerie all decorated – even the craft tree had a spooky makeover.



New staff member Layla created a witch and cat silhouette which was attached to the wooden beams in the lounge.



On the day of Halloween, the staff got into the spirit by dressing up for the occasion. Kim came as the crazy dog lady, Layla dressed as a cat, Tracy came as a pumpkin and for a few hours, Fran came in dressed as Wednesday from the Addams family. Teresa went all out and had two outfits for the occasion – one for Beetlejuice and a glow in the dark skeleton.

Who do you think was best dressed on the day?





Halloween chair exercise class

The Friday before Halloween, Jo came to the day centre for a chair exercise class. Every session is always different and today Jo themed it around Halloween and brought in appropriately themed props.

Our customers got involved and totally embraced the spooky season as can be seen in the photos below.



Flower arranging

One of our customers, Irene, requested a creative activity and asked if we could arrange a flower arranging session.

With some beautiful and colourful, seasonal flowers, customers created some gorgeous arrangements which they were able to take home to enjoy.





Being kind

A polite reminder to all our customers – please be kind to one another.

There is so much bad news in the world at the moment with wars in both the Ukraine and in Gaza, the fallout of climate change with the hurricane in Florida and the floods in Spain. It would be so lovely to spread more kindness by being caring to our neighbours.

We thought you might like these 'kind' sayings:

"In a world where you can be anything, be kind."

"Kindness is free to give but priceless to receive."



New hair washing service

Attention all! We have introduced a new service – Hair Washing!

This is a new additional service to the bathing service we already offer to all our customers.

We know and understand that some customers can struggle to get their hair washed and we hope that this new service will make it easier. We also think it is a way for our customers to have a little bit of a pamper!

If you are interested in this service, please speak to Michelle or another member of staff for more details.



Customer Birthdays



November	December
2 nd – Susan S	2 nd – Karin C (staff)
4 th – Barbara C	7 th – Teresa T
7 th – Margaret W	19 th – Peter N
18 th – Sandy C	29 th – Roger T
21 st – Ray W	30 th – Michael J
25 th – Michael B	
	
January	
2 nd – Linda M (staff)	
24 th – Hedy B	

Who am I?



In our August issue, we asked if you could name the fair-haired smiler pictured left?

This was a difficult one to guess and had everyone, including staff, baffled.



Congratulations to those who guessed that it was in fact - Mick Donovan – you guessed correctly!

Christmas

Christmas is fast approaching – as are our Christmas luncheon days!

This year, we have decided to have a full week of Christmas lunches which will commence on **Monday 16 December**.

As well as a delicious Christmas meal, musical entertainment will also be provided.



If you would like to wear something Christmassy, such as a Christmas jumper or T-shirt, please do so.

For those customers wishing to attend on Christmas Eve, we hope to have Darrin Sings entertaining us with some Christmas songs.

Christmas/New Year Opening Times

Mondy 23 December	Open
Tuesday 24 December	Open
Wednesday 25 December	Closed
Thursday 26 December	Closed
Friday 27 December	Open
Monday 30 December	Open
Tuesday 31 December	Open
Wednesday 1 January	Closed
Thursday 2 January	Open

Merry Christmas

Competition

Well done to those of you who entered last issue's competition where we asked you to test your sporting knowledge. Please see answers below.

What is the name of the football stadium where England play home matches and the FA and Carling Cup Finals are played?	Wembley
Crawl, backstroke and butterfly are different methods in which sport?	Swimming
Which game is played in the autumn using the fruit of the horse chestnut tree?	Conkers
What is the object hit by the players in ice hockey called?	Puck
Which British rower won gold medals at five consecutive Olympic Games?	Steve Redgrave
Which famous horse race is run at Aintree on a Saturday in spring?	Grand National
What term in tenpin bowling describes having knocked all the pins down on the first bowl?	Strike
What is the name of Manchester United's home ground?	Old Trafford
How many holes are there on a standard golf course?	Eighteen
Which chess piece can move diagonally?	Bishop
What term is used in tennis for a 40-40 score?	Deuce
What colour belt are martial arts experts entitled to wear?	Black
Ping pong is an alternative name for which sport?	Table Tennis
How many players are there in a football team?	Eleven
In which sport might you do a 'slam dunk'?	Basketball
What colour jersey is won by the leader of the Tour de France?	Yellow



Our competition winners were Betty and Pete. Their entry was the first correct entry drawn.

Many congratulations to you both, we hope you enjoy your festive gift.

Keep those competition entries coming in!



Competition time

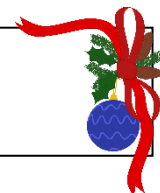
For our last competition of 2024, we thought you might like to try out your artistic talents by colouring in this festive picture.

When you have completed your entry, write your name, and the day centre you attend in the box below, then hand your entry to a member of the staff team by **Friday 17 January** for the chance to win. Good luck!



Name:

Day Centre:



What's on

Whilst the newsletter is published every two months, 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 21 November (1.15pm) Karen Bonsall

Wednesday 27 November (1.15pm) BarryTone (Elvis)
Friday 13 December (1.15pm)

Monday 2 December (1.15pm) Karen Bonsall

Wednesday 18 December (1.15pm) Christmas Carol Concert (David and Janet)

Tuesday 24 December (1.15pm) Angela Bishop – Christmas Reminiscence

Brandon Day Centre

Friday 15 November (1.30pm) Jo Nichols - Chair Exercises
Thursday 28 November (11.30am)
Tuesday 3 December (1.30pm)
Thursday 12 December (1.130am)

Monday 18 November (1.30pm) Nik Lowe
Tuesday 10 December (1.30pm)

Monday 25 November (1.30pm) Mandy and Charlie
Tuesday 17 December (1.30pm)

Monday 16 December (1.30pm) Dave and Diane

Thursday 19 December (1.30pm) Hanks Shadow

Friday 20 December (1.30pm) Kalamity Kate

Tuesday 24 December Darrin Sings

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.

Next issue – January 2025

