

Abbeyfield The Dales Ltd

Issue 4



Abbeyfield
Making time for older people

Residents Newsletter

Spring/Summer
2017

A message from Jackie



Welcome to the latest edition of your residents newsletter.

Well summer is upon us once more, hopefully the nice weather won't be too far behind.

We've had a busy few months across all our sites recently with activities and celebrations galore. You've had some really enjoyable garden and tea parties and some of our sites enjoyed some furry visitors for Pet Week. To see what's to come check out our 'What's On' section for further details.

We had a huge celebration at The Beeches for their 40th anniversary, unfortunately I was unable to attend as I was on my jollies but I've heard the day was a huge success and I'd like to thank John Durkin and all the team there for organising such an incredible day.

Special 100th birthday wishes go to Dorothy Bentley at Ing Royde, I hope you had a great day and enjoyed your birthday celebrations.

Finally, the Bingley doors will be opening soon. We've been busy recruiting new members of the Abbeyfield Family who will be working at this site. Welcome to you all, It's great to have you on board. I'd also like to thank residents of the Bingley area, our residents and staff for their patience, this project has experienced some delays but we are back on track and the site is looking amazing. Please take a look at our 'Bingley Update' to see some internal photos.

Jackie Bradfield
Chief Executive Officer

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If you have any suggestions as to what you would like to see in future editions of the newsletters please contact Stephen Wallace on 01943 886011 or email s.wallace@abbeyfieldthedales.co.uk.

Meet the team ...

In this edition we are getting to know ...

Catherine Rycroft Housing & Care Services Manager



Relatively new to Abbeyfield The Dales, Catherine Rycroft worked for a large national provider of housing, care and support for over 10 years. When she left, Catherine made a conscious decision to work at different organisations in order to get broader experience of working for different providers. She comments 'I think I had probably been a bit institutionalised!'

Catherine then worked across the industry for a large group of providers, working on several really different and interesting projects varying from maximising income collection and preparing for the introduction of Universal Credit, to completely reshaping the way support was delivered across the group. Following that, she worked for a large regional provider supporting people with learning disabilities, across a range of services from supported living, day services and tailored one to one support.

Catherine was attracted to a position at Abbeyfield The Dales feeling ready for a big new challenge and the prospect of setting up a high quality service from scratch really ticked all the boxes! She comments:

'I had heard so many good things about working for Abbeyfield The Dales that it really was a no brainer when I was offered the job.'

Catherine's position with Abbeyfield The Dales is Housing & Care Services Manager for Fern House in Bingley. It will involve setting up the independent living and Residential unit from scratch. Hiring staff, setting up systems, putting all the necessary paperwork in place and making sure everyone is happy and well cared for.

'I have found everyone at Abbeyfield to be extremely welcoming and friendly, and am looking forward to working here going forward.'

Catherine works along side Amanda Daly, Deputy Housing & Care Services Manager, whom, she says; she wouldn't be able to do the role without. She explains how they get on really well and have the same ethos about what excellent housing and care looks like, adding 'I'm sure Amanda and I will be able to work through whatever problems are thrown at us!'

In her free time, Catherine enjoys spending time with her family and animals, walking and trying to keep fit and healthy.

As a manager working for Abbeyfield The Dales, Catherine finishes by saying:

'I would like to go home feeling that I have done my best for the residents at Fern House each day, and that my staff team enjoy coming to work.'

If you have any issues you can contact Catherine on:

07715 218976 or email c.rycroft@abbeyfieldthedales.co.uk

WHATS ON!

Below are the main events for the coming months. If you would like to attend then please speak to your site manager or events co-ordinator.

JULY

Sunday	16th 17:30	St Johns Church Service	Grove House, Ilkley
Tuesday	18th 12:00	Exercise with Sabine	Grove House, Ilkley
Tuesday	18th 14:00	Library Group	Grove House, Ilkley
Friday	21st 18:00	Fish & Chip Evening	Grove House, Ilkley
Wednesday	26th 11:00	Harlow Carr Trip	Grove House, Ilkley

AUGUST

Wednesday	2nd 11:00	Strawberry Fayre Beautiful Balcony winner!	Grove House, Ilkley
Sunday	6th 17:30	Ilkley Baptist Service	Grove House, Ilkley
Tuesday	15th 14:00	Library Group	Grove House, Ilkley
Sunday	20th 17:30	St Margaret's Service	Grove House, Ilkley
Tuesday	29th 14:00	Library Group	Grove House, Ilkley
Wednesday	30th 11:00	Tony Barringer (Poet)	Grove House, Ilkley
Wednesday	30th 14:30	Greek Afternoon	Grove House, Ilkley

SEPTEMBER

Wednesday	20th 14:30	M&Co Fashion Show Returns	Grove House, Ilkley
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OCTOBER

Sunday	1st 10:00	Ilkley Real Food Market	Grove House, Ilkley
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Not your cup of tea ...

Why not make activity suggestions to your service manager or activities / Events Co-ordinators.



Get creative!

Why not try making a

‘Twiddlemuff’

For those who don't already know, Twiddlemuffs are knitted woollen hand-muffs with assorted bits and bobs, like buttons and ribbons, sewn all over them and they are absolutely excellent at providing stimulation for people living with dementia.

Abbeyfield The Dales is looking to raise awareness to the benefits that this type of stimulation can bring by providing Twiddlemuffs to our residents in our forthcoming Bingley home.

If you fancy making a Twiddlemuff, please follow the knitting pattern below and be as creative and colourful as you want!



You will need

- **Knitted version:** 5-7mm knitting needles for double knitting, or 7-9mm needles for chunky wool
 - **Crocheted version:** whatever size hook gives you a nice firm tension
- Any left over/odd balls of double knitting or chunky wool
- Change the texture and the colour of the wool as you go along. The last 30cm (12 inches) should be in a plain wool as it will form the inside of the muff

Crochet Method

1. Row 1 – using two strands of double knitting wool or one of chunky – chain 45, Slip stitch into first chain to make a ring.
2. Row 2 – one dc into each chain to the end (you may want to use a stitch marker) – 45 stitches.
3. Row 3 – one dc into each stitch to the end – 45 stitches (remember to move your marker for each row).
4. Repeat last round until work measures 60cm (24 inches).
5. Last round – continue to last stitch, one dc in stitch and slip stitch to next stitch.

Knitting Method

1. Row 1 – using two strands of double knitting wool or one of chunky – chain 45, Slip stitch into first chain to make a ring.
2. Row 2 – one dc into each chain to the end (you may want to use a stitch marker) – 45 stitches.
3. Row 3 – one dc into each stitch to the end – 45 stitches (remember to move your marker for each row).
4. Repeat last round until work measures 60cm (24 inches).
5. Last round – continue to last stitch, one dc in stitch and slip stitch to next stitch.

Making up

For both methods sew the side seams together and push one half inside the other half to form a tube. Sew the two ends together. Decorate the inside and outside with items of your choice in different textures (pom



As you can see from the photograph there was not a cloud in the sky for the fantastically organised Great Get Together in Ilkley on Sunday 18th June.

You may have seen the collaboration between The Jo Cox Foundation and The Big Lunch, launched by HRH Duchess of Cornwall and Jamie Oliver.

The weekend of the 17th & 18th June thousands of communities across the country were baking and eating together to create the biggest street party since the jubilee, combating isolation and bringing communities together.

Grove House was so fortunate to be located within such close proximity of one of these events that we couldn't not be involved in the party atmosphere and offer our help to the organisers of event.

A number of our residents attended the day's events sharing a table with those from the local community, enjoying the range of entertainment, taking part in the quizzes and basking in the summer sun. Our catering team put together beautifully presented individual picnic boxes of appetising goodies to take down with us and we literally stayed there until the very end. We were proud to be able to loan our tables to the organisers and to provide some 'branded' buns for the sharing table.

We would like to praise the organisers all highly for the hard work and success as we at Grove House thoroughly enjoyed our day!



For full information about the full event visit:
<https://beckymalby.wixsite.com/ilkeleygt>

ABBNEYFIELD WEEK

A Traditional English Garden Party

Grove House embraced the 'Garden Party' theme in a traditional way for Abbeyfield Week with tables set up with pink & white table clothes, English rose buds in tulip vases, attractive handmade bunting hung up, the watermill trickling away, we were ready.

The sunshine had been pre-booked and was shining down onto our courtyard to help set the scene for our English countryside garden party.

Lillian our visiting pianist made sure that the atmosphere stayed relaxed with her live Chopin filling the air. Residents joined each other at the tables for a catch up and a break. Walking around joining in with stories and jokes the staff and residents all came together to make the afternoon unforgettable.

Those who did not want to sit in the sun still came down and sat in the coffee bar area where it was out of the glare and heat. Even residents who generally don't join in with our events came down and enjoyed themselves joining in with the festivity.

The mood carried on throughout the afternoon with drinks and homemade cakes being served from the coffee bar to the tables.

Residents and guests commented on how nice it was to be sat together enjoying the weather and the ambiance. It really was uplifting to see everyone staying sat out enjoying themselves for the day.

Abbeyfield Week Afternoon Tea at Settle

Residents at our Settle site enjoyed an excellent afternoon tea to celebrate Abbeyfield week and were able to invite a friend or relative. They enjoyed sandwiches, homemade sausage rolls, macarons, scones jam and cream and also mini trifles. House Manager Jean Lawson thinks it was definitely as good if not better than Betty's. Proof is in the pudding Jean, we'll have to have a taste test when you're next in Grove House.



Woodlands Celebrate Abbeyfield Week

On Saturday 17th June Woodlands hosted their annual summer fair. As last year's 50's themed party went down such a treat the activities co-ordinator, Georgia Walker decided to host yet another themed event. This year's theme was 'At the seaside'. Residents and staff all joined in by wearing their best summery seaside outfit (but no bikini's in sight).

The event kicked off with a local jazz singer, Steve Field., just in time for the glorious weather to appear.

At one side of the carpark a seaside themed gazebo with backdrop, props and real sand (kindly donated by Tesco's in Skipton) set up for residents and guests to have their photo taken to add to the authentic seaside theme. Local stalls were arranged in a pier like shape for people to admire and purchase any tempting bargains that were on offer.

Cocktails and the choice of tasty tempting treats such as, ice-cream, doughnuts, pic n mix sweets and popcorn were free flowing all day.

To enhance the theme further, everyone enjoyed fish and chips served in paper trays and catch of the day newspaper to bring back fond memories of sitting by the sea front trying to keep the seagulls away from eating them.

The day continued with more entertainment from local duet, 'Adare', raffle prizes that had been generously donated by local shops, businesses and café/restaurants.

A whopping £853.30 was raised for the Woodlands resident's amenities fund. All this money will now go towards benefiting the lives of the residents in Woodlands Abbeyfield.



Huge thanks to:

Coffee and Clay, Rowan Tree clothing, Dave Ferguson Cycles, Home and Kitchen shop, Drake and Macefield, Le Bistro, Dales cottage café, Chocolate and Truffles shop, The toy shop Skipton, Aireville swimming baths, Keelham farm shop, Skipton Building Society, Red Lion pub, Berries florist, Craven College hair and beauty academy, Hetties tearoom, Sarsaparillas, Westmoreland Fisheries, D&J nails, The Castle pub, Zio Guerino Restaurant (Bradford), Timpsons, Skipton Castle, woolly sheep, The Mill Shop, Morrison's, Bean loved and Brody's. Also not forgetting all staff, volunteers, residents and visitors from Woodlands who made the day possible and one to remember.

Abbeyfield The Dales hosts a Mighty Quiz!

Dementia Awareness Week 2017 fell between 15th to 21st May and as others acknowledged the week in some token gesture, Grove House joined up with Alzheimer's Research UK to host their much publicized 'The Mighty Quiz'.

Using the pack guidelines and questions, the quiz was hosted by Activities Co-coordinator Allison Woodward and held on the morning of 18th May with a fantastic turnout from staff, residents and family members.

A nominal amount was asked to take part in the quiz (for the Alzheimer's charity) and this also entered you into a free prize draw. The winner of the draw went to resident Joan Curry who received a 10 book token kindly donated by Just Books and the winning team received afternoon tea and cakes at the Clarke Foley Centre in Ilkley.

The event was considered a trail to investigate the popularity and enjoyment of team quizzes and to show our support for other charities. It proved more than worthwhile demonstrating a real competitive streak between work colleagues from departments like finance and even domestic!

The success of this has promoted us to consider holding another 'Mighty Quiz' next year but to also extend this idea to form Abbeyfield The Dales inter house quizzes during the winter months.

If you would be interested in being on such a team, please do not hesitate to contact the events department on 01943 886005 or to propose any activity/event ideas.

Grove House Strut Their Stuff for M&Co.

In order to make clothing accessible to all our residents, Grove House approached M&Co to see if they would be willing to join with Abbeyfield The Dales to hold a fashion show for residents, volunteers, staff, families and friends - and they said YES!

On the afternoon of March 23rd, we welcomed this successful fashion retailer to our home to show off its Spring/Summer collection. We were very privileged to have our very own CEO, Jackie Bradfield agreeing to model two outfits along with other management staff, maintenance men and Dorothy who regularly attends the Day Centre. Presentations were made at the end of the show to our deserving models and M&Co staff by a resident to show our true appreciation.

It was a fun, uplifting and (for some) expensive event but one that was thoroughly enjoyable to watch. Due to popular demand this event may be returning in late autumn. Models are already queuing up to 'strut their stuff', so watch this space.....



Sunday Church Services 2017

Below is a list of Church Services for the remainder of the year. Services are held on the 1st and 3rd Sundays of Month at 17:30 in the Activity Room, Grove House, Ilkley.

KEY: RED = with added short extended/ reserved sacrament

16/07/17	St John's CE	15/10/17	Ilkley Baptist church
06/08/17	Ilkley Baptist Church with HC	05/11/17	ST Margaret's CE
20/08/17	St Margaret's CE	19/11/17	Christchurch METH/URC
03/09/17	Christchurch Meth/CE	03/12/17	All Saints CE with HC
17/09/17	All Saints CE	17/12/17	St John's CE
01/10/17	ST John's CE with HC		

Barnoldswick Spring Fayre

The spring fayre at our Barnoldswick site was a great success and the weather was kind so they were able to have some stalls outside. There were some fantastic raffle prizes on offer, all of which were donated by local businesses, relatives, friends and staff. Jean Lawson, House Manager and the rest of the team worked really hard before and during the day to make it an enjoyable and successful event.

Jean sends 'A huge thank you to all staff, residents, volunteers, family and friends who contributed towards the event by buying raffle tickets, baking or donating prizes for the raffle and tombola. We raised a total of £332.50 which is for the residents fund and we will be discussing at the residents meeting how they would like to spend the money'.



HAPPY 100TH BIRTHDAY

Abbeyfield The Dales would like to say Happy
100th Birthday to

Dorothy Bentley

at our Ing Royde site. We hope you had a
great day and enjoyed your birthday
celebrations.





As you may be aware Abbeyfield The Dales Ltd were one of the proud sponsors of this year's Ilkley Carnival. The parade saw 1,000 participants from local schools and organisations march along The Grove, dazzling audiences with their 'At the Movies' inspired outfits.

Well the weather was all we had been praying for, then all change the wind came and took our gazebo as if we were in the Wizard of Oz. Luckily all the stall holders came to our rescue. Then came the rain but we weren't disheartened.

The parade was lovely and it was good to see a lot had gone into it as always. We had plenty of visitors come to our stand and ask about Abbeyfield and they took packs away with them, and the Abbeyfield buns went down a treat.

Our two young volunteers for the day Tia and Amy did an outstanding job getting people to have a go on the games we had with us. Big thanks also to Georgia from Woodlands for helping and to all our other Abbeyfield staff who came you were stars thank you it was great to see you.



The residents and staff at Woodlands Abbeyfield in Skipton all came together on the 24th March to support Red Nose Day by dressing up in the wackiest red outfit they could find and seeing who could create the most laughter from it! One resident bought red noses to distribute out to other residents who struggled to find a vibrant red outfit.

With high festive spirit at Woodlands donations were given generously. £112 was raised and split 50/50 between the 'Red Nose Day Charity' and the 'Woodlands Gardening Fund' so that residents could buy new plants and accessories for the communal courtyard and patios.



Ing Royde, Halifax

Woodlands, Skipton

What's on at Woodlands..



As always Georgia Walker, Activities Co-ordinator at Woodlands, Skipton has been busy keeping the residents entertained with an assortment of trips and activities. Georgia has sent us a few articles to share with everyone.



Movie Evening

The residents at woodlands love a good musical, so once a month the main lounge area is set up into a movie theatre theme like seated rows with seamless amounts of confectionary throughout. Beverages are also served and residents are able to sing out to their hearts content.



Boundary Mill Trip

Georgia and 8 other residents recently had a trip out to Boundary Mill in Colne. They used the very reliable SCAD Transport team from Skipton who escorted them for the day.

A day to 'shop until you drop' was definitely in order for these residents as they certainly dropped themselves straight off into the restaurant to refuel.



New Volunteer

David Ralph is the new volunteer here at Woodlands. The first Tuesday of every month David kindly spends a couple hours of his time with the residents playing beautiful classics like, 'Edelweiss' and 'I'm forever blowing bubbles' for them all to sing along to. The residents here at Woodlands look forward to David's sing along afternoon every month.

Easter Weekend

Woodlands definitely got into the Easter spirit this weekend with having plenty of activities on. On Good Friday the manager Deborah McCartney organised a film afternoon to watch 'Easter Parade' and also handed out chocolate eggs to all the residents at lunch time. On Saturday Woodlands celebrated a residents 86th Birthday which was especially themed for the Easter weekend with a beautiful 'Easter Tree' designed by the birthday lady herself. Then to finish off the weekend residents celebrated Easter Sunday morning by having a 'special' coffee morning by drinking Sherry and having a sing along to some of their favourite old time songs. After lunch Easter raffle was drawn which raised £94 towards the residents amenities fund. And finally to finish off the day with an egg hunt where residents had to work out the clues and to find the 6 eggs which then led them back to Georgia who had the finishing prize....Yummy chocolate bunnies!





Pet Month



WARNING!!!! Snakes visit Grove House!!!

Advance warning had to be relayed to a lot of staff of **Grove House** to keep their feet well off the floor as we invited Devon Bentley (carer) and her fantastic reptiles to visit Grove House as part of The Abbeyfield Society 'Pet Month' Campaign.

Devon and her family were very kind to bring in an array of snakes and gecko's for all to see and hold. What was originally thought might frighten our residents proved to be objects of curiosity, which lit up many a face. Timed with half term we were also able to welcome new visitors to our premises to meet these fascinating creatures. A lovely warm spring morning made it a memorable experience for many people with comments like; 'they're not really slimy are they?!'.

What's that other saying 'never work with children or animals'? Well it worked for us! In the afternoon of the same day Grove House introduced Abbeyfield Scruffs. A relaxed and fun dog event inviting people of the community to show their dogs in a choice of groups ranging from Most Happiest Dog (Waggiest Tail), Best Trick, Timed Agility Course, Best Junior Handler and Best In Show.

We were fortunate to have the expertise of new activities coordinator Amanda Lambert to hand and were truly humbled by the turnout and enthusiasm of the competitors. One of our resident Grove House judges used to breed St Bernard's so we were not short of experience. Sincere thanks to all that attended and to local pet supplier Barkers who offered great prizes for our winners and runners up.

If you are interested in being involved in 2018 Abbeyfield Scruffs, please contact us on 01943 886005.

The Beeches also organised a trip to Hesketh Farm at Bolton Abbey. The residents enjoyed feeding and petting various animals including ponies, calves, lambs and piglets, they even had a chance to groom a few guinea pigs. Fortunately it was a glorious day so they sat outside and had cream scones, coffee and admired the views. A good time was had by all.

Woodlands kicked off our pet month by having 'Boo' Registered Manager Deborah McCartney's 12 year old Tortoise in for a visit, it went down so well Deborah brought him back the following Monday.



Bingley update

In our last issues of the newsletter we were able to share with you some of the artwork that will be displayed throughout Fern House.

This month you can see the progression that has been made, it's almost complete! Here are some external photos, and some internal shots to the bottom of the page. To see more photo's of the interior visit: <http://www.aca-i.com/projects/fernbank-extra-care-bingley>.

Recruitment is now in full swing, to those of you who have joined us already, welcome to the Abbeyfield family. There are a number of positions still available and we are looking to recruit volunteers too. If you know anyone who is interest in either employment or volunteering please contact either the Bingley Manager Catherine Rycroft on 01274 065098, or our Volunteer Co-ordinator John Durkin on 01943 882430.

In other Bingley news, the Senior Management Team of Abbeyfield The Dales attended an International Women's Day conference back in March, hosted by Lady Mayoress Chris Reid. It was an excellent opportunity to network and we had a number of people asking us about our new Bingley Development. So the news about our development is spreading far and wide.

Thank you to our Trustee Nora Whitham and the Ladies of the Inner Wheel who have also raised over £1000 for the residents amenity funds.

Finally, a huge thank you to Mary Dickinson a member of the Ilkley Bluebells WI. Mary very kindly donated a sack of twiddlemuffs for the residents when they move into Fern House, your donation was extremely generous and they will benefit our residents greatly. If you knit or crochet and fancy getting creative, check out our article on page 6 for instructions.





Happy Birthday The Beeches

The Beeches started off **Abbeyfield Week**, and marking **Volunteers Week** by celebrating the history of Abbeyfield Menston (now part of Abbeyfield The Dales). The Society was established in 1977 and has been in existence for over 40 years.

It was started by volunteers who continue to be a major factor in our success. In fact Dale Smith was part of the original volunteers and is still active both as a volunteer and as a Trustee.

So what better way to celebrate than to have a BIG party at The Beeches. In the true Abbeyfield tradition, this event was run by local volunteers, thank you to you all for making the celebration a huge success. There were lots of other people involved in making preparations for the day including volunteer co-ordinator John Durkin, Manager Angela Wilson, our events team and staff from various sites plus Stella Fullerton, a volunteer who used all of her Project Management experience to plan everything. Congratulations to all for making the day so special.



There were plenty of activities throughout the day including face painting, a chocolate fountain, cream teas, lots of stalls and a full entertainment programme of singers and young musicians, including Menston Primary's very own choir, and the Burley & Menston bell ringers!!! There was also a fantastic display from Wise Owl Birds of Prey Experience. For the residents and visitors, Mary Plummer (volunteer) played the piano and everybody enjoyed a sing-song.



Visitors on the day have already thanked us for a great day by email, in person and via the Menston Village Group Facebook page. Abbeyfield The Dales would like to thank everybody who came along to make it such a special day.



To help with fund raising for the Residents' Amenities Fund an AMAZING raffle was held with some fabulous prizes that were generously donated by the local businesses, many thanks for your contributions these were extremely generous and you helped to raise over £1,200 for our residents. The amazing prizes included:

- **Round of golf for 4 people at Hollins Hall Championship Golf Course**
- **Beauty treatment and Champagne Afternoon Tea plus use of the Spa facilities for 2 people at Hollins Hall**
- **Dinner for 2 at Pizza Express**
- **One hour one to one session at The Studio (health & fitness)**
- **Lunch for 2 at The Fox**
- **Dinner for 2 at The White Cross**
- **Back Massage at Aspire to Be**
- **Breakfast/lunch for 2 at Delicasolo**
- **Meal for 2 at The Hare & Hounds**
- **A month's pass for 4 children at The Wacky Warehouse.**

As part of our celebrations, with the help of Menston Primary School, we held a BUNTING COMPETITION for the whole school. All the school's bunting was displayed around Abbeyfield on the day of the party and it looked fantastic. The residents were asked to choose the best one from each of the 15 classes and prizes were awarded to the talented pupils. The prizes were donated by Abbeyfield (pens and writing pads), the local Co-op (bags of sweets) and a chocolate bar each from Dale Smith. We even received a thank you letter from one of the students using their prize!



Dear Residents
of Abbeyfield
I have just received
my prize for the
bunting. I really
appreciate my prize
and the reason I
wrote this letter was
to say thank you.

I hope the
Party was
great. Love
www.abbeyfield.com from Mariana Bristol



**If you would like to get involved in and become an Abbeyfield Volunteer,
why not give our Volunteer Co-ordinator
John Durkin on 01943 882430 or email j.durkin@abbeyfieldthedales.co.uk.**



Artists Stories

Please see below a few profile on our visitors to the Day Centre in Grove House, Ilkley, and the different the Day Centre staff make to their lives.

Peter Milburn Peter has been an enthusiastic painter in the past, and he has his work displayed on the walls at his home. Also, he was good at metalwork, woodwork and making pantomime props; he also wrote a pantomime!, and wrote his own life story in 2002. He was keen to take part in the session at the Day Centre and his flair shows in this delightful seascape. We linked the artwork to Abbeyfield's Breath of Fresh Air programme and he immediately caught the atmosphere; the clouds were sponge painted.

He also created another more abstract painting of a tree in the breeze, with watercolour leaves and glitter, which really catches the imagination. He was quite bemused at the compliments he received, and had a little chuckle to himself, saying he was out of practice, but it had been a fun session.

Anna Wilbraham Anna painted to a good standard in the past, but now sometimes finds it hard to concentrate on an activity, as her eyesight and cognitive ability have been affected by dementia. She is left handed, which can also work in tandem with enhanced creativity! Staff at the Day Centre are aware of her strengths, and encourage her to participate in activities which may be of interest. She enjoys participating in our themed senior poets sessions, and has studied Theology to degree level, after working for many years as a midwife. Anna was aware that we were working around the theme of a Breath of Fresh Air, and used felt tip pens and water, in exuberant squiggles! Her mood was positive, and she said it was fun; she chose blue as she said it was her favourite colour.

Eileen Kirk Eileen is very keen on wildlife and watching birds. She worked as a waitress, and will readily tell you about her time in a theatre company as a young woman. At the Day Centre, she enjoys seeing people and chatting, is good natured and positive in outlook. Always keen to participate, she painted this pyramid of fruit and flowers to reflect the beauty and bounty of nature, to link with the Abbeyfield Breath of Fresh Air programme. She was beaming with smiles throughout!

Daphne Farr Daphne worked for several years in a Hong Kong bank, and is very well travelled. She has a sunny personality and was keen to join the art project while at the Day Centre. She was quite self-effacing, and a little confused at first, but worked with concentration, firstly giving the paper a blue watercolour wash, with felt tip leaf details and an acrylic sunshine image. There was lots of laughter around the table, and the activity gave Daphne the opportunity to encourage others and gave the activity meaning to her; she became more settled and less anxious. The work she created gives an atmospheric feeling of Abbeyfield's Breath of Fresh Air programme.

Marjorie Firbank Marjorie enjoys knitting, sewing and artwork, and taught in an infant's school in her youth. She loves company and to be with others, and comes to the Day Centre twice a week. We introduced the art project under the theme of Abbeyfield's A Breath of Fresh Air and after discussion she chose to create a beautiful flower vase collage filled with fabric flowers with a painted base. Staff observed Marjorie's increased focus and creativity and asked her how painting made her feel, she said 'Very relaxed'.

Puzzle Page

Find and circle all of the words that are hidden in the grid.
The Remaining 55 letters spell a secret message.

K L I M T S E I N W O R B C H O C
 C G O L Y N A S E M I S W E E T T
 E H N C S D E N E T E E W S N U O
 R C I I O E N I I G F I L L I N G
 S I O P K C L A D N A B F T E S E
 K F R N S A O F C E I O O M C T V
 N R H E F D B A F T R S O E H E I
 I C A T A E R T T U I G D D O G T
 R O R D S N C E C C R O N S C N C
 D O W E F T R T E U T T U I O I I
 G K H T A S P C I R P O H F L D D
 N I I E W M R U E O I C O T A D D
 I E T E S E P S R C N N A H T U A
 C S E S A E S I I Y D E B K I P O
 I T I M B E R L E U S A R O E A M
 A W F U D G E C E A R C A Y R S O
 S U G A R D T E S S U O M R S E E

- ADDITIVE
- BAKING
- BARS
- BITTERSWEET
- BROWNIES
- CAKES
- CANDY
- CHIPS
- CHOCOLATIERS
- COCOA
- CONFECTIONERY
- COOKIES
- CREAM PIE
- CUPCAKE
- DARK
- DECADENT
- DELICIOUS
- DESSERT
- DRINKS
- FILLING
- FONDUE
- FUDGE
- ICE CREAM
- ICING
- INGREDIENT
- MILK
- MOUSSE
- PUDDING
- SEMISWEET
- SUGAR
- SWISS
- SYRUP
- TREAT
- TRUFFELS
- UNSWEETENED
- WHITE

Sudoku Challenge

EASY

1			4			2		9
		7						
5	8	9				1		
						3	9	
7					1	5		
	4		6					2
9	6			5				
		5			8			
3	7			2		9	6	

MEDIUM

1								
	3		8					
		8	3	7	9			
	4							9
				3		7	6	
			5		6			
4			1					
					8	9		7
		2			4			8

DIFFICULT

	7			9				
	4			7	2			
				5				
3								
				1		4		5
		2	8	4		6		
	8							3
				9	1			5
	6			3				

Policies & Procedures Updates

Listed below are the Abbeyfield The Dales Ltd Policies and Procedures that were recently updated. If you have any queries regarding these or you wish to view these then please speak to your service manager.

COSHH (Control of Substances Hazardous to Health)

Display Screen Equipment

Drivers Safety

First Aid

Food Hygiene

Lone Working

Fraud

Use of Company Credit Cards



Abbeyfield The Dales Ltd. is Registered Charity No. 1160258 Company No. 9008680 Incorporating HCA H0227 (Bradford), H2463 (Ilkley) and H1046 (The Abbeyfield Society Ltd.)

