

## The Platinum Jubilee

The Jubilee celebrations were a huge success in all the schemes and I know from the feedback I've received how much everyone enjoyed it. From the coverage of the thanksgiving service at St Pauls Cathedral, Trooping of the colour, the musical concert and the parade along the Mall, to the small celebrations we held at each scheme.



What a wonderful few days we all had and for the best part, the sun shone too and made the whole weekends events that little bit better.



### Announcements

We recently said goodbye to Sky Gilmour who I know you all miss. We have recently welcomed Donna Webb and Lorraine Tassell to the team who have both settled in well.

## Manager's Bulletin

Somethin' Else came to perform for us again in early May and put on a Jubilee inspired show.



These shows are only successful if we have a good turnout. Our acts often travel a long way to visit us and I know they rely on the audience to make the show a success.

We were slightly dismayed by the lack of interest this last show had. These events take a lot of planning and are costly. As we had such a low turn-out we are unsure if we can justify holding another one so please let us know your views. We are, of course, more than happy to continue if there is enough interest.

All the events we organise are held for your benefit, so please support them when you can. Let us have any ideas for events or entertainment you'd like to see and we will do our very best to accommodate it.

Denise Taylor  
Extra Care Manager

# Additional services

There are a number of additional services offered throughout the 3 Extra Care schemes. Some of which are listed below. If you would like to discuss any of the services listed please come and have a chat and we can discuss your needs.

## Housekeeping:

Tenants - £14.50 per hour

Community - £14.75 per hour

## Laundry service – in flats

### 1 load per week

Wash & dry - £14.00

Wash, dry & iron - £18.50

### 2-3 loads per week

Wash & dry - £28.00

Wash, dry & iron - £36.00

### 4+ loads per week

Wash & dry – 42.00

Wash, dry & iron - £58.00

## Laundry service in laundrette

Wash, dry & iron - £18.50

Wash & dry - £15.50

## Laundrette – self service

Washing machine - £2.50 including detergent

Tumble dryer - £2.00

## Carpet Cleaning

£16.00 per hour

## Private Care

Day rate - £19.00 per hour

## Night rate

Waking night - £20.00 per hour

Sleep in night - £65.00 per Night

## Day Centre

### Social Service clients

£8.50 per day

### Private clients

£23.50 per day

### Tenants

£2.00 per day

Price includes:

- Attendance fee
- Lunch
- Drinks & refreshments

## Guest Room

We have a guest room available for tenants friends and family, the price includes:

Tea & Coffee

Double bed

En-suite shower

**£20.00 per night**

## Restaurant price list – Visitors (adult)

Starter - £2.00

Main meal - £5.00

Dessert - £3.00

Sunday Roast - £7.00

Sandwich - £3.50

Jacket potato with filling - £4.50

Salad - £3.25

Children's meal inc dessert - £5.00

# Lifestyle.

## Ratatouille pasta recipe



This dish contains lots of vegetables including garlic to provide vitamins and minerals that support immunity. Basil contains Vitamins A and C as well as iron and calcium.

Preparation time: 10 minutes |  
Cooking time: 30 minutes |  
Serves: 2

### Ingredients

- 200g sweet potatoes, peeled and cut into wedges
- 200g parsnips, peeled and cut into large pieces
- 200g carrots, cut into large pieces
- 2 red onions, quartered
- Olive oil
- 75ml/5 tbsps clear honey
- 150g dry pasta - whichever shape you prefer
- 3-4 garlic cloves, peeled and crushed
- 1 tin of chopped tomatoes
- Small bunch of basil, torn
- Salt and pepper to season

### Method

- 1.Preheat the oven to gas mark 6/200°C/400°F. Place all the vegetables on an oven tray and drizzle with the olive oil and honey and season. Roast in the oven for about 20 minutes until all the vegetables are tender and browned.
- 2.While the vegetables are in the oven, cook the pasta according to packet instructions.
- 3.Remove vegetables from the oven and put them in a saucepan, along with the crushed garlic and chopped tomatoes.
- 4.Bring to the boil and simmer gently for a few minutes, stirring in some basil leaves.
- 5.Pour over the pasta to serve and garnish with torn basil.

## Pets Corner

**Name:** Peter Peanut

**Age:** 25

**Breed:** Shetland Pony

Peter Peanut is owned and loved by Anna who runs London and Cambridge Pony parties. He is pictured with two of his little admirers Ayda and Imogen. Peter lives with his friends Tinerkerbell, Bambi, and Thimble who have a very happy life being pampered and fussed. Peter may be small in height but he has a huge personality and with the wind under his tail, can trot faster than an adults legs can run. He loves a belly rub and especially loves poking his fluffy nose into a pocket looking for a treat.



**If you would like to see your pet featured in the next newsletter please let one of the team know.**

# Humorous Poem

## My Rememberer

My forgetter's getting better  
But my rememberer is broke  
To you that may seem funny  
But, to me, that is no joke.  
For when I'm 'here' I'm wondering  
If I really should be 'there'  
And, when I try to think it through,  
I haven't got a prayer!  
Often times I walk into a room,  
Say "what am I here for?"  
I wrack my brain, but all in vain  
A zero, is my score.  
At times I put something away  
Where it is safe, but, Gee!  
The person it is safest from  
Is, generally, me!  
When shopping I may see someone,  
Say "Hi" and have a chat,  
Then, when the person walks away  
I ask myself, "who was that?"  
Yes, my forgetter's getting better  
While my rememberer is broke,  
And it's driving me crazy  
And that isn't any joke.

P.S. Send this to everyone you know . . . because I don't remember who sent it to me!

# RECENT EXTRA CARE PHOTOS



**Flower arranging**



**Jubilee entertainment and refreshments**



**Scrabble club**



**Jess the PAT dog**



**Tennis, Pimm's and scones**



# What's been happening

Over the past few months we have had lots happening at Moorlands Court. Some of the highlights are pictured on the previous page but I've listed a short summary.

As usual, Jess the PAT dog continues to delight you all every Tuesday and has now become a regular visitor. She is a firm favourite with everyone in the Day Centre, the staff and all of you who pop down from their flats to fuss her.

We had a return visit from the Tesco Community Champion, who hosted another flower arranging master class. The day centre was full of the most amazing scents from the different varieties of flowers and the arrangements everyone made were all fantastic. The best part was they all got to keep their creations.

The scrabble club is going from strength to strength and is now up and running twice a week in the communal area. If words are your thing or if you would like to join in for the afternoon come along on a Monday or Thursday afternoon at 2pm. You'll be made very welcome.

To celebrate a British Tennis player reaching the Wimbledon semi finals, we hosted a tennis and Pimm's afternoon. The kitchen staff excelled themselves yet again with the delicious scones topped with strawberry's and cream. I know the addition of a glass of Pimm's was also very popular.

# Competitions

Why not have a go at the word search below.

## Bedroom Items

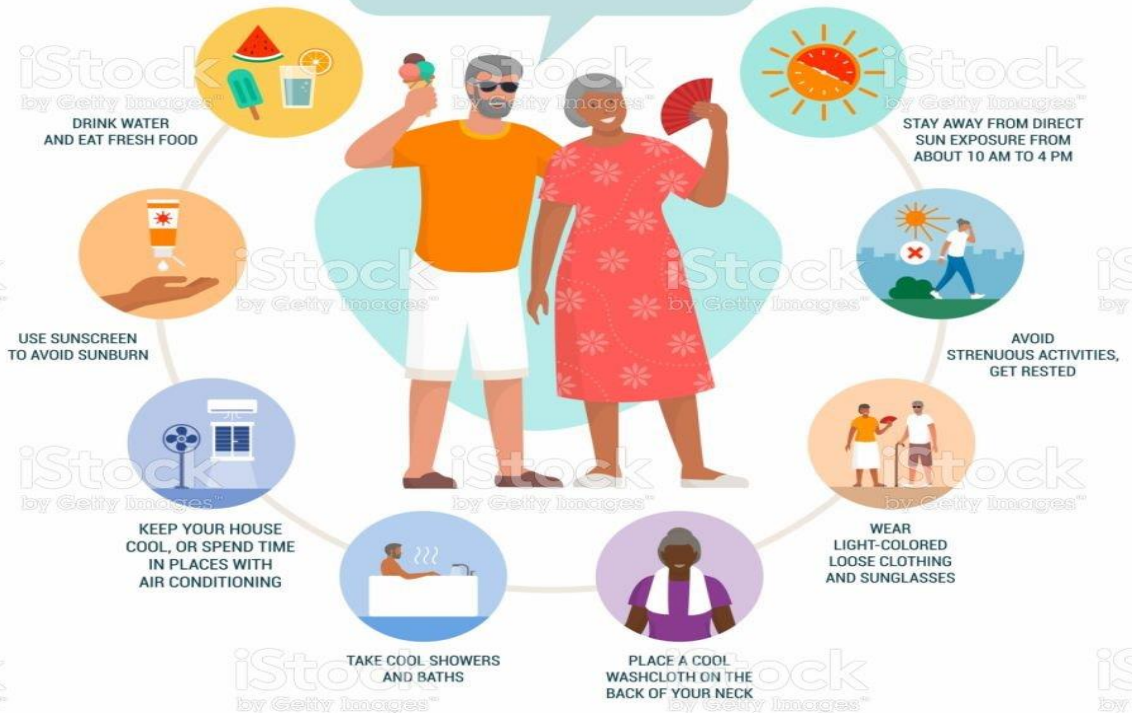
N	L	O	P	S	R	O	B	O	S	P	D	D	S
I	E	O	R	L	R	A	S	I	P	S	R	H	W
R	I	S	D	I	E	N	H	D	U	N	E	N	A
G	U	R	A	P	C	R	E	A	N	I	S	N	R
A	O	A	E	P	H	E	L	R	I	A	S	T	D
L	R	O	D	E	B	O	F	N	G	T	I	E	R
A	M	I	R	R	O	R	T	N	H	R	N	D	O
R	I	L	E	S	S	E	T	O	T	U	G	D	B
M	W	A	M	S	H	S	O	D	S	C	G	Y	E
C	O	M	O	H	E	S	M	M	T	D	O	B	T
L	L	P	C	T	E	H	A	T	A	R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

MIRROR  
SHELF  
WARDROBE  
SHEETS  
NIGHTSTAND  
RADIO  
ALARM CLOCK  
DRESSING GOWN  
PHOTO  
RUG  
BED  
DUVET  
TEDDY BEAR  
CLOSET  
PILLOW  
LAMP  
CURTAINS  
SLIPPERS

Play this puzzle online at : <https://thewordsearch.com/puzzle/33/>

# Staying safe

## SUMMER SAFETY TIPS FOR SENIORS



1267891015 SENIORS AND HEALTHCARE

HEALTHY LIFESTYLE

**Which?**  
Trusted trader



## Invoice Fraud. Are you in the know?

Invoice fraud is a threat to everyone. It involves criminals sending fake invoices to steal money from individuals and businesses.

## Safety Tips for Seniors

- ✓ Make sure the home is clean and organized
- ✓ Remove falling and tripping hazards
- ✓ Keep important things reachable
- ✓ Organize and keep a reminder of medications
- ✓ Keep a list of emergency numbers





# Gadgets and ideas



**LED magnifying glass DUAL POWER BY USB AND BATTERY:**  
This magnifying glass is different from other magnifiers in that it can be used in both battery and USB modes. And you can adjust the brightness of the LED lights to protect your eyes in the dark.-  
Available from Amazon for only £11.60

**Nature's Hangout Clear Window Bird Feeder.** A weatherproof Bird House, Window Bird Feeder with Strong Suction Cups. Watch the birds from the comfort of your armchair.  
30.5 x 10.2 x 12.7 centimetres  
£12.20 from Amazon



## Useful Numbers

NRS 0300 123456  
District Nurse 01223 456789  
Money Matters 01223 713456  
Benefits advice 0800 987654  
Taxi 01223 713713  
Community Transport 01763 245228

