

# January Newsletter

Christmas is over for another year.

Its time to pack up all of my Christmas tops, until next year, it will be nice to get back to wearing normal clothes.

Christmas was a very busy time, with lots going on, from the beginning of December with the lovely meal at The Paignton Club, right through until the pantomime on the 29<sup>th</sup> December, at The Palace Theatre.

There were lots of different things going on, hopefully something for everyone to enjoy.

As mentioned above, we went to the pantomime, Sleeping Beauty, last Sunday. This was the very first pantomime I have seen at the theatre (I have seen them on TV) and I was looking forward to seeing it.

I'm pleased to say it didn't disappoint. It was loud and garish, with a fantastic pantomime dame, lots of silly jokes and slapstick comedy, just as it should be. It was very professional mayhem!

We were sprayed with water pistols. Sweets were thrown at us, and we shouted and clapped as loudly as anyone else there. It was a brilliant show.

I'm going to take my husband next year (He'll be 70) He has never been to a panto before.

You're never too old to be a child again!

It's the time of year to look back over the last year, to the happy, and not so happy times. To the people we miss. It is also the time to look at ourselves and see if we can improve on what we see.

I'm talking about New Year Resolutions.

We resolve to do things like lose weight, find love, stop smoking, get fitter or save money. But once the New Year has come and gone, sadly only 8% of us successfully accomplish what we set out to do.

According to the History Channel, New Year Resolutions date back roughly 4000 years to the Babylonians (they commemorated the New Year in March, when the new crops were planted) When, either a new King was crowned, or loyalty to the existing monarchy was renewed.

This was a time for the Babylonians to make certain promises. Things like settling debts and returning anything that wasn't theirs to its proper owner. They believed, maintaining these resolutions came with Karmic retribution, in that kept promises would be rewarded with good fortune in the following year.

Have you made any New Year Resolutions this year?

All the staff at Primley have mandatory training, to expand their knowledge, and to provide a better service to the residents. Some of the examples of the training we do are:- Moving and Handling, Infection Control, Safeguarding, Palliative Care, Safe Handling of Medications, Catheter Training, Prevention and Awareness of Pressure Sores, Dysphagia Training, Pelvic Floor Training, Diabetic Care, Mouthcare Training, First Aid and Fire Procedure Training.

These need to be renewed and kept up to date.

Further to the mandatory training we do, staff are offered the chance to do NVQ in Health and Social Care.

Book Club will reconvene on the 6<sup>th</sup> January 2020 at 1.45pm If you are interested in joining us, please let me know.

Tracy Fox will be coming in on the following dates to continue to work towards the Art Exhibition in June. Thursday 9<sup>th</sup> January, Wednesday 15<sup>th</sup> January, Thursday 23<sup>rd</sup> January and Thursday 30<sup>th</sup> January.

On the 24<sup>th</sup> January we will be working with Sacred Heart School on our joint project for the exhibition.

In the February Newsletter the staff and resident 'Getting to know you' section will continue.

You can share as much or as little information as you wish.

I will be asking individuals to contribute, when I do ask, please say YES.

#### Dates for the Diary

1 <sup>st</sup> Jan	Sing-a-long with Drinks and Mince Pies	10.45
7 <sup>th</sup> Jan	Communion with Val and Irene	10.30
13 <sup>th</sup> Jan	Return of Roselands Nursery	10.30
14 <sup>th</sup> Jan	Armchair Exercises with Mike	11.15
24 <sup>th</sup> Jan	Sacred Heart Joint Project	11.00

Other dates to be arranged.