



Oakwood Rest Home

Newsletter
JUNE 2019

WELCOME TO OUR NEWSLETTER

Hello!!! Welcome to the Oakwood June newsletter. Hope everyone is enjoying the start of summer. We've had a busy month and we are busily working to get Junes activities up and running.

But before I let you know what's happening in June I thought I better let you know about the exciting holiday week we have planned in July. From 8th to the 12th of July the home will be having a stay at home holiday. Every day we will be 'visiting' different countries and experiencing a little bit of the culture. There will be virtual tours of famous land marks, lots of different food and drinks and also lots of music. On our finale day we will be holding a big American style BBQ.

Also in July we will be holding a summer fete. More details to come.

So back to June. This month we will be holding a Cupcake day to raise money for the Alzheimer's society. You can help by entering the cake making competition, joining in with games or just coming along ready to eat plenty of cakes. Hopefully we will be visited by our local councillor and the Birmingham mail.

We also have plenty of other exciting activities this month we will be celebrating Royal Ascots Ladies Day, the Trooping the colour and a very, very special birthday as our Dotty turns 100!!!

Everyone is welcome to any of our events. If you have any questions or suggestions please do hesitate to ask me (Rachael) or he management. Or you can send me an email on rachael@oakwoodresthome.co.uk

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Past Activities, Birthdays and Fundraising

So we've had busy and exciting month this month. We had a lovely pub lunch at manor farm in Castle Vale, we've had a bit of a wet but fun BBQ, a mayday party and a Europe themed buffet.

We have also been making a start on the garden. With resident Joe planting some new plants and flowers in the back garden for all to enjoy. Over the next few month expect to see more and more appearing out the back.



Also residents have been making some new art works for the dining area and other places in the home. We will be continuing with these throughout the next few months.

We also continue with all our regular activities such as reminisce workshops, arts and crafts, bingo and board games, and more relaxing activities like therapeutic music sessions and movie afternoons

This month we have to say massive thank you to CastleVale Social Club for raising a whopping £500 for us. We have already used some of the money to buy new garden accessories and equipment from active minds which is a company that specialises in activities equipment for people living with dementia.

As we always need to be raising money, we are running a lucky number raffle at the moment where you have a chance of winning £15. If you would like to have a go its £2 a number. Good luck!!!

We would like to say a big thank you for everyone who donates time and money to these events. Without your support these events wouldn't happen.



In the future we will hopefully be running a summer fete, jumble sales, cake sales and much more so keep an eye on the notice boards and in this newsletter to keep up to date with all the latest information.

Birthdays this month

26th – Dotty

27th – Madeleine and Joe

Happy Birthday to all of you hope you have a wonderful day



Home and staff news

We would like to take this opportunity to remind families to please remember to label all their relatives clothes with either sewn in tags or permanent ink on the labels. We have 30 residents and clothes with no names, makes it difficult to reunite laundered clothes with the rightful owner.



All personal items such as jewellery, money and ornaments etc. are brought into the home at the owner's risk. Being a dementia home it can be very difficult to keep track of items when so many other residents do not identify that things do not belong to them and just pick them up. Items can accidentally be thrown away by other residents. The manager/Proprietor of Oakwood Rest Home will accept no responsibility if items are lost, damaged or missing.

Here at Oakwood Rest Home we welcome any feedback you may have about the service we provide. Please speak to our Heads of Care team Amanda or Emma. Alternatively you can speak to either of our management team Anthony or Sue.



We are currently asking relatives if they would be kind enough to take a few minutes from their busy days to complete a review on Carehome.co.uk alternatively there are review cards available in the reception, these cards have pre-paid postage and are mostly tick boxes.



We are also looking for donations of any plants, plant pots, garden equipment or decorations. We are very grateful for all donations as this helps to keep our equipment costs down and means we can spend the money on more fun events and trips out. If you have anything you think could be of use let the staff know and we can see if we can put it to use.



Please follow us on

Twitter -
@oakoodresthome

Facebook-
Oakwoodresthome

Instagram- Oakwood rest
home

When I wander

When I wander
Don't tell me to come and sit down.
Wander with me.
It may be because I am hungry, thirsty, need the toilet
Or maybe I just need to stretch my legs.
When I call for my mother (even though I'm ninety!)
Don't tell me she has died.
Reassure me, cuddle me,
Ask me about her
It may be that I am looking for the security that my mother once gave me.
When I shout out please don't ask me to be quiet...or walk by.
I am trying to tell you something, but have difficulty in telling you what
Be patient.
Try to find out.
I may be in pain.
When I become agitated or appear angry,
Please don't reach for the drugs first.
I am trying to tell you something.
It may be too hot,
Too bright,
Too noisy
Or maybe it's because I miss my loved ones
Try to find out first.
When I don't eat my dinner or drink my tea it may be because I've forgotten how to.
Show me what to do, remind me.
It may be that I just need to hold my knife and fork I may know what to do then.
When I push you away while you're trying to help me wash or get dressed,
Maybe it's because I have forgotten what you have said.
Keep telling me what you are doing over and over and over.
Maybe others will think you're the one that needs the help!
With all my thoughts and maybes,
Perhaps it will be you who reaches my thoughts,
Understands my fears,
And will make me feel safe.
Maybe it will be you who I need to thank.
If only I knew how.