



INGLEWOOD

THE LATEST WINTER NEWS

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Featured Articles



Games Afternoon

The NCS organised games and chatted to residents in the day room and we thoroughly enjoyed their company.

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Pet Pals

Residents all had a chance to stroke the ducks, watch them feed and bathe in the "paddling pool".

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A Taste of India

We welcomed the Seema Kids Dance Group to Inglewood and were captivated by their stunning costumes and dance moves.

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National Citizen Service - Games Afternoon

Residents had an afternoon of games, which was planned by the national citizen service.

The NCS is a registered charity that provides opportunities for young people aged 15-17 to develop key life skills, take part in challenging activities and develop as an individual. Several of them came to Inglewood and organised games and chatted to residents in the day room. The residents were very impressed with the young adults and thoroughly enjoyed their company.

As part of a four-week programme, the young people created a social action plan to work in their local community to make a positive impact. One group created a project called 'make the world smile' and planned activities such as sponsored walks and cake sales, as well as giving out flowers and cakes to passers-by in Eastbourne town centre in an effort to put a smile on peoples' faces.

The young people felt that it would be nice to bridge the gap between young and old by playing games, giving gifts and learning about the amazing stories and life experiences that the older generation have to offer. The group thoroughly enjoyed the experience and would like to thank everyone for making them feel welcome.

We were lucky enough to be invited to the NCS Graduation Evening, which was held at the Winter Gardens in Eastbourne. We proudly watched as the

young people picked up their certificates, whilst we listened to their journey through the four-week programme. We were presented with a cheque for £320 which was split between Inglewood and our other local care home Pentlow, with the proceeds being used for future resident activities. We would like to thank all the students that came to visit and the kindness they showed our residents with their gifts and the wonderful donation that we both received. We wish them all the best in their future careers.



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Pet Pals

Sarah from Pet Pals visited the home with six ducklings from the farm.

These Indian Runners and Appleyard Ducklings were just over two weeks old and the residents all had a chance to stroke them, watch them feed and bathe in the "paddling pool". The ducklings also visited residents in their rooms, much to their delight!



A Taste of India

A Taste of India came to Inglewood in June this year.

Inglewood welcomed the Seema Kids Dance Group to the home. Residents were greeted with bright, colourful costumes worn by the children who were aged between 8 and 12 years old. The daughter of one of our nurses led the dance group out and they introduced themselves to the residents.

We were all captivated by their stunning costumes and their dance moves. They had worked very hard to put on this show for our residents and we would like to thank them all, and their mums, for coming to our home and entertaining us for the afternoon.

The day didn't finish when the dancing was over however and the residents enjoyed the Taste of India and sampled a selection of foods - from Tandoori Aloo Samosas to Masala bites, onion Bhajis and vegetable Samosas.



We were captivated by the girls' stunning costumes and dance moves



Picnic in the park

With gorgeous blue skies, residents and staff set out in high spirits and made their way over to Hampden Park for a summer's day picnic.

The head chef April and her team had prepared us a wonderful spread of sandwiches, quiche, homemade cheese scones and other picnic nibbles together with sweet treats of strawberries and cream and a selection of cakes. Basking in the sunshine the residents, with cool drinks to hand, thoroughly enjoyed the food and each others company.

With plenty of time to spare and a day too glorious to waste, some residents went for a stroll around the lake, stopping to enjoy the shade of the trees, the swans and ducks in the water.

Unfortunately, we couldn't spend all day lazing in the sun and chatting - we had to pack up the tables, chairs blankets and head home. A wonderful day was had by all, full of fun, laughter and treats - and one we will remember for quite a while!



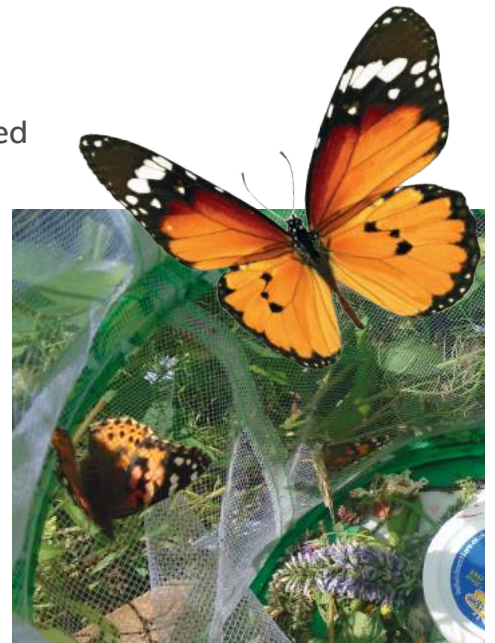
National Insect week

During the week our residents (well, some of them anyway) enjoyed getting up close and personal with different types of insects.

They were able to explore the world of an ant's life by watching them through the 'Ant World', along with the Wiggly Worms World and the Butterfly Garden. Every day the insects were brought out for residents to view and to see whether or not the butterflies had emerged from their chrysalis.

Some residents enjoyed playing beetle drive whilst others chose to paint and colour paper butterflies. There were discussions and fun facts about insects, quizzes and other games and one resident remembered this rhyme, "Lady bird, lady bird fly away home, your house is on fire and your children are gone, all except one, and that's little Anne for she has crept under the warming pan." which put a smile on all of our faces.

When the week was up residents released the butterflies, worms and ants back into the garden for them to continue their cycle of life and enhance the garden.



Happy Halloween

The residents helped decorate the home with spiders, bats and all things ghostly.

In the morning we all decorated freshly baked cupcakes ready to be enjoyed later that afternoon.

There were lots of spooky games and prizes including hoopla, "coven style", as residents tossed their hoops over witches' hats.



Everyone got into the spirit of Halloween as more chocolates and sweets were won. Afterwards, afternoon tea was served with the cakes that had been prepared earlier.

It was a truly spooktacular afternoon.

Bonfire Night Party

Residents enjoyed an evening of good company, good food and a fantastic firework display.

Residents assembled in the dayroom to enjoy a buffet supper prepared by second chef Ashley and his team. A very big thank you to them.

After everyone had finished their supper the lights were turned off ready for the display to begin. Residents were not disappointed and

they thoroughly enjoyed the display with many liking the Catherine Wheels and especially the fountains which resembled volcanos. When the display had finished the staff members were greeted with a round of applause from everyone showing their appreciation for a job well done!

Limerick Day

For National Limerick Day residents, with the help of Janice, came up with their version of a limerick.

They threw names and words at Janice and with much deliberation came up with the masterpiece opposite.

The finished limerick resulted in lots of laughter and giggling amongst the residents.

There was a young woman called Faye
Who went and got married in May
She said, "Oh I do"
Down the aisle they flew
And honeymooned out in Bombay



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