

Hewlett Court Newsletter



February 2025

February

Valentines Day

A day for kindness
A day for smiles
A day for friendship
Across the miles.
A day for sharing
A day for hugs
But most of all
A day of love.



Birthdays this month!

Pat J
4th February

John B
19th February

Brenda V
23rd February

Staff

Judy M (60)
2nd February

Karen H
5th February



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News



Welcome

We would like to welcome Judith to Hewlett Court. We hope you have a happy and healthy future with us at Hewlett Court.



Goodbye & Good Luck

General Assistant Courtney has left her position at Hewlett Court. Courtney has made the decision to move to Australia. We wish her all the best in her new venture.



Night of Neon Fundraiser

Team Leader Rachel will be taking part in a 5k Neon Walk on Saturday 8th February 2025, raising money for The Christies Charity, a charity very close to her heart. If anyone would like to sponsor her, please contact the Hewlett Court office. Any support is greatly appreciated.



Welcome

We would like to welcome Margaret to Hewlett Court. We hope you have a happy and healthy future with us at Hewlett Court.



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ELMC/



Festival News

Bolton Hospice Grant

Bolton Hospice received two generous grants of £2,439 from the East Lancashire Masonic Charity and £2,439 from the Masonic Charitable Fund totalling £4,878 to purchase a state-of-the-art nursing manikin. The full body manikin will enable hands on training for the Hospice staff and other health care professionals in the community which will help the hospice to continue to provide palliative and end of life care to those facing terminal and life limiting illnesses. The manikin will enable staff to practice a wide range of essential nursing skills, from basic patient care to more complex procedures in a realistic and safe environment.



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In House Activities

We have started the new year with some relaxing in-house activities after a jam-packed December full of Christmas entertainment. Here's a little sneak peak of what the ladies and gents get up to every week at Hewlett Court. There are lots of activities for everyone to join in with.

Armchair Exercises with Naomi

The ladies and gents look forward to the armchair exercise sessions with Naomi every Monday afternoon.

Benefits of armchair exercises for the elderly include:

- Improves and strengthens muscles
- Improves flexibility
- Improves posture
- Improves co-ordination
- Improves balance
- Eases joint pain



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Bingo With Jayne

General Assistant Jayne hosts bingo for the ladies and gents every Tuesday afternoon. Everyone enjoys coming down to the lounge to be in with a chance of winning!

Benefits of playing bingo for the elderly include:

- Increases social engagement
- Allows for reflection and memory recall
- Improves cognitive function
- Improves memory
- Improves hand-eye co-ordination



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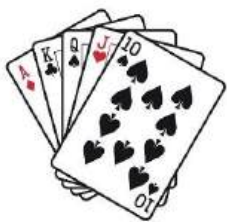
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Coffee Morning & Quiz with Jayne

Wednesday mornings are spent sipping coffee, baileys or sherry, eating cake & biscuits and taking part in a quiz hosted by General Assistant Jayne followed by a game of Play Your Cards Right. The winner of Play Your Cards Right wins a ticket for a free game of bingo to use the following week.

Benefits of taking part in a quiz for the elderly include:

- Improves memory
- Keeps the brain active
- Trains the brain and preserves their cognitive abilities
- Improves daily life skills



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Thirsty Thursday

Every Thursday afternoon the ladies and gents gather in the lounge and reception area to enjoy a little tippie or a hot beverage.

Benefits of Thirsty Thursdays for the elderly include:

- Builds strong bonds with other residents
- Encourages socialising
- Interaction, which is good for their mental health
- Contributes to a more positive and enriching living environment
- Builds confidence



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Armchair Exercises with Gill

Friday mornings are spent doing armchair exercises with Gill. The ladies and gents take part in stretches and hand and eye coordination games. Everyone enjoys spending the morning doing the armchair exercises.

Benefits of Armchair Exercises include:

- Improved Strength
- Improved Flexibility
- Improved Posture
- Improved Coordination
- Eases joint pain



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Friday Club

Friday Club takes place every Friday afternoon. It's a time when the ladies, gents and staff get together and have a natter over their favourite drink.

Benefits of Friday Club for the elderly include:

- Builds strong bonds with residents and staff
- Encourages socialising
- Interaction, which is good for their mental health
- Contributes to a more positive and enriching living environment
- Builds confidence
- Encourages listening, speaking and cooperation



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Armchair Party Dances with Emily

The ladies and gents let their hair down on Saturday afternoons when they take part in the armchair party dances with Emily. The dances involve action dances to Agadoo, Superman, The Macarena and many more.

Benefits of Action party dances include:

- Improved Flexibility
- Improved Memory
- Improved Coordination
- Mind stimulation
- Hand & Eye Coordination



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Games Afternoon with Robyn

Every Sunday the ladies and gents gather in the lounge to play a range of games with Robyn. The ladies and gents get involved in a variety of games which include Scrabble, Dominoes, Cards, Jenga and many more.

The benefits of playing games for the elderly include:

- Enhances memory and cognitive skills
- Enhances judgement and reasoning
- Encourages motivation
- Decreases stress
- Improves hand and eye coordination
- Increases brain function



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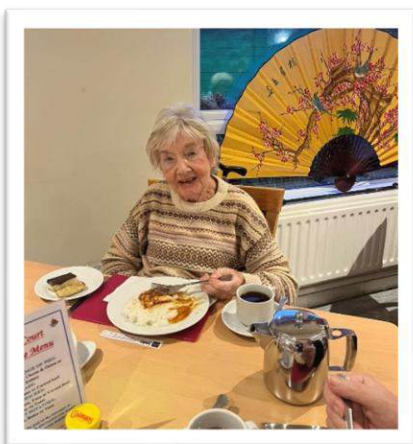


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Chinese New Year Celebrations

The ladies and gents celebrated Chinese New Year, the year of The Snake on Wednesday 29th January. The residents enjoyed a Chinese style tea of Sweet & Sour Chicken with rice cooked by Mary accompanied with vegetable spring rolls and prawn crackers.

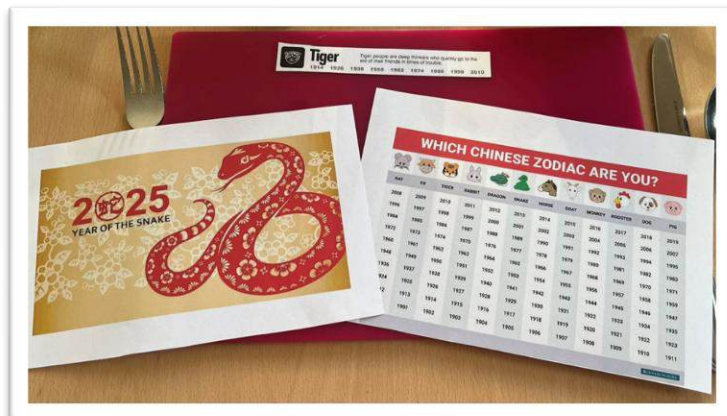
Each resident was given their Chinese Animal Zodiac with the characteristics of each sign to read about.



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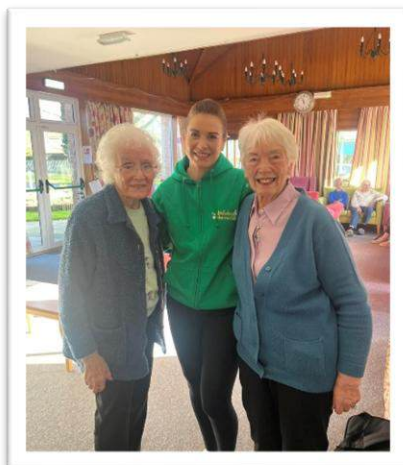
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Melodies and Memories

Hewlett Court welcomed Suzy from Melodies and Memories for the first time on Thursday 30th January. The ladies and gents had a fabulous time singing and dancing along in their seats with the props provided.



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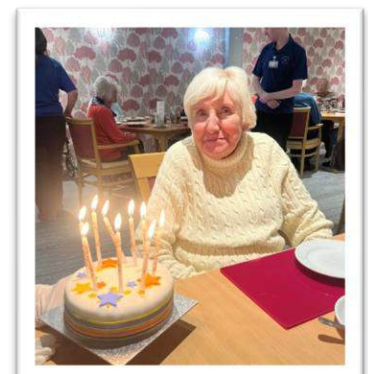
December Birthdays!



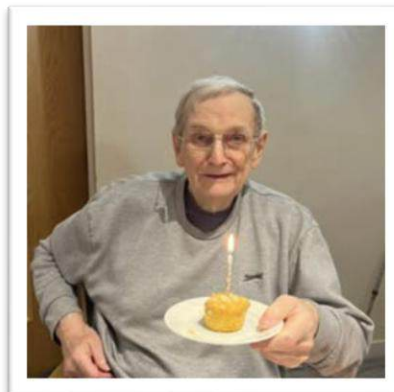
Graham celebrated his birthday on 11th January



Bryan celebrated his birthday on 12th January



Judith celebrated her birthday on 20th January



Geoff celebrated his birthday on 22nd January



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Hewlett Court Upcoming Events

Wednesday 12th February 2025

Lee Lambert singing in the lounge 3pm

Friday 14th February 2025

Valentines Day Celebrations

Friday 14th February 2025

Annie Valery singing in the lounge 3pm

Wednesday 19th February 2025

Clothes Direct Sale in the lounge 2pm

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Name: _____ Date: _____



Valentines Day

February 14th

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

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- ADORE
- AFFECTION
- ARROW
- BE MINE
- BELOVED
- BOYFRIEND
- CANDY
- CHAMPAGNE
- CHERUB
- CHOCOLATE
- CUPID
- DARLING
- DEAREST
- FLOWERS

- GIFTS
- GIRLFRIEND
- HEARTS
- HUG
- I LOVE YOU
- KISS
- LOVE
- PINK

- POEM
- RED
- ROMANCE
- ROSES
- SWEETHEART
- VALENTINE

