

St David's Nursing Home

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"Living well every day"

Autumn 2025

St. David's Newsletter for Family and Friends



As autumn arrives and the evenings draw in, we have been reflecting on what a wonderful summer it's been here at St. David's — full of sunshine, laughter, and creative energy! We will also provide a preview of what is happening over the next few months.

Summer Fete

Well, Storm Erin made us revise the plans for the Summer Fete. So instead of one action packed day, the fun was spread over a month! On the planned Fete Day, residents listened to the 'Busketeers' and enjoyed a summer tradition of strawberries and cream with tea or a glass of Pimm's.



Manager – Linda Cooke RGN

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Then a week later, we hosted the much-anticipated BBQ. It was wonderful that so many families and friends could join us.



The fete games have also taken place over the last few weeks. Prizes were awarded for guessing the name of the elephant, the number of sweets in the jar and where the (hand crafted) hedgehogs were hiding. Competitive games of Tin Can Alley and Skittles caused a lot of mirth, to the point where we are now thinking of giving prizes for the most humorous loser as well as the high point scorer. With grateful thanks to Barbara for creating our hedgehog prizes.





Over the summer, residents were able to experience events in the gardens. The Wimbledon and cocktail afternoons were especially popular. Mojitos and white wine were residents' choice of drinks.



A Summer of Music and Entertainment

Residents experienced a wonderful programme of entertainment over the last few months. The lively 'Pineapples & Palm Trees' show brought a touch of the tropics to Sheringham, filling the room with music, fun, and smiles all around.



We were also delighted to welcome flautist Rachael, whose gentle, melodic playing created a peaceful and joyful atmosphere, and pianist Anthony Shiels, who lifted spirits with his blend of classical favourites and singalong tunes. The Sheringham Ukulele Players lift everyone's mood with their upbeat strumming and cheerful songs. Performances from Darrin Sings and Vernon Brown were also very well received.

Creativity Know No Bounds

Our residents have been wonderfully imaginative over the past few months. Colourful papier-mâché hot air balloons were crafted to brighten our lounge displays, while wooden spoon puppets caused plenty of laughter as everyone added their own personalities and flair. Stunning flower arrangements brought summer out of the gardens and into residents' rooms and the conservatory. These projects sparked lots of teamwork and conversation. Please take a moment to look at the amazing artwork that is displayed in the conservatory.



Looking Ahead

Residents are looking forward all the activities associated with Autumn and Halloween and Remembrance Day, enjoying cosy craft sessions, topical quizzes and preparing for the festive season. Residents also take pleasure in hosting the monthly coffee mornings for Families and Friends.

We look forward to seeing you soon.

Best wishes,

Linda Cooke, Manager, RGN