

St David's Nursing Home

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"Living well every day"

Summer 2024

St. David's Newsletter for Family and Friends



Hello. Welcome to the latest edition of our quarterly newsletter. Despite the erratic weather, it's been a busy three months here at St. David's with plenty of exciting activities and events to share with you.

Great Gardeners

Many residents at St. David's are enthusiastic gardeners. So, in April residents requested Lobelia, Petunias, Impatiens, Pinks and Geraniums to create a variety of planters and hanging baskets. You can admire these on the patio and the entrances to St. David's.



Residents also decided that they would like to grow strawberries and tomatoes. After a discussion on the merits of different varieties, four types of strawberries and four types of tomatoes were planted.

Manager – Linda Cooke RGN

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Residents have been very protective of these crops, and they are nearly ready to harvest. Everyone is anticipating tasting them.



The Power of Pets

Playing with a pet is fun! Over the last three months, residents have had the opportunity to meet a variety of animals. There are monthly visits from Luna, a Toy Poodle, who enjoys being spoilt by residents. Luna's size means she fits perfectly on to residents' laps. Residents have also enjoyed a visit from a pair of dachshunds and met a visitor's dog in our gardens.

The most recent visit was from the alpacas, Lemmy and Boss. The alpacas are very well trained but also curious. They meet residents all over St. David's - from the gardens to residents' rooms. Even though the alpacas are quite frequent visitors, the softness of their fur always surprises as does their fondness for munching on carrots.



Tempting Tastes

Following our successful cheese tasting afternoons, residents suggested that we organise more tasting events. We organised a few very different afternoons. The first centred around a 'Tea Tasting' another afternoon offered residents an opportunity to eat 'Around the World'. The mocktail and cocktail afternoon encouraged residents to experiment with new ingredients while knowing that an old favourite was also to hand.

The tea tasting introduced residents to classic green and black varieties but also offered them the opportunity to try exotic teas such as a beetroot ginger and curry leaves and a chocolate rooibos and vanilla blend. Residents shared tasting notes and tips on how to make the perfect cuppa.



Our 'Around the World' taster was a hit. It featured finger food and snacks from France, Germany, India and Thailand with slices of New York cheesecake rounding off the afternoon. The afternoon prompted conversations about the strangest foods encountered when travelling as well favourite discoveries.

The 'Mocktail and Cocktail' Afternoon was also a very social event as the 'drinks' prompted many reminiscences.



Exceptional Entertainment

The highlight of our entertainment programme, this past quarter was being able to host two performances of “On the Beach”. This was also presented at Sheringham Little Theatre. ‘On the Beach’ is a sensory performance created by the Spare Tyre Company to conjure up the myths and magic of the beach. The performance reflects the working history of the beach – such as boat building, net-mending, and knitting. Residents were entranced by the performance and loved being able to participate by holding nets and examining ‘the catch’.



Residents can enjoy live entertainment about once a week. Over the past months, performers have ranged from the Sheringham Ukulele Band, pianist Anthony Shiels, and singers including ‘Darrin Sings’, Bob Wilkinson, Ken Conor, Vernon Brown and Bill Luxford & Anne, to name just a few.



American Independence Day Celebration: Thursday, 4th July 2024 Lunch

St. David’s will be hosting an American style BBQ (burger, chicken, hotdogs and a vegetarian option) complete with side salads followed by ice cream, sundaes and milkshakes! Enjoy the American inspired activities including a quiz to round off the afternoon.



Summer Fete: Saturday, 27th July 2024 2pm-5pm

All ages are welcome to join us for fun and games in the main garden. There will be a BBQ and refreshments. You will be able to browse cake and table-top stalls. There are prizes to win if you take part in the Tombola or Raffle.

We look forward to seeing you soon.
Best wishes

Linda Cooke, Matron, RGN