

KPCH NEWSLETTER

KINNING PARK CARE HOME NEWSLETTER AUGUST/SEPTEMBER/OCTOBER 22



Welcome!

With Summer gone and Autumn in full swing, welcome to the latest newsletter from everyone here at Kinning Park Care Home.

Over the last three months we have had some fantastic events here at KPCH including our annual Pirate Day Party, Halloween Party and bus trips.

We also had a retirement party for Margaret Rose as we said a fond farewell to her and Smilie

Autumn Art Club

With the season changing, our art activities focused on this with some lovely activities such as leaf rubbing, finger painting and collage work. You can see some of our handy work on the next page.



Talk Like a Pirate Day Party



In September, we had our annual Pirate Party to celebrate International Talk Like a Pirate Day.

As usual we had some pirate themed games and movies as well as some handmade pirate hats and swords made from modelling balloons. Pin the Eye Patch on the Pirate was a fun game!

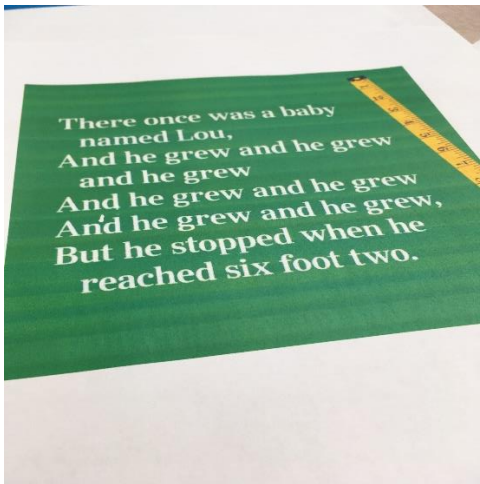
The ladies and gents as well as all the staff got into the spirit and lots of laughing and pirate lingo was used...avast me hearties!



We love an “International Day” at KPCH

Over the last three months we have enjoyed some interesting International Days, which are set up to celebrate lots of different and sometimes unusual events and items.

We had International Cheese Pizza Day where we made our own mini pizzas as well as International Poetry Day.



Autumn Art club at KPCH

Here are some of the fantastic art work that some of our ladies and gents produced at our art club.



Home Baking is always fun..and tasty!



Spooktacular Halloween Party

Our annual Halloween party was a lot of fun again this year with the home looking spooky with lots of decorations.

We had party games including dookin for apples (with a fork for those with knees as bad as mine) and Pin the Tail on the Black Cat.

The staff dressed up and some of the ladies and gents were given spooky facepainting courtesy of our carer Dani.



Pumpkins and Spooky Spider Biscuits



Good food, fun
games and great
company!



Pumpkin Carving

Leading up to the Halloween Party, we had fun carving out pumpkins which proved to be very messy fun!



Quiz Time!

Our latest quizzes included famous movies but also a brilliant Halloween based one – have a try at some of the questions and see how you get on!

- Q1 – Where do Pumpkins grow? On the ground or Up a tree?
- Q2 – Black cats are usually associated with who? Witches or Ghosts?
- Q3 – What is the big pot that witches use to make their spells called?
- Q4 – What fruit to you “Dook” for on Halloween? Apples or bananas?
- Q5 – What is a male witch called? A warlock or a witchman?
- Q6 – What two colours are associated with Halloween? Black and orange or White and Pink?



- Answers –
- 1 – On the Ground
 - 2 – Witches
 - 3 – A Cauldron
 - 4 - Apples
 - 5 – A Warlock
 - 6 – Black and orange.

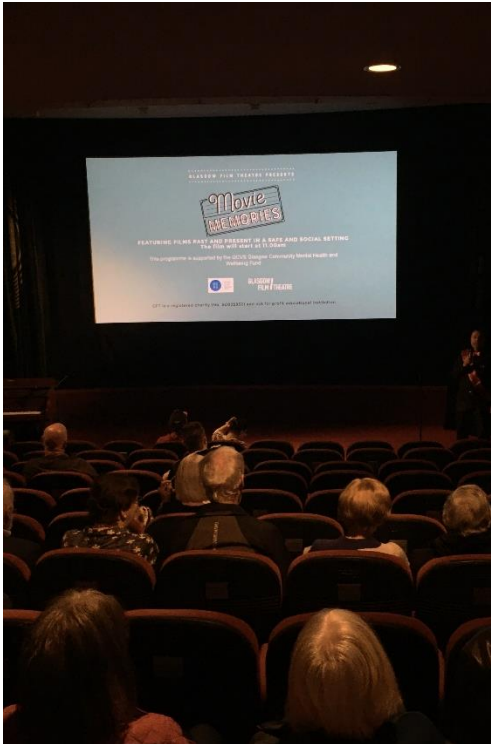
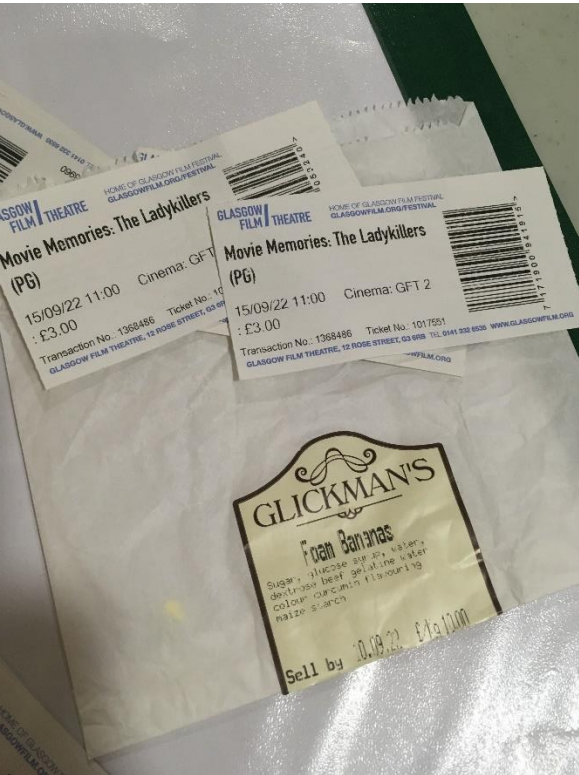
Cinema Trip to the GFT

The Glasgow Film Theatre has a dementia friendly series of movies that we have been to a few times over the past months. These monthly showings offer a safe and friendly place run by volunteers.

The showing has no adverts or trailers, the lights do not go all the way down and talking is permitted.

We also get a half time interval with sweets and juice provided. Sweets were donated from Glickmans.

Our most recent trips have included Blithe Spirit and The Lady Killers both of which were very popular.



The Cats Choir

Music is a big part of Kinning Park Care Home – we love a sing song!

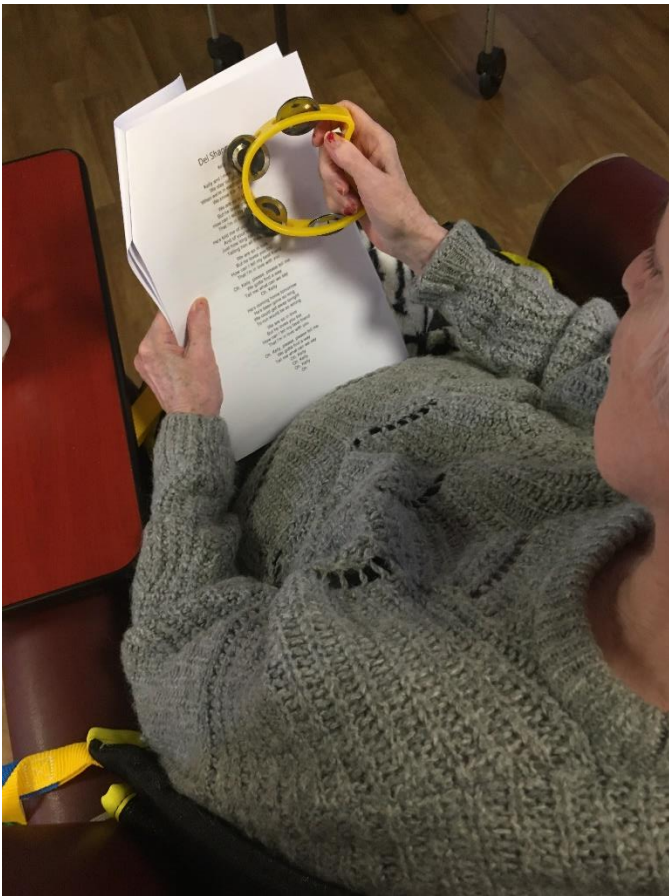
With our Cats Choir, our ladies and gents get the chance to work their lungs and vocal chords with a mix of songs ranging from Patsy Cline to Del Shannon and from Doris Day to Elvis.

We have lots of instruments that are used to add to the musical experience with maracas and tambourines being a firm favourite.

We also enjoy a dance and just recently we had a go at doing that old favourite The Slosh!



“Music can also help a person with dementia to connect with the past by evoking memories, feelings and emotions that they might otherwise find hard to express.



Margaret Rose Retirement Party



September saw us say goodbye and a fond farewell to Margaret Rose who retired after working here at Kinning Park for 4 years but also as a nurse for 43!



We had an amazing party to see her off with lots of music, dancing, gifts and a few tears too.



We all want to wish her a fabulous retirement and look forward to seeing her pop in for a visit!



Old staff and new came along to say farewell



We love to dance and sing happy songs !



Goodbye
tension,
Hello pension!



With winter coming in, we are already planning on some bus trips further afield in the spring time.



Bus Trips

Our new Activity Coordinator, David, has now been trained and insured to use the mini bus for bus trips with our ladies and gents and so far we have had a couple of lovely trips out.

One of our favourites was to the newly reopened Burrell Collection at Pollock Park.

With the change in season and the weather not being that great, our trips will still be taking place but venues will need to provide a warm place where we can get a good cuppa and a nice bit of cake!

We will also be heading into Glasgow to see all of the Christmas Lights at George Square



If you have any Suggestions for places that we can go to for a day out please get in touch.

Email David at

activities@kinningparkcarehome.co.uk

We had a great time at the Burrell Collection



Wrapped up and ready to go for a wander around the museum.



MEDITATION AND RELAXATION SESSION

We have recently introduced a meditation and relaxation class into our weekly timetable and it has proved very successful. All of the ladies and gents that have taken part have told us that they really enjoyed it and found that it did help them to relax...with a few even dropping off to sleep.

Time to relax



Get to know the staff.

THIS MONTH WE MEET ONE OF OUR CARE TEAM AND ONE OF OUR CHEFS AND ASK THEM SOME QUESTIONS TO GET TO KNOW THEM A BIT BETTER



Gordon is one of chefs and has worked here for nearly 3 years and Mori is one of our care team and has only recently joined us.

Tell us an interesting fact about you.

Gordon has been a chef for 30 years and once worked at the Winter Olympics in Italy
Mori speaks 5 languages! English, Russian, Farsi, Dari and Pashto!

McDonalds or Burger King?
Gordon – Burger King
Mori – McDonalds

If you won £1,000,000 what would be the first thing you would buy?
Both answered a big house, with Gordon buying one here and Mori buying one somewhere warm and sunny

Where is your favourite place to go on holiday?
Gordon – Gran Canaria
Mori – Portugal

Who is your favourite singer or band?
Gordon – AC/DC
Mori – Aitch (for us of the slightly older generation I’ve been told this is a rapper!)

Dates for the diary

Holiday season here at KPCH

I cant believe I’m saying this already but...Christmas is coming.

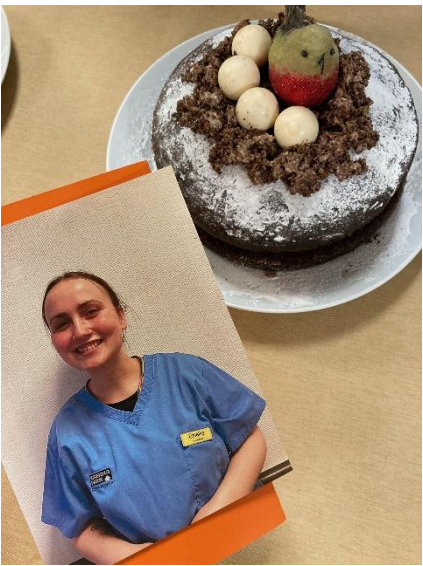
And here at KPCH, we have a busy calendar of events coming up.

8th of December – Kinning Park Christmas Bake Off.

Four staff members bake a cake and the judges are our ladies and gents. After tasting a slice of all the cakes a winner will be picked.



Last years Bake Off contestants.



Last years winner was Emelia

15th December – KPCH Annual Staff Panto.

This will be our third year of having a staff panto which, if the last two are anything to go by will be full of laughs, mistakes, fluffed lines and lots of fun!



Staff Panto 2020

22nd of December – KPCH Christmas Party – lots of party food, dancing, good music, good friends and some Christmas based games too!



Some of last years scrumptious cakes.

KINNING PARK CARE HOME

Arts and Crafts at KPCH

Arts and Crafts are a big hit here at KPCH and we have had fun recently doing our Autumn art that you will have seen earlier in the newsletter but we also did some Halloween based art as shown opposite – Halloween Masks for our party.



Over the next few weeks we will be changing from Autumn based art to Christmas with some fun projects coming up



EVERYDAY FUN AT KINNING PARK CARE HOME

Within KPCH, we have a range of activities designed to stimulate the body and mind of our ladies and gents. We love to just sit down, have a nice cup of tea, a slice of cake and a good blether.



I need to make sure that the facemasks are suitable and breakfast club is where we can have a nice quiet meal with some good company.

Say hello to our new manager!

Robert has now been manager at Kinning Park Care Home now for 3 months after being the deputy manager for the last 4 years.

Robert has worked in the care sector since the age of 17 starting as a kitchen assistant then moving on to be a senior chef. After this, he began working as a carer and worked all over the UK from Aberdeen to London and from Edinburgh to the Isle of Mann.

Robert progressed from carer to senior carer, then onto the role of care coordinator. He then became deputy manager before his most recent promotion as our new Home Manager!

We wish Robert good luck in his new role here at KPCH!

