

WELCOME TO THE KINNING PARK CARE HOME NEWSLETTER

Where has the year gone?!

Its been a while since we last had a newsletter and we have been very busy here at KPCH.

Check out the photos below to see some of the things we have been doing recently.



Ducklings at KPCH

At the start of the year, we were very fortunate to spend some time hatching soke ducklings and watching them grow.

The ladies and gents as well as the staff all really enjoyed the time we spent with the ducks. We named them Daffy, Donald, Debbie, Ducky...and Tony Hadley!

Summer Party

During the lovely hot weather we had during the summer, we had our annual summer party and BBQ which was a great success.

The chef put on a fantastic spread of burgers, hot dogs, salads and all of the usual BBQ food and we all enjoyed some party games as well as a good old singsong and a dance!

Entertainers

Over the past few months we have been very lucky to have a few different entertainers come along to sing for the ladies and gents.

Above is Short and Sweet, we have also had Shiela K and our latest entertainer was The Tartan Tenor.

New conservatory decor

Over the last few months, the conservatory has been fully decorated with new flooring, paint and furniture to provide the ladies and gents a more restaurant style setting for meals.

As you can see in the photos, Alan did a great job of painting and Roberts interior design skills came out in fantastic style!



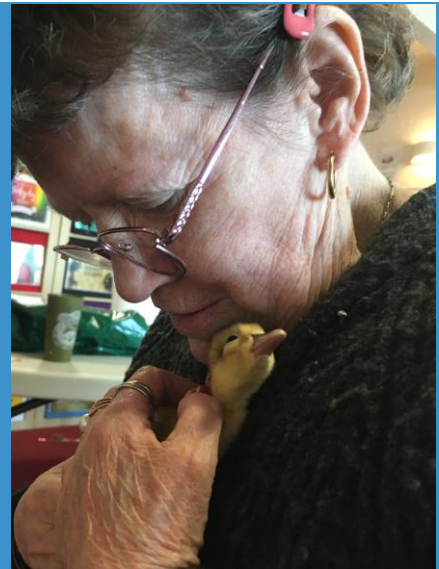
Ducklings at KPCH

As you have seen earlier in the newsletter, we had the privilege of hatching some baby ducks here at KPCH.

The ducklings were from a poultry farm and we had them with us for 10 days before they had to go back to the farm.

Everyone fell in love with them from the moment they were hatched and it was a sad day when they had to go back.

We had some usual duck names - Daffy, Donald and Duck. One was also called Debbie but the naming of our final hatchling was left to the ladies and gents. I asked for a few suggestions and had names like Beaky and Quackers but the favourite by a long way was Tony Hadley!



Wee Tony Hadley!

LIKE A DUCK TO WATER!

DUE TO BIRD FLU, WE WERE NOT ALLOWED TO LET THE DUCKS OUTSIDE BUT WE MADE THEM FEEL AT HOME BY BRINGING A PADDLING POOL INTO THE ACTIVITY ROOM...AND THEY LOVED IT!

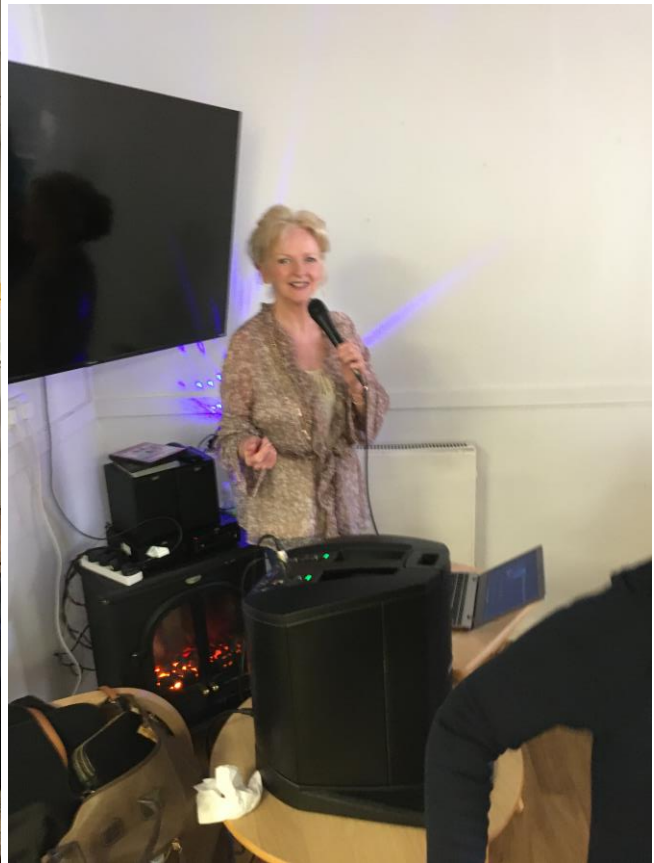


A SONG AND DANCE!

As you may know, music is a big part of our lives here at KPCH. We love a good sing a long and a dance and when we get the chance, we love to have professional entertainers come along to join us.

Over the past few months we have had our friends Short n Sweet as well as Shelia K come back again to entertain us.

As you can tell from the photos we have a great time when they are here!





SIT AND STAY ACTIVE

Recently, I became qualified to teach chair based exercises and have started a twice weekly exercise class called Sit and Stay Active.

This is a very gentle, fun based class with some very light exercises to get our ladies and gents moving.

We use all sorts of implements such as pool noodles, beach balls and our favourite, the parachute.



The parachute is fun but tough on the shoulders and arms!

The Kings Coronation.

To celebrate the coronation of King Charles, we celebrated in style with a Royal lunch.



We made our own crowns for the occasion and they turned out fantastic!



New faces at KPCH.

We have a few new staff members here at the home and I asked two of them a few questions to find out a bit more about them.



Name Alan

Job Role Maintenance

Favourite biscuit? Fox's Classic

Summer or Winter? Summer

Do you have a hidden talent? I play the guitar

Debbie

Care Assistant

I don't like biscuits, I prefer a Starbar

Definitely summer!

I can moonwalk.



Gardening through the year.

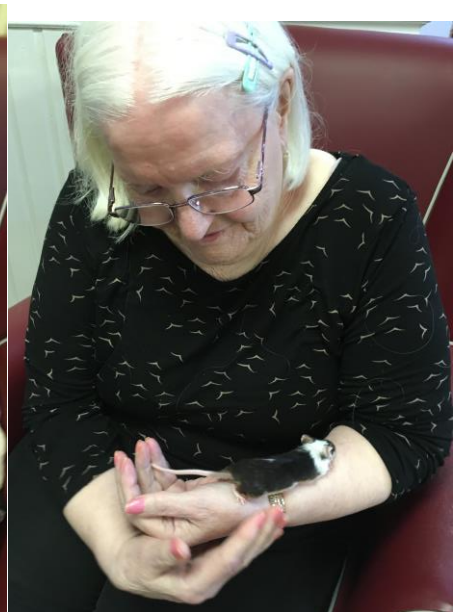
Our garden has been a wonderful place to spend time over the year especially with the fruit bushes and broad bean plants giving us a healthy crop.



Bunny and Co Petting Zoo.

As well as the ducklings, we also had a visit from Bunny and Co Petting Zoo who brought along aa lovely variety of animals including ducks, a chicken, guinea pigs, rabbits, mice etc and the ladies and gents had a great time looking at, holding and petting the animals.

They also brought along a giant rabbit that weight just over 14 pounds!



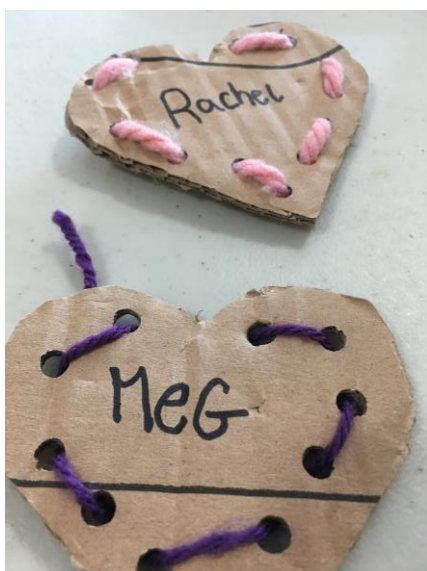
Chasing a chicken around the home to try and put it back in its cage is a tough workout!



Art n Crafts

We are a very arty home, we love painting, sewing and any other crafts that we can try. Arts and crafts offer a way to relax and release our inner artist!

Below you can see some of our creations.



Sewing and crochet is also a favourite, with some nimble fingers on display!

Up coming activities and events.

Leading up to the last part of the year, we have a very busy schedule to look forward to.

In October we will be having a visit from the entertainers, Short and Sweet as well as having our Halloween party.

In November, we will be celebrating Guy Fawkes Night, St Andrews Day as well as having a visit from a home favourite, the entertainer Sheila K.,

And finally, in December we have a jam packed series of activities including our annual Christmas Bake Off competition where the staff bake cakes for the ladies and gents to judge just like the TV show, we have our staff panto which is always a laugh especially as it is usually not rehearsed. We also have our Christmas party with lots of singing, dancing, games and gifts.

On Christmas Day we have a very special day where we have a visit from Santa who gives out gifts to all the ladies and gents followed by our big Christmas Lunch.

As you can see we have busy time ahead.