

# KPCH NEWSLETTER

KINNING PARK CARE HOME NEWSLETTER NOVEMBER/DECEMBER2022/JANUARY 2023



## Sheila K – singer and entertainer!

In November, we were very happy to have a visit from singer and entertainer, Sheila K.

### Welcome!

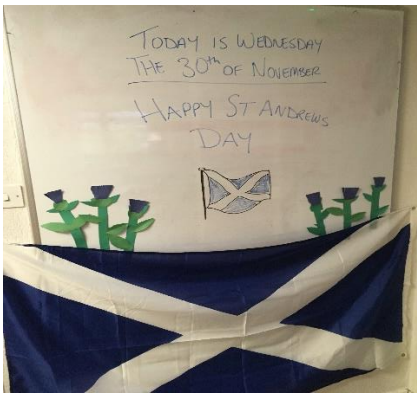
Happy New Year from everyone at Kinning Park Care Home.

Welcome to the first newsletter of 2023.

The last three months have flown by and we have had some fantastic events and activities ranging from our first visit from an entertainer since before the pandemic, to Christmas and New Year celebrations.

### St Andrews Day

To celebrate St Andrews Day we had a lovely Scottish lunch with the dining room decorated with homemade thistles, Saltire flags and even our very own pet haggis.



Sheila was the first outside entertainer that we have had come to the home since before the pandemic and our ladies and gents had a great time.

Sheila sang a mixture of songs from Elvis to Patsy Cline and we were all up singing and dancing and having the best time enjoying the magic of music and singing.

We will hopefully be having Sheila back again for another sing a long soon.





## St Andrews Day celebrations

During our St Andrew celebrations, our chef cooked up some traditional Scottish food

- Haggis, neeps and tatties followed by Cranachan, the delicious Scottish desert with cream, raspberries and oats.



Our pet Haggis was out for some fresh air!



## Christmas at Kinning Park Care Home



Here at Kinning Park, we have a very full activity calendar in the month of December. Our month kicked off with a Christmas based quiz which proved a success especially as the winning prize was a selection box with second and third place also receiving chocolates!



Try some of our quiz questions –

- 1 -Santa Claus is also known as Saint who?
- 2 -Who sang the song "I'm dreaming of a White Christmas" back in 1953 – and it was a big hit?
- 3 - True or false – do reindeers have Antlers?
- 4 - Which Christmas reindeer has a shiny nose?
- 5 - In the song Jingle Bells – how many horses pulled the sleigh?



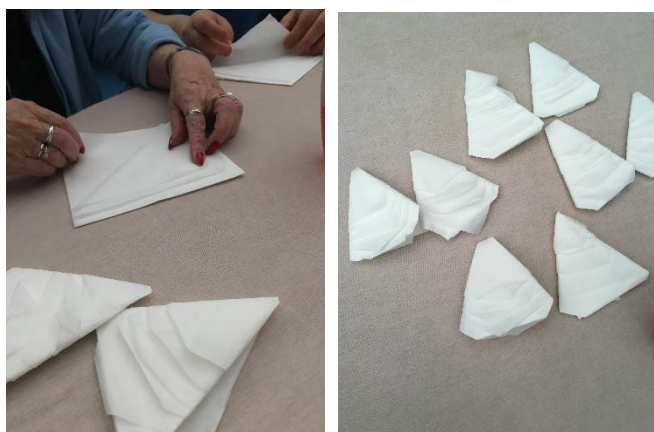
## Christmas Art Club

During December, all our art classes were based around Christmas and the Holiday season.

We had several art projects during the month, some of which can be seen below.



Handmade Christmas Cards



Origami – Christmas Tree Napkins



Christmas Wreath made from left over decorations and a wire coat hanger.

## KPCH Christmas Bake Off

Another of our annual Christmas activities is our staff bake off competition. Just like the Great British Bake Off, the staff taking part bake a cake and then this is judged. Not by Paul Hollywood but by our ladies and gents.



This year we had Millionaires Shortbread, Vanilla Sponge cake, Double Chocolate Cake and a Cream and Fruit Sponge.

Our winner was Gordon with his Millionaires Shortbread. Unfortunately he was not on shift on the day of the competition so carer Temi stepped in to accept his prize!



The bake off winner – Gordons Millionaire Shortbread



This years competitors – Activity Coordinator David, Chef Bed and carers Temi and Parveen



## Party Time!

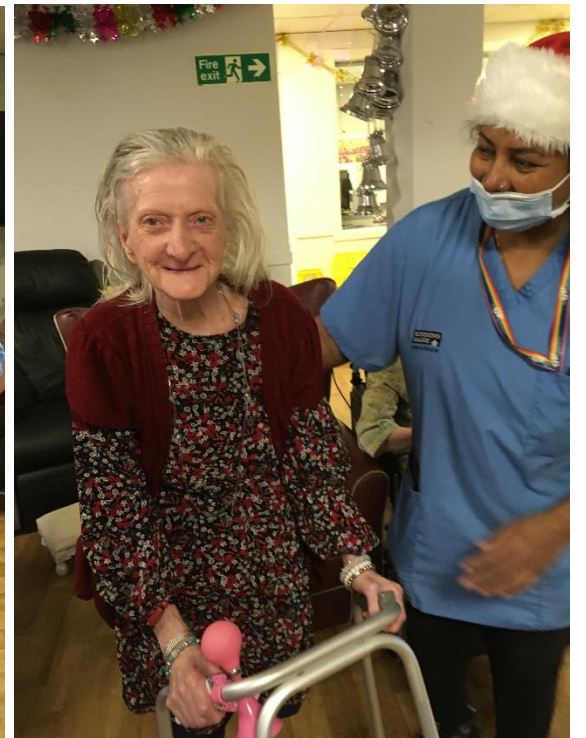
Here at Kinning Park Care Home, we know how to throw a party and this Christmas was no exception.

Our Chef put on a fabulous buffet with the usual party food of sausage rolls, sandwiches and cocktail sausages but spiced it up with some samosas and spring rolls too.

The ladies and gents as well as the staff had a great time with lots of laughter, music and of course dancing...we even did the Slosh!



Our Chef Bed put on a fantastic spread!



Singing, dancing and laughter were in abundance.



David was shown how to do The Slosh!



Smiles all round!



Christmas Day at  
KPCH.

Santa Claus and his helper elf  
paid a visit to KPCH on  
Christmas morning to hand out  
gifts and cards to all of our ladies  
and gents.



Santa couldn't bring Rudolph  
into the home for health and  
safety issues but Stanley the  
Dog was here to help too!



Christmas morning smiles and gifts





The cheese selection before.

## Cheese Tasting Day

As part of our home baking session, we recently made our first home made oat cakes which we then enjoyed as part of our cheese tasting day.

This session was designed to add a bit of variety into our daily eating habits in the home and was a great success.

We had 6 different types of cheese – cheddar, goats cheese, ricotta, boursin, smoked cheese and stilton.

Our ladies and gents were given the choice of what kind they would like and at the end of the session we didn't have any left...even the smelly blue stilton was finished.

This tasting session was a great success and we will be having other tasting sessions throughout the year.



Lots and lots of cheese!



Home made oatcakes fresh from the oven.



The leftovers.



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## Memory Boxes

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At the start of January, we were contacted by the Glasgow Museum Resource Centre asking if we would like to start using the Memory Box service that they offer. This is something that we made use of before the pandemic and we were excited to bring this activity back to KPCH.

Our first box was called The Glasgow Coat of Arms and was a fascinating look into the history of St Mungo, the patron saint of Glasgow and the story of the coat of arms.



The box included items with the coat of arms on such as medallions, a milk jug from the 1880's, a carved statue of St mungo made from an oak beam from Glasgow Cathedral.

The ladies and gents who participated in this activity were invited to look, touch and chat about the items as well as talk about any information that they may know about it.

We will have a new box every Monday for 6 weeks with titles such as Childhood, The Seventies, 50's Music, Charms& Amulets and the final box is titled Photography.

**Here is the bird that never flew**

**Here is the tree that never grew**

**Here is the bell that never rang**

**Here is the fish that never swam.**





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## International Flower Day

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*January the 19<sup>th</sup> is International Flower day and this year some of the ladies tried their hands at flower arranging. We used tulips, carnations, roses and other flowers to make some beautiful bunches of flowers which were then placed on the dining room tables for all to see.*

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## Get to know the staff.

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**THIS MONTH WE MEET OUR NEW DEPUTY MANAGER AND OUR MAINTENANCE MAN AND ASK THEM SOME QUESTIONS TO GET TO KNOW THEM A BIT BETTER**



**LAURA IS THE DEPUTY MANAGER HERE AT KPCH AND HAS BEEN IN THE POST SINCE. DREW IS OUR MAINTENANCE MAN AND HAS WORKED HERE FOR THE LAST 4 YEARS. HERE ARE A FEW QUESTIONS I ASKED THEM TO FIND OUT A BIT MORE ABOUT THEM BOTH**

What would you do first if you won £1,000,000 on the National Lottery? Drew – Open a dance studio – Laura – a big house and lots of rescue dogs

Who is your favourite musician, band or singer? Drew – Prince – Laura – Stone Sour or Steel Panther

What is your idea of a perfect holiday? Drew – Any warm country, meeting new people, dancing and experiencing their culture – Laura Barbados, rum punch in the sun and lobster on the beach at the Oistins Fish bar on a Friday night, absolute heaven

What is the best biscuit for dipping in your tea? Drew – I never dip! – Laura – Nice biscuits

If you could have any superpower, what would you choose? Drew – teleportation so I can get away to warm country – Laura – the ability to get through a day without napping, that's a serious superpower



OUR NEW STAFF PHOTOGRAPH BOARD

At the entrance to the home, you can now see our new staff photo board.

This will show you all of the staff that work here at Kinning Park Care Home.

We have a large team here at KPCH which is spread over the management team, care staff, administration staff, domestic staff and our chefs and kitchen assistants.



Stanley is our newest staff member and Chief Good Boy



## *UPCOMING ACTIVITIES AND EVENTS*

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With the new year in full swing, we are starting back our raffles.

All funds raised from these raffles go towards the residents fund which allows us to take the ladies and gents out on day trips, to put on parties and events and also allows us to make memories for everyone that lives here at KPCH.

If you have any donations that we can use as prizes, please hand these in to any staff member and let them know that it is for David.

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## *SUGGESTED ITEMS FOR RAFFLES PRIZES –*

*BOTTLES OF WINE  
BOX OF CHOCOLATES  
TOILETRY SETS*

*HANDMADE ITEMS SUCH AS KNITTED OR CROCHETED  
SCARVES OR HATS ETC*

*ANY AND ALL ITEMS WILL BE GRATEFULLY APPRECIATED  
AND ALL MONEY COLLECTED WILL GO DIRECTLY INTO THE  
RESIDENTS FUND.*



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## New additions to the KPCH family coming in March

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*In February, the KPCH family will be getting a little bit bigger with the addition of some ducklings courtesy of IncredibleEggs.co.uk.*

*Incredible Eggs offer the chance to grow and hatch baby chicks or ducklings in carehomes and school environments. They provide fertilised eggs and all of the equipment, training, support and advice as well as risk assessments and insurance for us to hatch our very own ducklings.*

*Once hatched, Incredible Eggs will come back in 10 days to collect all of the equipment and any birds that we do not wish to keep.*

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*We hope that this will be a fun and educational activity for everyone involved from the care staff to the ladies and gents and we are sure it will make some wonderful memories*

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( stock photos taken from Incredibleeggs.co.uk website.)



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More entertainers come along to sing us a  
few song!

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**AT THE END OF JANUARY,  
WE WERE VERY LUCKY TO HAVE A VISIT FROM THE  
SINGING DUO, SHORT AND SWEET.**

**THE LADIES AND GENTS HAD A GREAT TIME SINGING ALONG  
TO SOME CLASSIC SONGS AND I HAVE NO DOUBT WE WILL  
SEE CAROL AND STEWART BACK AGAIN FOR MORE  
MUSICAL TREATS**

