



# *Springfield Cottage* Residential Care Home

## **Newsletter**

**Spring 2021**

**Issue 34**



### ***Welcome to our Spring Newsletter***

With Covid-19 restrictions slowly being lifted, we are all looking forward to some semblance of normality returning to Springfield.

Our staff are working diligently to maintain a homely and safe environment and our regular timetable of in-house activities continues as normal—you can see a list of these on the back page.

We will continue to offer 'virtual' visits in the form of video or telephone calls and in addition to this, we now have a separate area for in-person visits, although we will of course be following the government guidance with these.

We hope you enjoy our latest newsletter and that it gives you reassurance that your loved ones are happy, healthy and lovingly cared for.



### ***Our Visiting Booth***

We are pleased to introduce our 'visiting booth' which has a screen in place and follows all infection control measures to ensure that everyone stays safe during their visits.

Using our booth enables our residents to see more than one family member at a time.

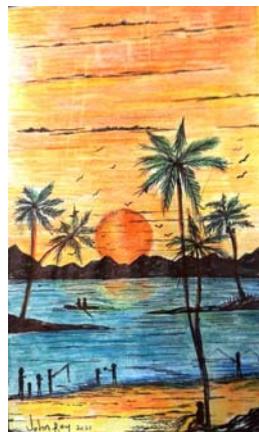
### ***Refurbishments Continue***

Our refurbishments continue apace (following social distancing rules), with the latest being the new carpeting in our hallways and stairs. This is in a navy blue colour and looks wonderfully fresh and inviting.



### ***Our Resident Artist***

John has created some more beautiful drawings that he is very pleased to share with you. We look forward to sharing more of his artwork in future editions but in the meantime we hope you enjoy them as much as we do, he's a very talented man.



### ***Happy Birthday***

David celebrated his birthday in mid-February following shortly after by our newest resident, Joan.

It was lovely to see them both smiling their way through their special days and both were very pleased with their birthday cakes!



### ***Thank you***

We were surprised and grateful to receive these lovely hand creams and cards from the family of our resident, Margaret, and thank them for their kindness.

It was our pleasure to care for Margaret and we were all saddened by her recent passing.

## *Hodge Podge Stew*

As it's been a bit chilly we thought we'd share this recipe from the original domestic goddess, Mrs Beeton from her book "Household Management" 1861.

Do send us any recipes you'd like to share!

### **Ingredients**

- 2lb of shin beef
- 3 quarts of water
- 1 pint of table-beer
- 2 onions
- 2 carrots
- 2 turnips
- 1 head of celery
- Salt and pepper
- Butter and flour to thicken

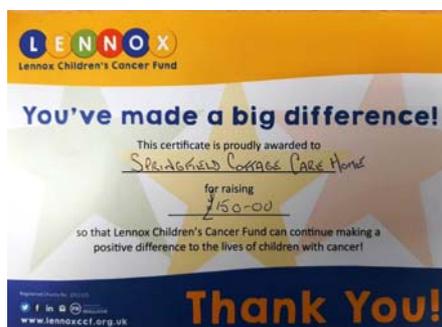
### **Instructions**

1. put the meat, beer and water in a large pan and simmer for a few minutes, skim carefully.
2. Add vegetables and seasoning then stew gently until the meat is tender.
3. Thicken with butter and flour and serve with turnips and carrots or spinach and celery.
4. Time—3-4 hours
5. Serves 12



## *Well Done!*

We'd like to say a big 'thank you' to everyone who helped us raise £150.00 for the Lennox Children's Cancer Fund—well done!



## *Respite Care*

Caring for a loved one can be tremendously hard at times and as community care needs change we are seeing an increased need for respite care.

We are keen to promote this provision and have a room dedicated for this purpose so please don't hesitate to contact Alenca or Suzanne, on 01254 264704.



## ***Extra Services***

### ***Janet Chadwick, Chiropody***

*£17—£19 per session (dependant upon treatment)*

### ***Hairdressing***

***Shampoo & Set—£10.00***

***Shampoo & Blow Dry—£10.00***

***Shampoo & Trim—£10.00***

***Shampoo & Cut—£12.50***

***Trim, Shampoo & Set—£12.50***

***Cut, Shampoo & Set—£15.00***

***Perm—£37.00***

***Restyle or Part-Perm—price on request***

***Our hairdresser cannot currently visit  
but will be returning when circumstances allow***

*A full list of prices can be found on the notice board*

## ***In-House Entertainment***

Whist Covid-19 restrictions are in place, we are continuing to provide a variety of entertainment 'in-house' including regular themed afternoons

### ***Sensory Sessions***

***Reminiscence time in groups and individually***

***Karaoke and Sing-a-longs***

***'We Love Cinema'***

***Arts and Crafts***

***Flower Arranging***

### ***Feedback***

If you have any suggestions for improvements to the Home or the service we provide, do let us know. Please feel free to send Alenca any articles, memoirs or photos for inclusion in future newsletters.

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