

Digby Manor

RESIDENTIAL CARE HOME

Welcome to August's Newsletter 2024

Edition No. 76

Hello all, and welcome to our August's Newsletter.

We have had a fabulous few weeks of glorious weather here at Digby Manor and the sun has been blaring. The fans have been turned up and we have enjoyed some cooling ice lollies and ice creams along the way to battle the heat. Plenty of hydration and cool juice has been very much needed.



In this newsletter, you will see a lot of the fun we get up to at Digby Manor. Remember, you are always welcome to join in with the craziness!

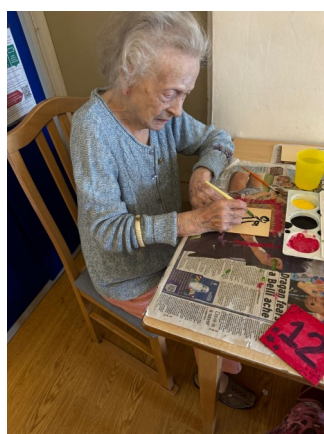


Activities

As you can see below, we have enjoyed a range of activities with our arts and crafts. Colouring and painting is one of our favourite pass times and the residents have done some fabulous artwork, including designing and painting their own door plaques for their rooms.

Beryl and Maureen enjoy their art and are generally the first ones to take part. They always take pride in their creations and produce some lovely pictures.

Great work everyone!



Lulu came to visit and she brought joy to all. As you can see, the residents adore her and she adores them too! Pet therapy is a great way to improve positivity and boost self confidence. Lulu visited every resident and also went to the bedrooms of those who are too frail to join the community. Lulu is a much loved part of our community and is always welcome to visit.



Lulu visited Francis in his room to his surprise!!



Margaret loved her time with Lulu. They both showed their affection towards each other and shared some quality time together.



Joan loved to see Lulu but didn't want to get too close. She was happy to see her from afar!



Brenda could feel Lulu and responded with a smile. Jane chatted to her about Lulu and supported Brenda to stroke her.

Maureen and Roy particularly enjoyed Lulu's presence. When Lulu was walking around the home, the residents would call her name and she would run over to them.

Pet Therapy



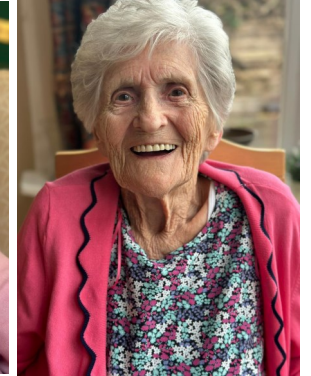
Underwear

Can I please ask all relatives to renew underwear for their loved one, as we appear to be having a shortage!!

This includes knickers/pants, vests, socks (not too tight) and Bras.

It is better to have too many than not enough.

All new underwear needs to be named before you bring them in please.



Our hairdresser Sharron continues to visit each Monday and always leaves with the residents looking and feeling amazing! Here are a few happy customers.



We all enjoyed watching the football Euros 2024 competition this year. We made sure that we decorated our home to show our support for our lads. We were all expecting our boys to bring it home, as they played amazingly well to get to the finals, but unfortunately, we were pipped at the post. We were all so incredibly proud of what they achieved.



Exercise class



Hold for 4..... 1. 2. 3. 4.!! Great going guys!



Come on ladies...Get those legs up!



Twist those ankles to the right for 5.



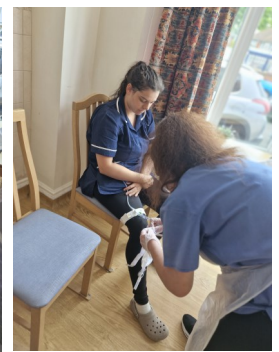
Lift those arms up Roy! Build those muscles!



It's important to keep joints moving with regular exercise to help our residents with their mobility and with dexterity in their joints. It's also a great way to strengthen their joints. The residents enjoy a group exercise session and they all cheer each other on. We use a variety of objects to help, with light weights and resistance bands.



Congratulations to Alex—who with hard work has completed her Care certificate!



CATHETER WORKSHOP

We take training seriously at Digby Manor. The staff have taken part with in house workshops. Here they are completing a catheter workshop. The purpose of the workshop was to learn about the correct equipment to use, how to correctly fit a catheter to a leg and the correct infection control procedures!