



Welcome to January's Newsletter 2025

Edition No. 81

Happy New Year everybody,

We all hope you have had a magical Christmas and New Year. We wish you all good health and happiness for 2025 and hope the new year brings you opportunities to make wonderful memories with the people you love.

What a Christmas we have had, with lots of music, Joy and merriment along the way. Throughout the newsletter you will see plenty of photos of all the activities that we have enjoyed together. Unfortunately, we were not able to host the Christmas meal, as we do every year, but we did not let that dampen our festivities.

There has been many changes over the last year... The build (extension) is nearly complete and will soon be opened up. The whole building (new and old) has had an entire new roof and the scaffolding will soon be down. The front of the house is in the process of having an uplift, a change of style, and the windows will soon be in. The conservatory will be replaced with a new porch with double doors and a side window. Once the extension part of the build has finished, the focus will then switch to the uplift of the inside of the existing Digby Manor. Some of the rooms will be reconfigured and made into en-suites. There will also be a new lift put in that will go up to the second floor and all the bathrooms and bedrooms will be renovated and redecorated with new flooring.

There will continue to be changes for the up coming year as well.

Training

A member of the NHS team, Charlotte Smith, came to do some Dysphagia training with the staff.

The session included IDDSI training and thickener training.

IDDSI stands for 'The International Dysphagia Diet Standardisation Initiative', which is a global framework outlining the texture of foods and thickened fluids for those with Dysphagia.

The training covered the different textures of foods over the different levels 0-7 and how to correctly make up a drink using a thickening agent.

This was important training to have due to the different diets we cater for.

Textured Modified Diets

"Dysphagia is when an individual has difficulty swallowing making it hard for them to eat and drink. Their food and drink may need to be modified to make it safer and minimising the risk of choking and aspiration."



The Modified Food Groups

- 3 Liquorised**
All food items should be prepared separately. It should be completely smooth, passed through a sieve and lump free with a moderately thick liquid consistency. No thin liquid should separate.
- 4 Pureed**
Food should be smooth, without lumps or separated liquid. It should hold its shape on a spoon and be a measure like consistency. Extra gravy or sauce should not be added.
- 5 Mincing and Moist**
Food particles should be no bigger than 5mm. Tender and moist with a fine minced consistency with no separated liquid. Extra gravy or sauce should not be added.
- 6 Soft and Sized**
Food particles should be no bigger than 10mm x 10mm and soft enough to press down with a fork without regaining shape. Gravy or sauce should be served within the dish and not served separately.
- EC 7 Easy to Chew**
Age appropriate foods that are a soft/ tender texture that can be cut with a fork or spoon. No hard, tough/leathery textures with pipes, seeds bones or gristle.
- 7 Regular**
Everyday foods of different textures. Chewing required, includes moist consistency e.g. cereal with milk, soup with vegetables & noodles.



Ingredients to avoid in Levels 3-7 Easy to Chew. Foods with husks, seeds, pits or fibrous textures. No hard, crunchy or sticky textures. If in doubt pass ingredients through a fine sieve and thicken to correct consistency.

Always follow Advice & Training
IDDSI - International Dysphagia Diet Standardisation Initiative
For more help and advice visit www.iddsi.org or download the free app



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Four Seasons
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Tree decorating



It was lovely to see the residents getting involved with decorating the trees, even though some needed a little persuasion with a cup of tea!! They were proud of their efforts when they had finished.

Tried their hand at baking cookies



The ladies enjoyed their baking sessions. They baked cookies and Christmas shortbreads, which were enjoyed by the residents with their cups of tea.

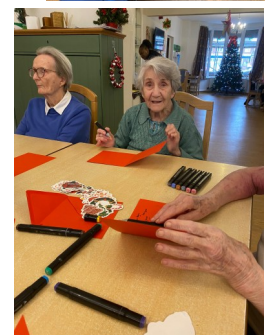
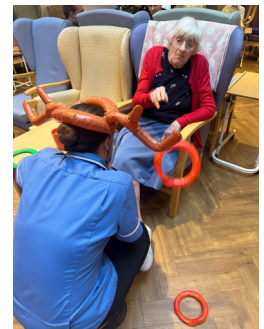
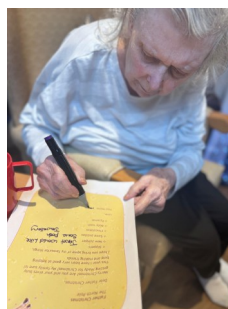
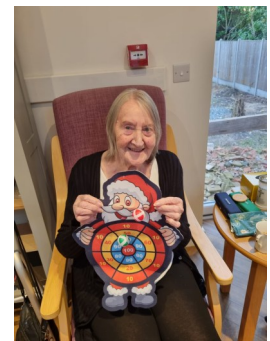


A Big Thank You to Mark

For his beautiful arrangement of Christmas flowers to decorate our fire place and also the table centre



Lots of activities through out December



As you can see from above, there have been lots of different activities, from: letter writing, arts and crafts, working towards the lovely displays on the walls, fun and games and paper chain making. There has always been something for our residents to join in with if they wish.

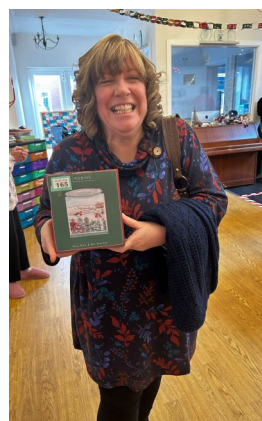
Christmas Party



It was a wonderful party with so many families who came to support us. Louise sang, everyone chatted, bellies were filled and fun was had! The tombola and the raffle was a success. Mark won the hamper... Congratulations Mark!



We raised an amazing (approx.) £350 and Darren has made it up to £700 for the activity fund!!



Some worthy winners from the Tombola. Enjoy your winnings!



More Activities



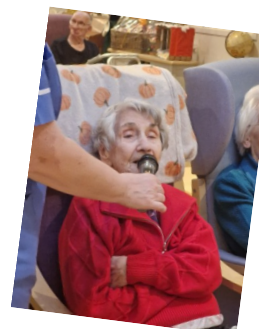
Eyes down, look in!! I don't think Beryl is happy - she's not getting any wining pics!!

Musical Entertainment!



Millie Rose came to entertain us again. Everyone enjoyed the props and a boogie. Mini concerts also came to entertain us, and we loved the choir that came from Radiant City Church who sang some Carols with us on Christmas Eve.

Not forgetting our very own karaoke and especially John's family who enjoyed it with us!!!



Chloe came to visit with baby Ivy



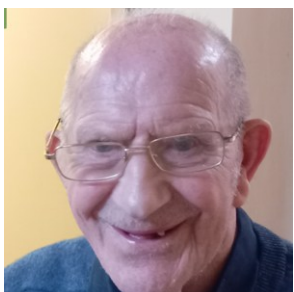
Chloe brought in baby Ivy to visit all of us before Christmas. As you can see, we all enjoyed a cuddle, particularly Millie, who was overjoyed to see her. Ivy really was wide eyed and taking everything in. Thank you Chloe, we hope you all had a wonderful 1st Christmas with Ivy.



Santa & his Elf visited to distribute Christmas gifts from Digby Manor.



Please Join us in wishing Denis, Frank, Barbara, Hazel and John Happy Birthday, as they have all celebrated their birthdays recently.



Please take a moment to remember Ruth, who has left us to be reunited with her beloved late husband David.

