



**Welcome to March's
Newsletter 2025
Edition No. 83**

Hello everyone,

As we approach spring, hopefully the better weather comes with it! We have lots to look forward to. We will be celebrating St Patrick's Day, which is a favourite of ours especially when we have a delivery of Irish themed Krispy Kreme's!! 😊

Any entertainment will be confirmed closer to the date. Our residents will soon be busy with decorating the home in preparation. Then a few days later, we have red nose day to celebrate and join in with.



If You Are Unwell

We seem to have had a lot of respiratory infections within Digby Manor over recent weeks. We are asking all visitors if they have any signs or symptoms of becoming unwell, like a fever, sore throat, cough etc, please stay away until you are clear of all symptoms. This is because our residents are very vulnerable and we need to protect them as much as possible. We also ask that you wear full PPE when visiting until further notice. Thank you for your co operation and support at this time.

Annual reviews

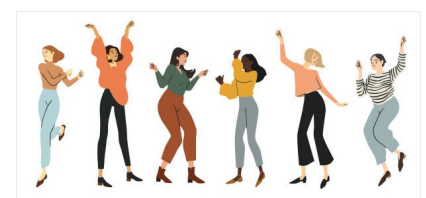
It's that time of year again... We would like to invite you to make an appointment with Jane for the annual review of your loved one. You can discuss the care given, any concerns or changes. You can also discuss your loved one's health and welfare and how they are getting on in general. If you would like to call the office to book in, please call 0121 382 1719. Thank you.

Mini Concerts Performed

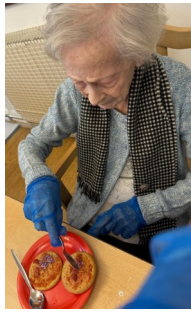
Our Valentine's Day Concert



Emma, from Mini Concerts, came to entertain us on Valentine's Day and it really was a lovely morning! Everyone was up and dancing. It was nice to see lots of families come to enjoy the music. Emma then went round to speak to the residents. All the residents thoroughly enjoyed themselves, especially Mario, who was up the whole time boogying with everyone!!



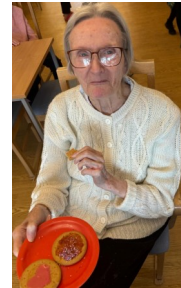
Biscuit Decorating



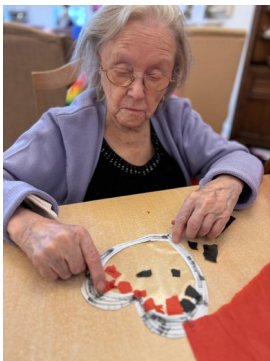
Our residents had a giggle participating in some biscuit decorating. The theme was supposed to be Valentines, but most of them just enjoyed a spread of jam and a nibble afterwards. Didn't you Maureen?!



Beryl and Maureen were the adventurous two trying out the piping bags. Great job guys. Some nice work!



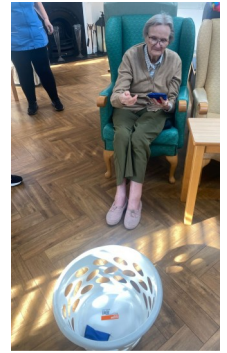
Sun Catchers



A fabulous group effort to make some lovely sun catchers to help decorate the lounge and catch the light in the window for Valentine's Day. Jean was very happy with her design!



Other Activities We Have Enjoyed



Balloon Bash and Bean Bags - both games needed precision and patience!! We celebrated the wins together and we commiserated the losses together!! There were more wins than losses and the residents had particular fun with balloon bash, especially if they kept the balloon up in the air!

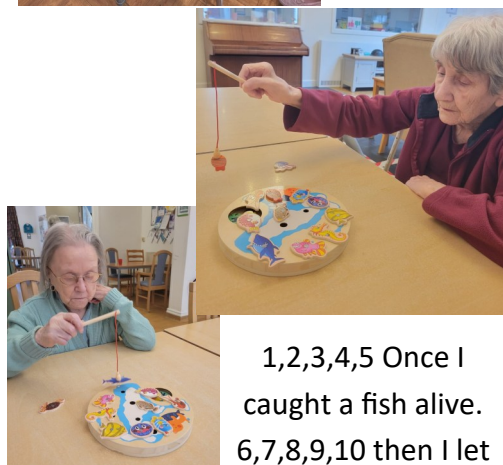
Exercise class is taken very serious in Digby Manor. Using household items, we gently exercise those muscles. Get those arms up!

Exercise Class





Karen likes to put some nice music on in the afternoons and get a few up dancing...

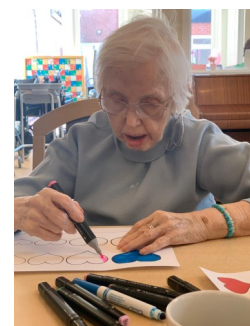


1,2,3,4,5 Once I caught a fish alive.
6,7,8,9,10 then I let it go a gain!!

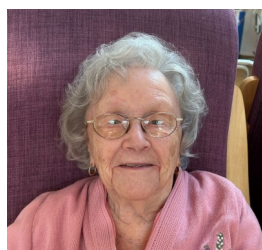
Keep going Beryl and Jean!



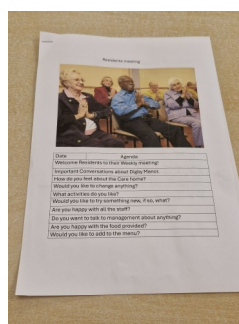
Sharon, the hairdresser, visited and don't our ladies look lovely?!



Art work is a favourite of our residents and they find it therapeutic and relaxing creating something beautiful.



Beryl also celebrated her birthday in February. Happy Birthday Beryl!!



We held our weekly resident meeting. It's important to hear the views and listen to the suggestions from our Residents.