

Wow... hasn't the start of the year flown by in an instant?! I can't believe we are going into February already. I hope the weather has not affected you too much. It certainly is cold at the moment, and the snow, as lovely as it looked, closed everything down and caused disruption everywhere!! We have heard rumours that the snow will be returning but fingers crossed it will only be a light covering next time.



# Resident Reviews

It's that time of year again, Jane would like to invite you to book in with her to have a review for your loved one. You can discuss how they are getting on, set new goals for them, and discuss any concerns. Please call the office on 01213821719 and we will be happy to book you in at a time that is convenient to both parties. Thank you.

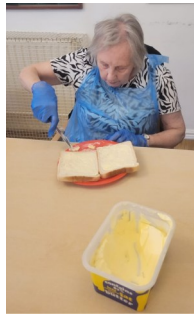


# Your Ideas

We would like to thank you all for your continued support. We have an amazing community at Digby Manor and we are so thankful that you support us, but we are always looking to improve. If you have any ideas of where we could improve, then please bring your ideas to us. We would be happy to listen. We are looking for ideas for activities indoors and outdoors, ideas for house improvements and ideas for community involvement etc.



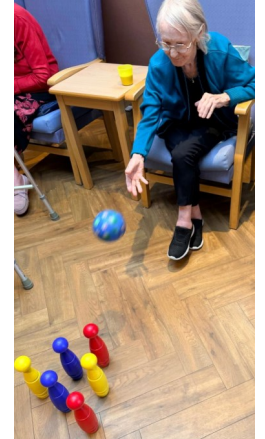
# Activities we have enjoyed together



When it was 'National Cheese Day', we gave the residents the choice of what they wanted to do. They chose making their own cheese and tomato sandwiches, which is exactly what they did! Then they enjoyed them with a cuppa!



Skittles is a favourite of ours, and as you can see, there were a few giggles along the way. I believe Maureen won this round, and we all had a giggle when Derek kept missing the skittles. Keep trying Derek!!



Fingerprint Art...  
Our interpretation of 'National Polka Dot Day'. We love getting messy!!



Fun and fitness exercise session with Ken Wong. This was a big hit with our residents! Ken got them all involved in gentle chair exercise, which he guided the residents through, and helped where he needed to. The residents really enjoyed this session and felt refreshed and energised afterwards.



Art work is enjoyed by all and we do like to do a bit of arts and crafts.

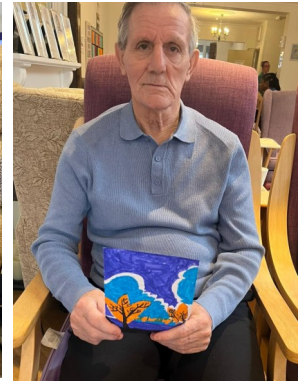
We decided to be Kings and Queens for the day and made our own crowns!

Now we are preparing for Valentines day.



Omega Children's Charity have sent some more pictures which always makes us smile seeing all their hard work in their Art Work.

Thank You!



Chris, who is Chasetown's Football Club Community Project Officer, came to do a sports therapy session with us and again we had lots of fun! He was a very positive and energetic young man, who really made the session a lot of fun and adapted everything to meet our needs. All the residents felt included and was left feeling that they have achieved something at the end of the session.

# Birthdays

We would like to wish Jean and David a very happy birthday! They have both enjoyed birthdays recently and we have celebrated together.



# Housework

Can I please ask all families again to take a look in the wardrobes and bedrooms of your loved ones because they are all becoming a little bit cluttered. It is wonderful how many gifts our residents receive for their birthdays and Christmas, but with this being said, it can be difficult to store so many new items with the current items and the bedrooms are becoming a little bit too full. Our staff will never remove any belongings of the residents, as it is their property, but please can we be mindful of how many items we holding for each resident. For example, we only need 1 dressing gown and 1 coat etc

Reducing items in the rooms not only makes the room look tidier but it minimises the risk of damage, as items are not being crammed together. It also reduces the risk of slips, trips and falls as items can be stored more appropriately.



# WARNING

We would like to politely bring it to your attention, that we need to warn all visitors coming into Digby Manor not to offer food, sweets and treats to any of the residents without asking the staff first. We have residents who are on a modified diet because they are at a risk of choking and aspirating, but they have not always got the capacity to understand that they cannot eat normal textured food and would happily accept. As you can imagine, offering them food would put them at a very high risk of choking and causing harm. So please, do not offer anybody anything without prior consent. We know it comes from a good place, but can cause serious harm. Thank you for understanding.