

# WINASH APRIL 2019 NEWS

## Dignity in Care Week

The poetry booklets, filled with the poems composed by us, are in reception ready for you to purchase. They cost 50p each and the monies raised will be put towards the trishaw fund. Don't worry if you will be purchasing the 'last one'. I can easily make up more.

## Winash Cruft's Competition

A BIG THANK YOU to EVERYONE who supported our first ever Cruft's competition. If you came in with your prized pooches, cheered, voted, spectated, then we thank you. And I am sure all will agree that Ali made our afternoon tea so special with her amazing baking and sandwich making. The event was truly a whole team event, supported by friends & family of Winash, staff members in various roles, and the wonderful ladies and gents who live here. We had 10 beloved pets come and share in the afternoon.

## Hydration & Nutrition Week

Did you enjoy the new tastes and flavours that were on offer throughout the 'hydration & nutrition' week? The pop-up cafe which we held on a Tuesday was enjoyed by all. So much so that I had requests for it to happen once a month... so watch this space!

You will see changes being introduced, with water bottles replacing the water jugs in your room. These will be coloured blue, and we are hoping that the introduction of these will prompt you throughout the day & evening to drink plenty. As we discussed on the hydration & nutrition week discussion, not drinking enough can result in Urinary Tract Infections, wounds not healing so well, dizziness which could make you fall, increased confusion. So.. please drink plenty.

If you see a yellow water bottle in your room, this is an indicator that you may not be drinking sufficient amounts. So please up your drinking. Your body will thank you for it.

## Strong Winds Blow..

When you come and go at Winash, could you make sure the front door is closed firmly behind you. When the wind is strong, the door doesn't always shut itself properly, which means the wind, rain etc can come in, as well as anybody passing by. Thank you for your cooperation.

## North Somerset Council Contribution

We received a contribution of £5,000 towards the upcoming landscaping that will be happening to the garden area that we access through the patio doors. The monies given is to change the garden environment to promote you all to venture into the garden more. You will be asked to complete a questionnaire

about how you use (or not) the outside space at present. After all the work has been completed, and we have had time to use the space, we will then be able to see if use of the garden, after the revamp has increased for us all. I have seen the plans and it is exciting.

### Senior Citizens Forum

On the last Wednesday of the month, next door to us at the Masonic Hall there is a 'Senior Citizen Forum'. These meetings start at 2.30pm and each one has a different speaker. There is a cost of £3 which covers refreshments & the cost of speakers etc. The next date - April 24<sup>th</sup> - the speaker will be from Global Travel, and will talk about visiting exotic places. Interested in going along? If so, let Anne know.

### Upcoming Events in April

1<sup>st</sup> April - 2.15pm Storytime with Rydal

4<sup>th</sup> April - 10.30am Residents Meeting (Heather House will be attending at the beginning of the meeting)

4<sup>th</sup> April - 3.00pm - Baptist Church Service

6<sup>th</sup> April - 4.00pm - Grand National

11<sup>th</sup> April - 10.30am Holy Communion

15<sup>th</sup> April - 1.30pm Chiropodist

15<sup>th</sup> April - 2.00pm - Easter Egg Hunt with Rydal

17<sup>th</sup> April - 1.30pm Chiropodist

17<sup>th</sup> April - 2.00pm Debbie's Clothes Shop

24<sup>th</sup> April - 1950's Afternoon High Tea

### Winash Cat Safety

There is now a water spray on the Reception Desk if you need to move either of the cats to sign in the Visitors book or to generally move them on. (Sooty aka 'Fat Cat' and Smitty aka 'Scrawny Cat'). We are attempting to discourage the cats from sitting on the Visitors book so will be providing a stand for the Visitors book so it isn't flat and obstacles so the cat can't get onto the shelf so easily. If you want the cats moved, please ask a member of staff.

### Flower Show turns 150 years old this year.

Clevedon Flower Show is celebrating 150 years, and still going strong. Winash are sponsoring several of the categories and prizes, in support of the wonderful community event that is Clevedon Flower Show. However, our contribution does not end there. Following on from last year and our success at exhibiting, let us see if we can do better. In what way, I hear you ask. More classes, more residents entering, and perhaps more successes for us all. 'You've got to be in it to win it!', so the saying goes!

So, on the next page you will find a table with an overview of classes on offer. If you fancy taking part, just tick the box next to it - and then return to Anne.

Name ..... (Please put your name)

Have a read, and if you think you would like to enter please put a tick into the column by the side which closely matches your choice.

Thanks Anne

Flower Show 2019 Classes

	Yes, Definitely	Possibly / Maybe
A Get Well Soon Tea Tray		
Apple pie		
3 pieces of shortbread		
3 fruit scones		
Lemon drizzle loaf		
3 savoury scones		
Victoria sandwich (men)		
Fruit cake (men)		
Bottle of fruit cordial		
Picture in water colours		
Item using recycled materials		
Crocheted item		
Soft toy		
Handmade birthday card		
Item made out of felted wool		
Handicraft item (soft)		
Handicraft item (hard)		
handwriting		
Knitting / crochet		
Photography		