

Hickathrift House

NEWSLETTER



September Newsletter

General Manager Focus

AUTUMN IS THE ANTIDOTE TO STIFLING SUMMER

Summer has flown by at Hickathrift! Inside our newsletter you'll find the latest and greatest plans for September. As well as catching up on what we've been busy with in August.

I always like to start by welcoming all the new residents and staff to Hickathrift House Care Home. It's delightful to meet you all and we're looking forward to getting to know you. I truly hope you all enjoy being here and are excited to join in the celebrations.

What an exciting month we've had at Hickathrift House. It's been a fabulous, themed month with our Wizard of Oz Day, celebrating diversity with A Day in India and of course our Community BBQ. Our gardens are looking better than ever, and our gardening club is going from strength to strength.

We have even more planned for September! We have our amazing annual Macmillan Coffee Morning on the 12th and celebrating World Alzheimer's Day with our first Dementia Disco. We hope you'll be able to join us for our celebrations, events, and activities.

I'd also like to draw your attention to our annual Tell Barchester survey, launching on the 8th of September. More information is provided in the newsletter, and I look forward to reading your comments and sharing them with the whole team.



Thank you for your ongoing support,
Paula Melerski,
General Manager

Dates for your Diary

SEPTEMBER

- | | |
|------------------|---|
| 5 th | Jig Dolls and Folk Music |
| 5 th | Gratitude 43 Decoupage Workshop |
| 8 th | Dementia Friendly Film Screening |
| 9 th | 999 Celebration Day |
| 10 th | Virtual Music Event |
| 12 th | Macmillan Coffee Morning |
| 12 th | Reiki Session with Deb's Mindful Movement |
| 16 th | A Day in Mexico |
| 18 th | Become a Pirate Day |
| 19 th | Knit and Natter Club |
| 21 st | World Alzheimer's Day with a Dementia Disco |
| 22 nd | Zoo Lab Animal Encounter |
| 25 th | Residents' Meeting |
| 28 th | Gentlemen's Club |
| 30 th | Community Café |
- More information on Carehome.co.uk.



WHAT WE'VE BEEN UP TO AT Hickathrift House

INDIAN INDEPENDENCE DAY

Celebrating the anniversary of India's Independence.

We celebrated with several wonderful activities including armchair travel videos, a themed sensory trolley Bollywood music, a Bengal tiger documentary, themed jigsaws and hamsa hand painting. We loved reminiscing about past travels and learning something new about this beautiful country. Dorothy said it was like going back there while watching the armchair travels.

The cherry on top of today though was a delicious Indian three course meal provided by Toni, our talented second chef. Everyone enjoyed the assortment of Indian starters and those who picked the korma curry kept complimenting it and encouraging others to try some.



WIZARD OF OZ CELEBRATION

There is no place like home!

We celebrated with the iconic film, a sing along afternoon, making an abstract emerald city in our weekly craft club, Judy Garland facts and a poster reminiscing session and a "who said this" quiz. Our staff went above and beyond by dressing up as the iconic Dorothy and Wicked Witch and our resident Dorothy just had to have a photo with our hostess Sandra and her beautifully themed tea trolley.

POST A WISH GRANTED!

This month our team has had the privilege to grant not just one but four Post a Wishes! Graham got to revisit the Sea Life Centre with a bonus of feeding the Seals for the first time and of course enjoying some delicious fish and chips. Jane's wish was to visit the beautiful Sandringham for a scrumptious picnic just like she did with her children and grandchildren. Brenda has always owned and loved cats, so the outing to the Cat Café was just perfect for her wish. The final wish we granted was for our lovely respite resident Sid, who was an annual pass holder to the Stars King's Lynn Speedway team and got to watch a home race and meet some speedway champions! If your loved one has an aspiration or a wish, please get in contact with our Activities Team, who would love to make these wishes come true.





Join us for our events throughout September.

Jig Dolls & Folk Music

Friday 5th – 10.30am

Meet the incredible Heather and Jason who will be entertaining us with traditional folk music and the chance to engage with vintage jig dolls.

Macmillan Coffee Morning

Friday 12th – 10.30am

Help raise awareness of this incredible charity and enjoy a selection of treats.

A Day in Mexico

Tuesday 16th – All Day

Arriba! Join us as we take a virtual tour of Mexico, indulge in delicious cuisine and learn all about this rich culture.

Become A Pirate Day

Thursday 18th – All Day

Shiver me timbers at Hickathrift today. Learn all about the seven seas and enjoy a fabulous themed day around pirates from history class to sword fights.

Dementia Disco

Sunday 21st – 2.30pm

Join us in Memory Lane for our first Dementia Disco with KJ & the Catt.

ZooLab Animal Encounter

Monday 22nd – 2.30pm

Meet a variety of creepy crawlies and wonderful animals with ZooLab.

Indian Miniature Painting Virtual Event

Tuesday 23rd – 2.30pm

Learn how to paint flowers and objects from the Indian School of Miniature Painting with experts from the Victoria and Albert Museum in London.

EVERYONE IS WELCOME – CONTACT US FOR MORE DETAILS.

Hickathrift Care Home, 217 Smeeth Road, Wisbech, Cambs, PE14 8JB
01945 430 636 • www.barchester.com/HickathriftHouse





UPCOMING EVENTS & NEWS AT Hickathrift House

JIG DOLLS AND FOLK MUSIC

Enjoy this unique experience with us!

Meet the incredible Heather and Jason who will be entertaining us with traditional folk music and the chance to engage with vintage jig dolls. We hope to see you all there.

A DAY IN MEXICO

Arriba! Join our next armchair travels to Mexico.

Join us on the 16th for a virtual trip to Mexico and learn about this incredible country. We'll be taking an amazing virtual armchair tour of Mexico. Residents will also be making tacos and indulging in delicious cuisine from our amazing chef team.

PIRATE DAY

Ahoy, Me Hearties!

Join us on the 18th for a full day of pirate themed fun. We'll start the day with sword fighting and history discussions and then we will finish our day with our film club watching Treasure Island with rum and coke.

WORLD ALZHEIMER'S DAY

We have an assortment of activities for all to enjoy.

On the 21st of September we are hosting an array of activities to raise awareness and funds for the Alzheimer's Society as well as a trip down memory lane musical reminiscing with our first Dementia Disco. Additionally, we are hosting an understanding dementia information meeting helping those living with dementia and their loved ones with top tips and personalised advice on the 22nd of September. This talk is for the community and family members of residents who want to know more about dementia.

OUTINGS

Wow! We have 9 outings this month!

3rd – Thursford Steam Engine Museum

10th – Stow Hall Gardens

13th – Wisbech Museum

14th – Local Methodist Church Service

17th – Coffee Morning at the local Methodist Church

19th – Peckover Gardens

26th – Norfolk Knitters and Stitchers

28th – Dads Army Museum

29th – Local Pub Trip

If you'd like to volunteer or join your loved one on our trips, please don't hesitate to get in contact with Kat, Head of Activities.

It is a pleasure for us to help create memories for residents with their loved ones!



PAST COMMUNITY EVENTS & NEWS FROM Hickathrift House

ANNUAL COMMUNITY BBQ & PARTY

Hot off the BBQ!

Wow! We had a fabulous time together with family, friends, residents, staff and volunteers today! We spent the afternoon chatting away over a glass of Pimm's and plates full of delicious, barbequed food prepared by our Head Chef Nicci! After filling our bellies, we sang and danced to the lovely singing by KJ & The Catt! Residents, their loved ones and staff enjoyed dressing up for the event and singing summertime songs together.



BINGO BONANZA

Going bonkers for bingo!

We've linked up virtually with all Barchester care homes and hospitals across the country for Barchester's Bingo Bonanza! And had several locals, family members and staff join us for this fabulous event! Residents were treated to some exciting virtual games of bingo as part of Barchester's very own game show series. We all had a fantastic time and enjoyed some friendly competition!

YARD SALE

Thank you to everyone!

We'd like to say a big thank you to everyone who bought items from our yard sale as well as donated to us! We raised an impressive £65. And now have a beautiful new selection of books and restocked our jigsaws to make sure they're large pieces at 500 or less to ensure everyone can enjoy. Thank you for your support.





Join us for our community events throughout September.

Don't Dine Alone

Every Wednesday – 12:30pm

We're inviting senior members of our community to indulge in a delicious three-course meal with bingo from 2pm.

Dementia Friendly Film Club

Monday 8th – 2pm

Enjoy our dementia-friendly film club for a relaxing film screening with refreshments.

Macmillan Coffee Morning

Friday 12th – 10:30am

We extend a warm invitation to attend our monthly Coffee Morning - make new friends, enjoy a slice of homemade cake and raise funds for this incredible charity.

Knit and Natter Club

Friday 19th – 2.30pm

Do you enjoy knitting? Come along and make new friends at our monthly Knit and Natter group over refreshments.

Understanding Dementia Information Talk

Monday 22nd – 4:30pm – 6:30pm

Come discuss how a person living with dementia may feel and the ways you can support them through expert help and advice from our trained team.

Gentlemen's Club

Sunday 28th – 2.30pm

Come meet local gentlemen for a tippie and a game of dominoes.

Community Café

Tuesday 30th – 10:30am

Come share experiences, make friends and meet our team at our café.

All welcome!

Everyone is welcome. Please call to book your FREE space to our events.

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UPCOMING COMMUNITY EVENTS & NEWS FROM Hickathrift House

MACMILLAN COFFEE MORNING

Join us for coffee and cakes on the 12th.

We're raising money and awareness to support Macmillan's world's biggest coffee morning! Everyone is welcome to enjoy some delicious refreshments and a selection of word games on the tables from 10:30am.

UNDERSTANDING DEMENTIA INFORMATION TALK

Join us for coffee and cakes on the 22nd from 4:30pm.

We understand that a person's journey with dementia is unique, and moments of confusion or distress can be upsetting for not only the person living with dementia but their loved ones too. You're invited to our complimentary and informative talk, where we'll discuss how a person living with dementia may feel and the ways you can support them through expert help and advice.

FOOD BANK DONATION

Help us before World Food Day on the 16th of October

We are collecting for the Wisbech Food Bank and appreciate any donations that you have in your cupboards and happy to give to this worthy cause. We will be running them to the Wisbech Food Bank on the 16th of October.

KNIT & NATTER POPPY PROJECT

We need help with our annual poppy appeal!

Of course, we have to go bigger and better for our poppy display, but we need your help! Last year we gathered around 1,500 poppies for our 6ft by 10ft display. This year we are hoping to make 2 of these, which will be proudly displayed outside in the courtyard for all to see. Any poppies are greatly appreciated but we are in desperate need for red poppies of any sizes. Thank you so much in advance as this display will be used to raise awareness and funds for the Royal British Legion on Remembrance Sunday.

Join us for coffee and cakes at our...

Macmillan Coffee Morning

12th of September
from 10.30am - 12pm

We're raising money to support Macmillan's world's biggest coffee morning!

Join us at Hickathrift House Care Home and enjoy some delicious refreshments and a selection of quizzes, word games and activity booklets while nattering.



WE ARE
MACMILLAN.
CANCER SUPPORT

HICKATHRIFT
HOUSE
CARE HOME

UNDERSTANDING DEMENTIA

A Person-centred Approach

at Hickathrift House Care Home

Monday 22nd September • 4:30pm to 6:30pm



We understand that a person's journey with dementia is unique and moments of confusion or distress can be upsetting for not only the person living with dementia, but their loved ones too.

You're invited to our complimentary and informative talk where we'll discuss how a person living with dementia may feel and the ways you can support them through expert help and advice.

To Book this event, please email Hickathrift@barchester.com or call on 01945 430636.



LET'S TALK *facebook*

Don't forget to follow us at
@BarchesterHickathriftHouse

**Our best story this month had
90 engagements!**

Memory Walk for Alzheimer's

Deputy Manager, Sarah, Head of Activities, Kat and amazing carers Maria, Julie and Sue completed a 13 mile Trek across the Suffolk Coast to raise awareness and funds for this incredibly special cause. Together they raised £1287 for the Alzheimer's Society. Well done and congratulations ladies!

Our Facebook page is updated every day with photos of life at Hickathrift House Care Home and we appreciate all your comments, likes and shares. Thank you!

TELL BARCHESTER SURVEY

We are pleased to invite you to complete our customer satisfaction survey, "Tell Barchester" from the 8th.

The survey gives you the opportunity to tell us how you feel about your loved one living in Hickathrift House Care Home and your feedback helps us to understand how well we're delivering against your expectations and where we may need to improve, as well as to share with the teams any lovely comments you give. The survey opens on the 8th of September and family members will be emailed the survey.

You can either complete the survey yourself using your own technology, or a member of the team at the home will be happy to help you. The survey will be closing in early October and only takes a minute or two to complete. We look forward to reading your opinions and sharing this with the whole team and company.



Thank You

From all the team at Hickathrift House we'd like to say a big thank you to you all for all your support and understanding.

We'd love you to leave us a review if you haven't already at [Google](https://www.google.com) or [Carehome.co.uk](https://www.carehome.co.uk)

CELEBRATIONS IN OUR HOME...

To start with we'd like to welcome Jean, Mary, Bob, Michael and Jeanette. We hope you have a superb stay. Congratulations to Diane, one of our amazing night carers, for being awarded Employee of the Month! Diane was voted by staff for always offering to go above and beyond to help residents and colleagues. Happy birthday to Barrie, Marjorie, Betty and Kathleen this month!

Please don't hesitate to contact Kat, our Head of Activities who'll help arrange special moments, from anniversaries to birthdays and our Post a Wish initiative.



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 @BarchesterHickathriftHouse



BARCHESTER

Celebrating life