



Home Newsletter



Woodlands

A BEECHFIELD NURSING HOME

Summer 2021

Welcome

Hello everyone , this is our first newsletter, and it is so nice to be able to share and show you what we here in Woodlands have been doing this past summer. The past year has no doubt been a difficult one for everyone, with restricted visits and social distancing., but we survived it here in Woodlands because of all the support and kindness from all our friends and families and of course one another. Keeping busy was very important and there has been a whole host of activities for our residents including flower arranging, baking, crafts, sing songs and of course chatting with each other with a nice cup of tea.

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A hive of activity

Tea, Chats and Tunes

It was so nice to have live music again even if from a distance. Although it was an overcast and dreary day the rain kept away for Grainne and her team who played all our favourite songs and tunes. The residents watched them through the open windows and kept toasty all wrapped up nice and warm in fluffy blankets with lots of hot drinks and bickies.

Busy bakers

In Woodlands we love nothing better than an old natter and a cuppa tea so having home-made goodies was 'to excuse the pun' icing on the cake.

None of us could escape the allure of chocolate cake or the aroma of lemons wafting through the whole house when the residents whipped up the most delicious and moreish bakes this summer. Lemon drizzle cake, Carrot cake, Butterfly buns, Malteser cheesecake and double chocolate buns to name but a few. The conversation was buzzing as our lovely bakers reminisced and shared their memories of sharing and preparing cakes for their loved ones



Recycled Art Projects



Like us all, our artistic creations are one of a kind. The residents had fun creating when they made garden art using old stones, recycled plastic bottles and cans. Who would have thought they could become such a beautiful sight? Painted and decorated

with old buttons, pegs, and woollen pompoms a beautiful colourful garden in the area in front of the lounge was created. The lounge windows also got a display of lovely colourful tissue paper art.



Keeping fit and having fun

Sitting in a chair didn't hold our residents back for our Noodle Hockey Games. The stick might be a foam noodle and the puck a beach ball, but the adrenaline and determination were as fierce as it would be on any field. Dancing and moving to music

also gave us a great way to enjoy exercise without having to 'exercise'. Fun novelty tunes from Black Lace and old favourites from Foster and Allen always got us moving.

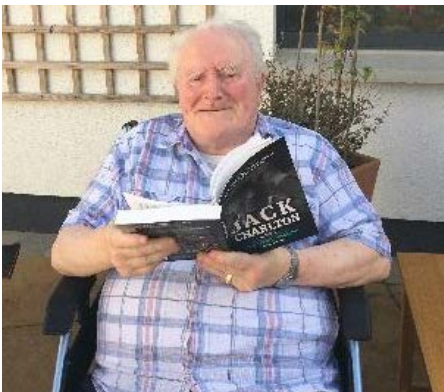


Flower Arranging



This summer we embraced the lovely seasonal activity of flower arranging. Using a variety of beautiful flowers our residents created their very own beautiful flower display. Getting creative with

their flowers and foliage they fashioned a number of striking spectacles, whilst listening to our favourite Donegal singer Daniel O'Donnell.



Sunny days

Our lovely courtyard was a little haven during the summer. Residents relaxed, read books, sat with friends and nattered with one another all the while topping up our sunshine Vitiman D.