

Birthdays

We would like to wish anyone with birthdays in December



Berries of the Month



Vera celebrating her birthday with her friends at Mowbray topped off with a beautiful cake organized by her daughter Annie

Staffing

We would like to thank our amazing staff for their continued hard work and commitment to providing excellent care and supporting each other. Jackie has promised to wear a different Christmas Outfit from the 1st December; it would be an understatement to say she is excited about Christmas.

Property List

If you bring any items for your family member, please can you let someone know so as it can be added onto the property list.

Also, please no cash or cards in house; small amount of personal allowance can be held in the safe within the administrator's office

Thank you.

Mowbray's Hair Salon

Please remember Debbie; who visits every fortnight on a Monday only accepts cash; if you would like to purchase a cash voucher for a relative or friend, please talk to Jackie Box

Quiet Lounge

Perfect place to sit in peace overlooking the garden – a variety of books are available. It is also the perfect place for family get together; if you wish to book the room please speak to Jackie.

Bonfire Night

What a night; thoroughly enjoyed by the residents; visitors and staff alike all served up with Hotdogs. Bonfire cake made by Biren and a big thank you to Duncan for doing the Firework display with his amazing assistant Jackie



Moving family members

If you take a family member from their room into a communal area, please can you inform a member of staff where they are before you leave.

Entertainment/Services

Mon Dec 4 th at 2.30 pm	Church Service
Mon Dec 4 th all day	Hairdresser
Wed Dec 13 th 2.30 pm	Christmas Party Jenny - Singer
Fri Dec 15 th all day	Christmas Jumper Day
Mon Dec 18 th at 2.30pm	Christmas Carol Service
Mon Dec 18 th at 2.30 pm	Hairdresser
Wed Dec 20 th at 2.30 pm	Baptist choir – Carols
Christmas & Boxing Day	Lunch & Buffets

You said we did!

We are looking forward for the preparation running up to Christmas this year. We would all like to wish you a wonderful Christmas and a peaceful new year

A Thank you with a difference

Following donation our food boxes

To all at Mowbray

We have helped women and children who have come to Malvern to start a new life free from abuse for the last 20 years. These families arrive with very little and your gifts of food will help their Christmas so much easier for them. Thank you so much!!!



Refuge for Women.pdf

Love from Mandy and Helen x

Residents Meetings

The next meeting is Wednesday 15th December to be held in the main lounge at 11am. Clients, families and friends are welcome.



**THE REFUGE FOR WOMEN WHO HAVE BEEN
SUBJECT TO DOMESTIC VIOLENCE**

Many larger towns and cities have a safe house for women who have been subject to domestic violence. This can be physical or sexual violence, or emotional or mental abuse, such as bullying, by husbands or partners. Most of these houses can also accommodate the children of such relationships.

On average, women suffer abuse between 35 and 40 times before they seek help, and often it is only when they need medical treatment, or when the children are attacked that they go to the police or other agencies for help.

When women flee from domestic abuse they often spend several hours in hospital or at a police station and then they are taken to a safe house, where they arrive with nothing – no food, no spare clothes, no toiletries, no money. They are provided with basic necessities and housed until they are ready to leave the safe refuge and move into a flat, when again they arrive with nothing.

In Malvern we no longer have a house as a refuge – it was closed as the building was unsuitable. The ladies are housed in flats in secret locations, and the former Refuge staff visit them to offer support, advice and help. Many churches collect items including clothing, toiletries and food, and from time to time some household goods become available.

Your gifts are very much appreciated – partly as they are useful and the ladies are always grateful for anything we give them, and partly because they know they are not forgotten and that someone really cares about their plight.

THANK-YOU.

Testimonies

To everyone at Mowbray

Thank you all for all you did for Ena; you were all so kind and caring to her and all of her family

Love from Sue; Keith & Family

To all at Mowbray

Thank you to everyone who made Ena my mum feel safe; happy and cared for.

As mum's family it was always a pleasure to visit and we were always made to feel welcome.

Your support has made a difference through both good and difficult times.

Thank you for the caring and kindness you showed ena

With love

Julie & Martin

Please remember...

You can discuss your family members care plan at any time with one of the RGN's on duty.

Or, if you would like to talk to Sylvia about any aspect or finances or fees, please let her know.

Dates for the diary January

2nd Hairdresser

Date to be confirmed Church Service

10th Entertainer Phillip Holland 2.30 pm

15th Hairdresser

29th Hairdresser

Care Home Review – Mowbray

Review us online or pick up one of the freepost cards by reception. Your comments will then appear online



What does it mean to us?

We are all aware of these celestial bodies that generate light within our solar system and the constellation that forms a group of stars that are considered to form imaginary outlines or meaningful patterns on the celestial sphere, representing animals, mythological people or gods, mythological creatures, or manufactured devices; which also play a role in our daily horoscopes and at Christmas time the star according to the bible guided the three wise men to the stable where Jesus was born known as the Star of David.

Through the years and certainly in my life time; stars have been awarded for hard work at school and are now given for good behavior (how times change) to the many famous people; film stars; singers; politicians; entrepreneurs; scientists; sportsmen and women to name but a few (doing their job which they are paid handsomely for) are referred to as stars (but not in my world).

To me it means more than all of the above; there are people who we meet along our journey of life; who are the real stars; ordinary people who do extraordinary acts of kindness for others that do not seek reward; recognition; or fame; to those who show such extraordinary bravery against all odds; where others would simply fail. I have been blessed to have met these people; whom have made me feel extremely humble; blessed and inspired; this in turn hopefully makes me a better person because of their humanity and courage; they will always be my shining stars.

So this Christmas we are selling stars in remembrance or recognition of those extraordinary people that have touched our hearts and made this world a better place because of their presences in our life. So hang your star on the tree; carry it around or put in a special place; but remember to look at it and think of that individual/s that truly are the real inspirational shining star that you admire; look up to; love and or adore.

Julie Barraclough

All monies raised from our Shining Star will be going to John's chosen charity which is the Oncology Trust Fund "Wye Valley Palliative Care" Nurses. I hope you will all support this amazing team who as John describes as his rock.

Warmest Regards

Julie Barraclough

Home Manager

*Merry Christmas and a
happy New Year from
everyone at Mowbray*



Tree Up and Decorated