



# Mowbray Monthly Newsletter September 2017

## Birthdays

We would like to wish Brenda Louis and Edward Cripps a very happy birthday. We hope you all have a fantastic day!



## Flower of the Month

## Staffing

We would like to welcome Luke Bryce; Duncan Riley and Lisa Ketteringham to our wonderful care team here at Mowbray

We would like to wish Mandy and her husband Pete a life time of happiness following their marriage on the 28/07/2017

## 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

## 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.

## In the Local Malvern Gazette Music evokes memories at Malvern's Mowbray care home



A live musical performance struck a chord with residents at a Malvern nursing home, thanks to members of the English String Orchestra.

Cellist Corinne Frost and Stephen Warner, who plays both double bass and guitar, visited the Mowbray in Victoria Road to play a concert of classics including Haydn's Minuet from Sonata in C Major and Bach and Gounad's Ave Maria.

They also played more contemporary songs such as Henry Mancini's Moon River and My Favourite Things from The Sound of Music.

The Rt Rev Martin Badderley, a former archdeacon of Reigate, who has lived at Mowbray for six months, found the performance especially moving.

He said: "The concert was absolutely beautiful and very emotional. I was raised with choir music from the day I was born, and my work in the church has meant that music has followed me throughout my life.

"I was delighted to be able to hear Corrine and Stephen play. Music is so important - it is moving and uplifts your spirits. In fact, I couldn't image a life without it."

Music has been shown to be a beneficial form of reminiscence therapy for older people, especially those living in a care setting. Recalling happy memories helps to stimulate cognitive ability and can boost mood and self-esteem.

Home manager Julie Barraclough said: "Music is such a powerful tool for stimulating reminiscence and lifting peoples' spirits. As soon as the performance began, you could see the impact it had on everyone who was listening.

"The concert was a moving experience for everybody, and it was a real privilege to hear residents discuss the memories that the songs brought back."

## Birthday Girls; Pamela; Joyce and Beryl



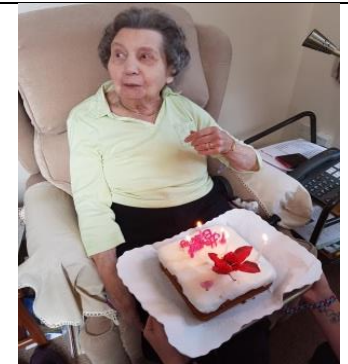
**Roses for Pamela**



**Beautiful cake made by Pamela's friend**



**Pamela & two cakes; joined by her childhood friends**



**Joyce loving her cake made by Biren**



**Beryl's Cake made by Gladys**



**Beryl loving the staff singing Happy Birthday**



### Angel Day

What a successful and emotional day raising money for our brave and amazing friend and colleague John who is battling cancer; we would like to thank everyone; staff; friends; family especially my husband Chris; residents ;relatives and Malvern Police station for their support and kindness for this worthy cause. We are pleased to say we raised £332.00 for John and his family to go and make a memory or two– I had a bake off with Duncan and glad to say that all our cakes and biscuits were sold; but I will not be putting myself up for Cupcake making again; a 100 was ambitious and stressful (total respect to the cake makers out there) here are a few photos of the day; I would like to especially thank the staff for participating by dressing up for the day you were all true Angels and for Sylvia who surprised us with home made Angel chocolates with an Angel Charm; to sell; Mandy certainly enjoyed them



Julie & Felicity (our very own Rainbow Angel)



Mandy & the Angel Charm



Hita showing one of the many other cupcakes and Eileen our local Lay Minister



Duncan & Jackie



Duncan's Angel Biscuits



Julie's Cupcakes



Sylvia's Angel Chocolates



Duncan all made up



Jackie with her Angel box selling the goods

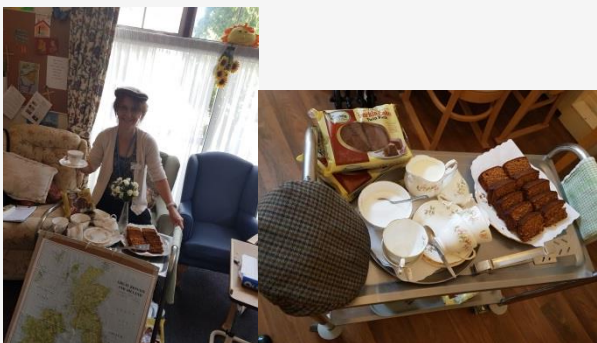


Claire the perfect Angel for the day



Jean in her amazing costume

### National Yorkshire Day



Thoroughly enjoyed by the residents; especially Clive telling his peers all about Yorkshire which was served up with afternoon Tea and Parkin

### Residents Meetings

The next meeting is Wednesday 14<sup>th</sup> September to be held in the main lounge at 11am. Clients, families and friends are welcome.

### 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 Sept 4 <sup>th</sup> at 2.30 pm	Church Service
Tue Sept 5 <sup>th</sup> at 2.30 pm	Debbie Entertainer
Wed Sept 6 <sup>th</sup> all day	Read A book Day
Mon Sept 18 <sup>th</sup>	Holy Communion
Mon Sept 25 <sup>th</sup> all day	Hairdresser
29 <sup>th</sup> Sept	Coffee Morning

### You said we did!

We are part of planning our entertainment discussed in the meetings and have made suggestions for the menus

### Testimonies

To everyone

For your care and kindness to Kurt; it felt like he was part of your family love Claire xxx

### 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 October

2nd<sup>th</sup> Church Service

16<sup>th</sup> Holy Communion

18<sup>th</sup> Entertainment

### Care Home Review – Mowbray

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

*Warmest Regards*

*Julie Barraclough*

*Home Manager*