



THE MOORINGS



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It's often tricky to get over the excitement of December and its Christmas magic, even so, we would like to wish one and all a Happy New year! Filled with optimism and good energy. Often at the end of the year we spend time thinking of the coming new one. For us at The Moorings promoting and keeping the good positive approach ethics of Cygnet Care is always at the heart of our home, starting with well-informed Managers coupled with sincere, motivated staff who will endeavour to reflect and improve their own knowledge so that our residents receive the best possible care and live in a warm, clean, uplifting home.

STAFF AND TRAINING

We would like to welcome Peggy back to the team and of, course, wish her well. Other people to welcome are new staff, Charlie, Despina, Courtney and Sam. The staff have either completed or are in the process of finishing their in-house training with Marina and Alice. All staff are required to update their certificates. Our refresher training since last writing has included safeguarding, health and safety, infection control, food hygiene and moving and handling, speaking of which, Marina who has held a 'train the trainer' certificate for some years will be updating

her own moving and handling qualification at the end of the month along with Alice who will also attend in order to become a certified trainer in this subject. First aid and medication training has been provided for staff and Marina has arranged for some staff to start a Diploma in health and social care with East Coast College, so, a very good start on the training front for 2019!

ACTIVITIES AND ENTERTAINMENT

October arrived bringing us a rich tapestry of colour this year decorating our countryside and gardens. Activities in our home this month have been varied, from being educated by a lovely resident who showed us what wool spinning was all about, from the fleece to the knitted jumper with everyone in the lounge enjoying a very informative afternoon, to a visit from the Library Lady, singing from Ken Doulton, songs of praise, we had quite a full lounge! A visit from M and Co enabled residents to choose and try on clothes resulting in a few purchases. We also loved preparing ingredients for our lunches or desserts, making birthday cards, quizzes. November next! We spent time this month making posters for the Christmas Fayre, making cards, a snowman and baking

salt dough, painting it beautifully and adding glitter to hang on trees. We enjoyed one of our most favourite things, poem reading, with Caroline and friends. Later in the month, when Friends in Harmony came to entertain us, the lounge was filled with fun and laughter as we had an impromptu 'snowball fight' with some soft toy snowballs that were handed out to everyone. We also spent some nice afternoons chatting about how we used to live, very popular! December, Well we all know what happens then! A big thankyou to Earsham School children. They visit each year bringing their own form of excitement that spreads to us. Over Christmas our residents were not disappointed, with a visit from 'Elvis' and a Christmas party, what could be better? Guests were welcomed with mince pies, brownies and mulled wine. Our residents had families and friends around, we opened gifts, shared chocolate and enjoyed a wonderful festive lunch whilst listening to carols. We are planning activities for 2019 and would love you to join us where you can so keep an eye on the notice board or speak to our lovely staff. That's all for now folks! We very much look forward to writing next time from Dani and the team.