

# Hillbeck Newsletter

April 2024

We hope you enjoy reading about all the exciting things that happen at Hillbeck where everyone is made to feel welcome with our warm and friendly atmosphere.



## Internal Activities

Our activity ladies organise a range of activities that take place every morning and afternoon...

These include Bingo, Arts & Crafts, Quiz's, Sing-a-longs, Armchair Exercise's, Board Games, Nail painting for the ladies and much more. Should your loved one have any particular interest then please speak with Louise.

## Birthday's This Month

4<sup>th</sup> Margaret

5<sup>th</sup> Sarah

15<sup>th</sup> Henry

18<sup>th</sup> Yvonne

29<sup>th</sup> Clare

## Quote of the Month

"Spring is a lovely reminder of how beautiful change can be"

## Getting to know our staff

Employees of the month



Prashanthi



Jess



Deepa

Well done ladies and thank you for all your hard work and dedication to Hillbeck. We are so lucky to have such a great team at Hillbeck.

## Staff Changes

Towards the end of April our current Deputy Amanda will be joining Lisa in Reception, and we will be welcoming Danielle who will be our new Deputy.

## Hillbeck News

We would love to welcome two gorgeous new therapy dogs to Hillbeck! Darcey, Harvey and their owners Thomas and Joy have been a wonderful addition to our Hillbeck family. Our residents love them already and always look forward to seeing all of our therapy dogs!

Therapy dogs have many advantages, they can reduce blood pressure, anxiety and stress levels and increase well-being!

During March we celebrated hydration and nutrition week.

We saw our residents preparing fresh fruit platters and discussed the benefits of a healthy and balanced diet. The best bit was tucking into the delicious, juicy, assortment of fruit!

We had a blast celebrating St Patricks day! Residents and staff dressed up in all things green! We took part in quizzes, made decorations in our art and craft sessions and decorated the home with all the lovely things we made! We enjoyed listening to some Irish music and some of our staff had a go at some Irish dancing!

Here at Hillbeck we love to pamper our residents and as Mother's Day approached our ladies relished in having their nails painted and hand and head massages in our pamper sessions! Nobody deserves being fussed over than our lovely residents!

In March it was not only world book day but also national read to me day, so we indulged in lots of reading and even made our own bookmarks! We encourage our residents to read as there are many benefits such as stimulating our brains and rediscovering memories!

Our annual Easter party was a huge success! We enjoyed a fabulous performance from Kevin Walsh who always gets the residents joining in, whether it's showing off their dance moves, tapping their toes or singing along! It was wonderful to see so many of our residents enjoying themselves! A huge thank you goes out to all to all the support from our family and friends and of course our lovely staff at Hillbeck!

Coming up in April

15<sup>th</sup> - Henrys 100th birthday party with Kevin Walsh singing.

23<sup>rd</sup> - St Georges day.





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PIC•COLLAGE











Lastly, we would like to thank a relative for purchasing a couple of trees for our courtyards. Our lovely Connie who currently here on a college placement enjoyed helping to get these planted.

Kevin & Amanda's door is always open for you should you have any concerns.

Once again thank you for all your ongoing to support.



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