

Newsletter June 2024



Hi and hello and how are you all?

We are fine here at Meadowcare! Kicking off the month of June, *Dora* celebrated a very Big Birthday, with some of the family travelling a long way to celebrate with her.



Well we had an interesting visit from *John*, an actor by profession who read poems and stories. He was literally a whirlwind, reading a naughty *Roald Dahl* story. Towards the end, our lovely *Thelma* addressed *John* kindly and said “*Out*” “*Out*”! Fantastic stuff!

The beginning of June was cold outside so we brought the sunshine and colour indoors.



We ran a sensory herbs/spices taster and “*smellathon*”. We so wish that we could film some of these session as the conversations are quite something.

So what is happening behind the scenes here?



Ruby had lots of apples and asked Chef *Kawal* ‘*What shall we do with them?*’

Although *Kawal* is cooking for 34 or more people, he rustled up a gorgeous stewed apple pie within the hour.



The *Hoppiness Project* has gone from strength to strength, a little like the hops in the garden, climbing high and mighty.



We have also been joined by *Harman* who is training to be a new addition to the activities team. She certainly has been given a lovely introduction with how we live life here at the Meadow.

Welcome *Harman!*



We always like to give ‘a nod’ to what’s going on in the world - news items. We watched *D-Day Commemorations* and *Trooping of the Colour* birthday parade celebrations.

It is lovely to be part of living history and the discussions following.



Father’s Day was a good day. It is often the ladies get a good look in but this time it was all about the Dad’s, the grandads with the boxing gloves, the beers and beautiful doughnuts.



You will see from the regular photos that we keep up the energy and inclusivity with exercise, dancing, and singing and lots of art sessions, from *Fairyland* to *Tulip gardens*.



Meadowcare are keen to make community links. We visited the *Alive Allotments* volunteering with people living with dementia and getting stuck in with planting and growing.



As we write and before the month of June turns the calendar page. We plan a *Day at the Races* it's not called "*Ladies Day*" anymore say the racing pundits so shall we call it. '*A Nod to the Hat*'



Watch this space as we relive the glory days of *Red Rum* we will write more on this next time. Lastly, We have discovered that a simple trolley goes a long way and 101 ways to decorate keep it interesting too...!

Keep have a sweet trolley, a beauty trolley, an ice-cream trolley, a seasonal trolley! You name it!



*Birthday celebrations shoutout to
Dora, Edna, Pat K., & Lorraine!!!*









*“Caring for others is the highest expression of humanity.” –
Harriet Beecher Stowe, Uncle Tom’s Cabin (1852)*