

# News from St George's



## Fetes, Festivals and Fun

Our summer has been full of fun and excitement with lots of events and activities.



We kicked it all off with our 50s inspired Summer Fete, with face printing, games, diner food and a Ukulele band. It was great to see so many family members join in the fun. Thank you to everyone who attended and made the day so special.

Summer is always a time to enjoy the warmer weather, and when the weather has been on our side, we have taken the opportunity to visit the park, shopping or even a

cup of tea in a local cafe on a one-to-one basis.



Sometimes we all take our freedom and independence for granted, and these trips make the world of difference to everyone's wellbeing.



We were delighted to be involved with the Taunton Arts Festival

this year and all through June we worked very hard to make our canvas the best it could be. It looked fantastic taking pride in place in Taunton Town Centre.

Every one at St George's is pleased to welcome our new Pets as Therapy dog, Bentley.



Bentley has visited us twice recently and has put lots of smiles on our faces.

Pets as Therapy is a very positive activity for both our residents and the pets involved. The interaction develops social, cognitive and emotional goals with all our residents and we look forward to seeing our four legged friend.

## Ice Cream, IT and Impatiens

Giovanni, a local Ice Cream seller gave us a lovely afternoon visit while the weather was warm.



As well as it being a yummy treat for us all to enjoy, it was also a great reminiscing activity as we chatted about our younger days when we visited the beach, or when our children got

excited upon hearing those familiar chimes coming down the road. Our annual trip to Taunton Flower Show was again a huge success.



The weather behaved itself nicely, keeping us dry throughout our visit. We all thoroughly

enjoyed seeing all the amazing displays and prize winners and we ended the day with some cooling ice creams.

It's been very interesting to see how much our residents are enjoying their Silver Surfer classes.

Slowly but surely we are learning how to use some popular social media sites and our resident's Twitter page will be launching on 4th

September 2017—so keep an eye out for us!



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## Experimenting with Flavours

We love to try new things at St George's and have recently set aside a couple of afternoons to tickle our taste buds.



In July we tested out some Sushi with mixed opinions. This was followed by a much sweeter treat in August when we tried lots of different chocolates which led us to reminiscing about our favourite chocolate adverts like the Cadbury's Bunny and the Milk Tray Man.

## Reptile Show

We had a great time with our reptile friends from Kingston Exotics—our residents are becoming quite the handlers!



## Life Circles

Mindfulness is a popular type of meditation and a way to increase awareness of the present moment. One activity that is proving to be more and more popular is our Life Circles classes with Angie Ward. All of our residents look forward to the gentle exercise, the laughs and the mindfulness that comes along with the sessions. Over the past few months we have been learning more about these techniques and how they can benefit us all.

## Respite Care

Did you know that we are able to provide respite care for your loved one while you take a well-deserved break?

"Care Without Compromise" is our ethos so if you'd like more information about our home and care, please do get in touch by calling John on 01823 275268.

## Cupcakes



We all love cupcakes and our residents are very creative when decorating

them... here are some we made earlier!

## Forthcoming Events & News in Brief

*There are lots of activities at St George's... do join us if you can!*

### Welcome

We would like to welcome Jade and Karen who have recently joined our team at St George's

### Save The Date!

#### Power of Attorney and Wills

We will be joined by **Andrew Carrigan** from **Ashford Solicitors** on **14th September** who will be talking to our residents and their relatives about Power Of Attorney and Wills. We would love family to join us for this no obligation discussion so that we are all as informed as we can be.

#### Residents and Family Meetings

Our residents and family meetings are everyone's opportunity to talk openly and freely about any issues and what we could improve upon. Sadly, we have not been having a great response from family and it would be a very positive move to see more relatives involved with these meetings.