

Manager's Bulletin

We have another full itinerary of entertainment planned for you all this coming year and will be kicking it all off with a visit by the ever-popular Mickey Fordola. Come and join us for an afternoon of rat pack/swing classics on 13th February at 2pm. This event will have a Valentines theme with a raffle. Tickets will be on sale shortly.

The Tesco community champion and her colleague have been making regular visits to host a morning of flower arranging and will be returning on Wednesday 24th January. We are hoping this will be a monthly event and will update the events calendar with future dates.

Announcements

We will be saying goodbye to Caroline Hammond in mid-February. Caroline has been a Care and Support Manager for many years but has been with CHS for over 20 years.

We will also be saying goodbye to Debbie Clasby – Business Manager, at the beginning of February. Most of you will know Debbie when she is at Moorlands on Tuesdays.

Good luck with your new careers! ladies, you will both be missed.

I hope you all enjoyed Christmas and had fun with family and friends, or all the festive activities and entertainment provided here at MCT. From the feedback I've been given I understand the Christmas Lunch was another triumph and was thoroughly enjoyed by everyone. We had an entertainer sing for you all during lunch which I hope you all enjoyed. Please let me have your feedback as we are always eager to try new and exciting activities.

I want to take this opportunity to thank all the staff, carers, kitchen staff and managers who worked so hard over the festive period to cover sickness absence, worked extra shifts and produced some amazing festive meals. Their hard work and dedication yet again has helped bring you all the best possible Christmas possible.

Winter is well and truly here which I know can be difficult from some people but hopefully it won't be too long until we start to see the lighter evening again. I am very much looking forward to sitting outside in the garden on my breaks and I know you will all be glad of the opportunity to use the outside space again. The gardener has still been working hard during the winter to keep the garden looking it's best and to ensure when we do have the warmer weather it's ready for you all to use..

Denise Taylor
Extra Care Manager

Additional services

There are a number of additional services offered throughout the 3 Extra Care schemes. Some of which are listed below. If you would like to discuss any of the services listed please come and have a chat and we can discuss your needs.

Housekeeping:

Tenants - £15.00 per hour

Community - £15.50 per hour

Laundry service – in flats

1 load per week

Wash & dry - £14.00

Wash, dry & iron - £18.50

2-3 loads per week

Wash & dry - £28.00

Wash, dry & iron - £36.00

4+ loads per week

Wash & dry – 42.00

Wash, dry & iron - £58.00

Laundry service in laundrette

Wash, dry & iron - £18.50

Wash & dry - £15.50

Laundrette – self service

Washing machine - £2.50 including detergent

Tumble dryer - £2.00

Carpet Cleaning

£16.00 per hour

Private Care

Day rate - £22.00 per hour

Night rate

Waking night - £22.00 per hour

Day Centre

Social Service clients

£8.50 per day

Private clients

£23.50 per day

Price includes:

- Attendance fee
- Lunch
- Drinks & refreshments

Guest Room

We have a guest room available for tenants friends and family, the price includes:

Tea & Coffee

Double bed

En-suite shower

£20.00 per night

Restaurant price list – Visitors (adult)

Starter - £2.00

Main meal - £5.00

Dessert - £3.00

Sunday Roast - £7.00

Sandwich - £3.50

Jacket potato with filling - £4.50

Salad - £3.25

Children's meal inc dessert - £5.00

RECENT EXTRA CARE PHOTOS



Word search

Types of Vegetables

C	N	A	R	E	W	O	L	F	I	L	U	A	C
A	H	C	T	S	W	P	A	A	I	A	A	L	R
B	A	A	U	W	U	U	P	U	B	G	T	I	E
B	R	S	R	E	G	M	P	I	C	A	R	Z	U
A	U	S	N	D	P	P	K	G	E	B	E	U	C
G	G	A	I	E	A	K	T	N	L	A	G	C	I
E	U	V	P	R	R	I	C	T	E	T	N	C	H
U	L	A	E	R	S	N	A	E	R	U	I	H	S
A	A	P	T	L	N	G	R	E	Y	R	G	I	I
C	A	S	A	E	I	U	R	B	D	H	L	N	D
A	O	U	K	E	P	B	O	G	A	E	T	I	A
E	A	P	C	K	P	O	T	A	T	O	E	N	R
P	R	I	L	O	C	C	O	R	B	E	E	S	K
N	O	R	T	W	R	S	P	I	N	A	C	H	A

CELERY
PUMPKIN
LEEK
SPINACH
PARSNIP
CARROT
BEET
ZUCCHINI
ARUGULA
PEA
POTATO
BROCCOLI
RADISH
RUTABAGA
CAULIFLOWER
SWEDE
TURNIP
GINGER
CABBAGE
CASSAVA

Keep Moving to keep warm.....

A little bit of activity now and then is a great way to help you keep warm, as well as help you maintain strength and mobility. So try not to sit still for more than an hour at a time. Your homes should be at least 18 degrees. Drawing the curtains at dusk and keeping doors closed to block out draughts is helpful to maintain the temperature in the room.

There's no one-size-fits-all approach when it comes to keeping moving, so it's important you do something that feels right – and safe – for you. Moving at regular intervals will help generate heat to keep you warm. Chair based exercises are helpful if walking is difficult, especially moving your arms and legs and wiggling your toes.

If you still need convincing...

- 1.Regular activity can lower your risk of heart disease, stroke, some cancers, depression and dementia.
- 2.Moving more helps your thinking skills – like problem-solving, decision-making and remembering facts and words.
- 3.Being active can lessen aches and pains, help you stay steady on your feet and boost your mood.

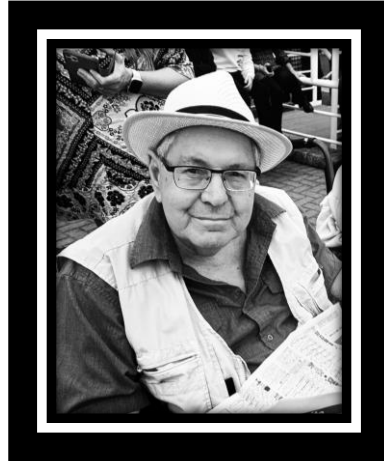
In fond memory.....

Roger Mead

August 1947 – November 2023

In November we lost Roger Mead. Roger and Angela had only recently moved into Moorlands Court but they both quickly became familiar and popular faces around the scheme.

Roger and Angela's Mums were very good friends before the couple met. They met at Meldreth fair on the dodgems and quickly became a couple and made their Mum's very happy. Roger started his working life as an apprentice repairing tractors and worked locally all his life, firstly for Gates at Baldock, ECF in Haslingfield and later at Shelford Energy where he drove the large fuel delivery vehicles. They married in 1970 and the couple moved into a house that was built in Angela's parents' garden. The couple have 2 daughters and 5 Grandchildren. The couple have lived locally all their lives before moving into Moorlands Court last year.



Roger has been greatly missed by all the staff and tenants at Moorlands Court.

Staying safe



Top three messages:

- **With many people facing increased financial pressures, there is a high chance that criminals will take advantage of this.** For example, we've already seen instances of criminals pretending to be energy companies offering "too good to be true" deals and others sending out phishing emails offering fake government rebates.
- **Anyone can fall victim to a scam.** People of all ages and backgrounds get scammed. It's important to be on your guard - if you're not sure about something, take your time and get advice.
- **If you think someone might be trying to scam you, it's important to act straight away.** If you need advice and support you can call the Citizens Advice consumer service on 0808 223 1133 or visit www.citizensadvice.org.uk. You should also report scams or suspected scams to Action Fraud.



Invoice Fraud. Are you in the know?

Invoice fraud is a threat to everyone. It involves criminals sending fake invoices to steal money from individuals and businesses.

Useful information



This handy little gadget could be just what you need if you suffer from arthritis or have dexterity issues.

At just £1.99 from Amazon it could be a real help with those stubborn ring pulls and will also save ruining your nails!.

Useful Numbers

NRS 0300 123456

District Nurse 01223 456789

Money Matters 01223 713456

Benefits advice 0800 987654

Taxi 01223 713713

Community Transport 01763 245228





