

## Entertainment

In Late August the duo, Somethin' Else visited Moorlands Court to entertain Tenants, Day Centre Clients, families and staff with their cheeky seaside show.



The laughter and audience participation made such a fun filled afternoon and it was lovely to hear everyone

having fun.

In early August we hosted a cinema afternoon, which was very popular. The classic Casablanca was the featured film, popcorn and choc ices were served and those that attended had a great time. We plan to hold these on a regular basis if there is enough interest and have recently purchased a projector so we can have the “big screen” experience.



## ANNOUNCEMENTS

**Linda and her Mum will be hosting a “Play your Cards Right” evening in the communal area from 6pm – 8pm on Thursday 16<sup>th</sup> September. Please come along and have a fun evening.**

**Little Hands nurse will be returning to visit us on a regular basis from October. Dates to follow.**



## Manager's Bulletin

The Summer finally arrived in late June, seeing the sun and feeling its warmth definitely made everyone much happier. That combined with the eventual relaxing of restrictions made a very enjoyable summer. What a treat it was to enjoy those beautiful summer afternoons sitting outside in the gardens, meeting friends and family or just enjoying the peace and quiet.

The gardens at each scheme were wonderful this year and gave us all a beautiful display. Our gardener Steve worked so hard over the course of the year and we saw all his efforts come to fruition.

How lucky we are to have such nice areas to use. It would be lovely to see everyone taking advantage of the various seating areas we have outside before the warm weather gives way to the cooler autumn temperatures. The fresh air and sunshine is so beneficial to us all.

I know I'll be doing my best to enjoy my breaks outside for as long as I can.

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 - £14.20 per hour

Community - £14.75 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 - £18.75 per hour

## Night rate

Waking night - £20.00 per hour

Sleep in night - £65.00 per night

## Day Centre

### Social Service clients

£8.50 per day

### Private clients

£23.00 per day

Price includes:

- Attendance fee
- Transport
- 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

# Lifestyle.

Getting bored of the same old supper ideas?

Why not give a Salmon BLT a try.

The addition of Salmon dials down the sodium and fat —and gives a hit of heart-healthy omega-3 fatty acids.



## Ingredients

8 bacon slices  
1/2 c. low-fat Greek yogurt  
1/2 c. fresh dill, roughly chopped  
1 scallion, finely chopped  
1 lb. skinless salmon fillet  
Salt  
Pepper  
1 tbsp. oil  
4 thick slices toasted bread  
Lettuce  
Tomato  
Cucumber salad, if desired

## Directions

1. Cook bacon until crisp.
2. Combine low-fat Greek yogurt, fresh dill, scallion, and 1/4 teaspoon each salt and pepper.
3. Cut salmon fillet into 4 thin pieces, season with 1/4 teaspoon each salt and pepper and cook on medium in oil until opaque throughout, 1 to 2 minutes per side.
4. Spread yogurt mixture over 4 thick slices toasted bread and top with lettuce, sliced tomato, salmon, crisp bacon, and 4 more slices toasted bread. Serve with cucumber salad if desired.

**Nutritional Information (per serving):** About 525 calories, 14 g fat (4 g saturated), 42 g protein, 1,070 mg sodium, 53 g carb, 3 g fibre

## Pets Corner

**Name:** Nancy

**Age:** 5 years

**Breed:** Boston Terrier

Nancy belongs to Carol – the Administrator at Moorlands Court. Carol said “Nancy had a very successful show career when she was younger and even strutted her little paws on the famous green carpet at Crufts, although these days she’s more than happy to be snuggled up at the bottom of the bed”



If you would like to see your pet featured in the next newsletter please let one of the team know.



# What's been happening?

Each tenant was given an Iris bulb back in March to plant to mark the National Day of Reflection - (a day to remember the first National lockdown and for those who have passed due to Covid).

What a beautiful display those bulbs have given us. The flowers have certainly enhanced the Moorlands Court garden.



Celebrating World Chocolate Day in Housing with Care

World Chocolate Day, sometimes referred to as International Chocolate Day, is an annual celebration of chocolate, occurring globally on July 7. The observance of World Chocolate Day date back to 2009, and some suggest July 7 in particular celebrates the introduction of chocolate to Europe in 1550.

## Our featured Service

Our Restaurants continue to serve up a selection of culinary delights for tenants and visitors.

Please book in with our Restaurant if you would like to join us for lunch, we would be happy to see you.

Alternatively, if you have family visiting later and would like an afternoon tea for your flat, let us know and we can discuss your requirements.





# RECENT EXTRA CARE PHOTOS

## Extra Care Gardens



Dunstan Court Carnival



National Photo Day



From the kitchen



From the kitchen



Long service



Carers Week



Long service



World cup fever

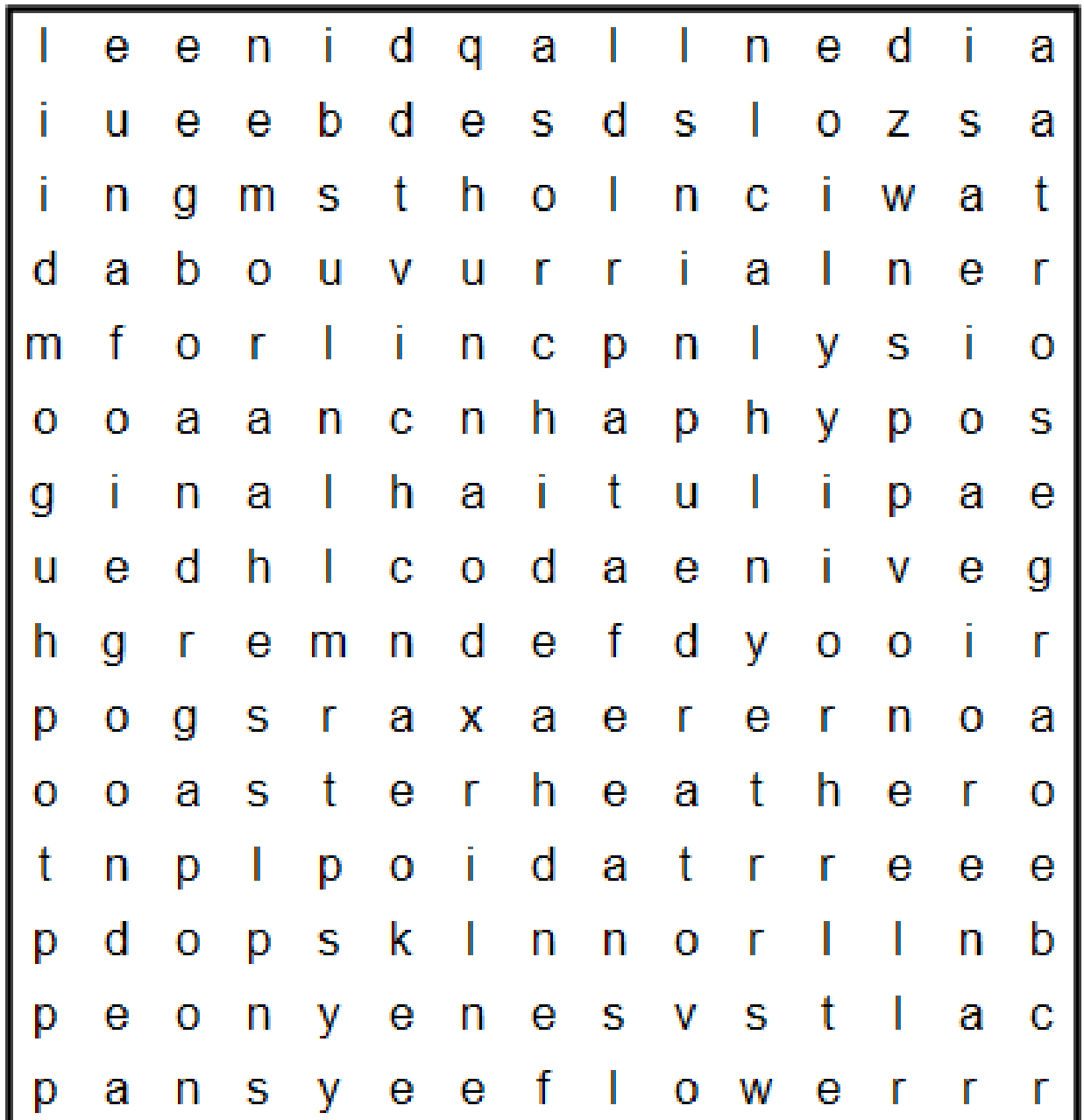


National Fish & Chip Day

# Competitions

Why not have a go at the word search below. The theme is flowers.

**Aster, Flower, Heather, Lily, Orchid, Pansy, Peony, Poppy, Rose, Tulip**



Can you find the little Robin hidden within this edition of the Newsletter? If you find him, let me know where he was hiding and all the correct answers will receive a little prize.



# Staying Safe

## Five key points about scams

- 53% of people aged 65+ have been targeted by scams and criminals.
- Scams cost the UK £5-10 billion each year.
- Anyone can be a scam victim, regardless of age, gender, education or economic background.
- Scam victims might not always admit (or be aware) that they are a victim of a scam. Only 5% of victims report the crime.
- Scams are the product of organised, predatory criminals who gain trust to exploit and steal money.



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## Promoting Independence.

Tap turners – fit cross-head taps. Plastic, lever handles which pivot up when not in use to facilitate access to sink or bath; colour coded according to water temperature.

Usually priced from around £10.00.



## Top Tips - what can you do to protect yourself and/or others?



- 1 Never disclose security details
- 2 Don't assume everyone is genuine
- 3 Don't be rushed
- 4 Listen to your instincts
- 5 Stay in control



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## Useful Numbers

NRS 0300 123456

District Nurse 01223 456789

Money Matters 01223 713456

Benefits advice 0800 987654

Taxi 01223 713713

