



# Quarterly Newsletter

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**“Autumn, the year’s last, loveliest smile.” - William Cullen Bryant**

We welcome this season of change with it’s bright Autumn colours and morning mists but all is tinged with sadness as we say goodbye to a truly beloved person; Her Royal Highness, Queen Elizabeth II.



Here at Sibbertoft Manor, we share memories and feelings for a Queen that has been part of many people’s lives for many years and send our heartfelt condolences to all members of the royal family.

Just as the season begins to change, so will much in the world about us. Our new monarch, King Charles III will now need to be represented on coins, stamps, in councils and organisations that his mother once led. We wish him every success in his new and demanding role and will continue to support him with the same loyalty and love that we

have felt for the Queen. Long live the King!



### Other news...

Our Spring quarterly charity, Macmillan Cancer Support, has received our donation of £250. We congratulate staff member, Karen Woolford, for raising a further £619 on her ‘Just Giving’ page for completing the 26 mile hike along the Norfolk coast. Well done to Karen and thank you to all those who donated to this incredible charity.

### Pandemic awareness.

Our recent vote regarding wearing masks within the home involved asking residents, visitors and staff to make a personal choice. Overwhelmingly, people felt that masks should only be worn in certain close contact situations. This decision was particularly welcomed by staff members who are now able to communicate and interact with residents in a much more meaningful

way. It is fantastic to be returning to normal after these challenging few years. That said, we remain aware of the possibility of a winter surge and have implemented a programme of covid and flu vaccinations within the home for all residents and staff members. This will continue to protect all of us in the coming months and safeguards against a return to the restrictions we all endured for so long.

### Invitation reminder!

We would like to remind all residents, their families and their friends that our door remains open for the opportunity to join your loved ones for a meal at the manor. Lunch is served daily at 1:00pm and can be arranged in any of our dining spaces. Sunday Lunch is always a firm favourite! Please book 24 hours in advance with your menu selection. We look forward to seeing you soon.



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### Special points of interest:

- Cream Tea on the Lawn
- Hurdling Gold Medal!
- Themed week plans

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## Quarterly Newsletter

### Cream Tea on the Lawn, Lutterworth Town Band and Vintage Cars!

What a super afternoon was had by all at our Summer event on Sunday 24th July!

Residents and their families enjoyed beautiful weather and were able to take part in the proceedings from the shade of our summer marquee. The band played us rousing tunes and we were treated to a selection of freshly baked scones, cakes and brownies. Vintage MG cars formed the backdrop to our afternoon, their owners clearly enjoying the music and sweet treats too! We treasure the memories of that delightful afternoon and remember those no longer with us.



### BB's Shop update

Our on-site shop, Bronte's Boutique, is open once a week to all residents. Opening times are shown on the weekly activity timetable that is displayed in both parts of the house and delivered weekly to residents' rooms. Should family or friends wish to access the shop at other times, this can be arranged by speaking to the activities staff.



The shop continues to develop and we have now included a handmade craft section of items made by the residents themselves. These include privacy door hangers, book marks, coasters and handmade cards.

BB's also has a new lending library where residents are encouraged to select a book to read at their leisure. We are planning to include some large print book selections over the coming months. The shop is free to residents but donations are always gratefully received. All proceeds are given to St Helen's church in Sibbertoft. Our most recent donation from summer sales and the Jubilee Tombola was £175. Thank you to all of you who contributed to raising this money.



During the month of July, We came together as a community to raise money for Cancer Research UK.

Race for Life started 28 years ago as a women-only event. The first event was held in Battersea, in 1994, where 750 participants raised £48,000. Since that point, Race for Life has grown into a series of hundreds of events across the country, raising nearly £900 million towards beating cancer over the last quarter of a century. Our residents, with the support of carers, set a target of 100 laps of the front garden. Each week, this target was added to and surpassed in week 4!



Our achievements were celebrated through medal ceremonies and on-line donations. Thank you to all who took part and to the families that donated.



### Animal Magic!

At the start of September, we welcomed back a visit from Lucia and her tiny animal farm. Her first visit back in the spring was so well-received that we invited Lucia and her entourage back for more hands on fun!

The animals arrive in a curious wheeled truck that little heads periodically pop up from, followed by a naughty hen that follows on in her own good time! Our residents are then given the opportunity to spend cuddle time with rabbits, guinea pigs, a tortoise, a hen and for the brave - a bearded dragon! We spent a wonderful morning with the animals and even sent some off to visit resident's rooms.





### Going for Gold!

In this section of the news letter we like to share the achievements of individual members of staff. Our resident reflexologist, Sue, provides our residents with a monthly service where they are able to receive their chosen reflexology treatments. Little did any of us know that Sue leads a double life!

During her day job she is a qualified reflexologist but in her spare time, she is an elite athlete with a number of medals to her name.

Sue recently took part in the World Masters Athletic Championships in Finland and competed in the hurdling event. She won the event and came away with her first Gold Medal!

We are extremely proud of Sue and her athletic achievements as is one of our residents, Pat, who avidly follows her progress on social media. Keep it up Sue!



### Dates for your Diary

#### October

- 1st October - John Spinner; musician
- 4th October – Yvette singing
- 5th October – Holy Communion
- 12th October – Sue Frisby; Reflexology
- 12th October – Debbie Hairdresser
- 13th October - Kyle singing
- 16th October – Twycross Florist
- 17th October – Sam; Chiropodist
- 18th October – Sam; Chiropodist  
– Yvette singing
- 19th October - Church Service at St Helen's 11:00am
- 26th October – Sue Frisby; Reflexology
- 27th October - Simon music man  
Debbie Hairdresser



### Dates for your Diary

#### November

- 1st November – Ukulele group
- 3<sup>rd</sup> November – Kyle singing
- 6<sup>th</sup> November - Cats Pyjamas
- 8th November – Yvette singing
- 9th November – Sue; Reflexology  
Debbie Hairdresser
- 11th November – Roger Palmer (Royal British Legion) and Kairen  
REMEMBRANCE SERVICE
- 14th November - Sam; Chiropodist
- 15th November - Sam; Chiropodist
- 16th November – Ukulele group
- 17th November- Kyle singing
- 18th November - Children in Need
- 22nd November - Yvette singing
- 23rd November - Sue; Reflexology
- 24th November - Debbie Hairdresser
- 27th November - Twycross florist

### Dates for your Diary

#### December

- 1st December- Kyle singing
- 4th December – 4 Play; acapella singing performance (Families Invited)
- 5th December – Holy Communion
- 6th December – Yvette singing
- 7th December - Sue Frisby; Reflexology- Debbie Hairdresser
- 9th December – Save The Children Christmas Jumper day!
- 11th December – Twycross Florist
- 12th December- Sam; Chiropodist
- 13th December- Sam; Chiropodist  
– Yvette singing
- 14th December - Bitteswell Primary School Christmas singers.
- 16th December -Cats Pyjamas Pantomime; Aladdin.
- 17th December - John Spinner
- 19th December - Ukulele group
- 21st December - Church Service at St Helen's 11:00am / Reflexology
- 22nd December - Debbie Hairdresser / Kyle Singing
- 29th December - Simon music man



# Sibbertoft Staff and House News

WELCOME TO... new staff, new roles and returning members!



We would like to take this opportunity to welcome two new members of staff to our care and housekeeping team. Chelsea and Tegan have already settled well into their roles. We also welcome the return of brothers, Christopher and Daniel, back into their roles as carers.



We would also like to congratulate Cherrie on becoming a lead housekeeper. This new responsibility will enable her to work alongside senior housekeeper, Stefan, in the overseeing of the housekeeping team. These senior roles provide support for other members of staff and ensure that housekeeping tasks are carried out to the highest standard.



We are also delighted that Holly, our accounts manager, will be returning to the Manor to work for two days a week and continue to work from home for two days a week now that her daughter has reached school age. Holly, in her extended capacity will oversee special projects. We welcome her return to the office to work along side Vicki, our office administrator.

**Kitchen** – Our Kitchen team; Jules, Sandra and Lee are working well together and have decided to reinstate a much loved tradition. Previously, when a resident celebrates their birthday they have been able to choose a special birthday meal. The kitchen now want this to happen again. Activities staff will find out (in advance) the resident’s chosen meal and this will then be provided by the kitchen on their special day as either a bespoke meal for one or included on the specials board for everyone to share in. What a lovely way to celebrate a birthday!

There have also been discussions between the kitchen and activities staff regarding working together on creating monthly themed weeks. During the last week of every month, the activities staff will focus their timetable on a particular country. At the end of the week, the kitchen will then offer a menu to residents that reflects the chosen country. The first themed week is planned for the last week in September and will have a focus on China. We hope you can all use chopsticks!

**Activities Staff** – We (Gabi, Nicola and Dot) continue to work hard to ensure that we are providing a rich and varied timetable of weekly activities and that we are supporting residents to attend all sessions they wish to be part of. Glimpses of our sessions can always be found on our website and Facebook pages. We are fully aware that residents do not always want to join group activities and we remain committed to giving 1:1 time for conversation, reading, games and walks in the garden if that is something a resident may prefer. We have used the Sibbertoft minibus with residents on a number of occasions over the summer and look forward to more regular trips out to shops, garden centres, cafes and other places of interest over the coming months. We are always open to suggestions from residents and families with regards to new activities that could be included on our timetable. Feel free to discuss these with us at any time.

**Upcoming Birthdays!**

**We look forward to celebrating the upcoming birthdays of; Monica, Mabel’s 100th!, Margaret L, Margaret H, Pauline, Anne, Audrey, Brian V, Frank, Brian S and Carol.**

*Happy Birthday*

**Quarterly Charity**

This quarter, Sibbertoft Manor has decided to donate to the Royal British Legion. This charity provides support for members of the Royal Navy, British Army, Royal Air Force, veterans and their families. The Royal British Legion is working hard to support the most vulnerable in our society, be it older veterans that we care for, those who suffer

from social isolation, or those who are simply overwhelmed by the challenges associated with the Covid-19 pandemic.

Over the course of the next few months, our fundraising events will focus on this worthy charity and £250 from Sibbertoft Manor will be added to any monies raised. To donate directly to the Royal British Legion, please use the link below.

[www.britishlegion.org.uk](http://www.britishlegion.org.uk)

