



Russettings

Residential Care Home Newsletter

OCTOBER AT RUSSETTINGS

Russettings emersed ourselves in all elements of Autumn with outstanding flower arrangements containing exotic flowers such as Birds of Paradise.

A special harvest wreath was created by residents and entered into a local garden centre competition and won! Our wreath has now been entered into the National rounds of the competition. The wreath takes pride of place as a centre piece at the front of the Summer house in our home's grounds.

Our regular violinist, Sarah, played her last performance before going on maternity leave. After the performance, Russettings celebrated with a 'Baby shower'. Sarah was overwhelmed with happiness!



ACTIVITIES



One of the highlights of our October diary was Ed Wade-Martin with his drums and percussion workshop. Ed started with a meet-and-greet with the residents and seeing who had played an instrument in their lifetime. We found out that we had many musicians in our midst. Ed explained the different rhythms of the world on an array of instruments. A member of Russettings' staff, used to play the side drum in India and helped us to get the right beat.



The drums were from all around the world, such as South America, India, Africa with many different percussion instruments to enjoy and explore. In particular, an African xylophone made of wood, was played by residents and was a great success! By the end of the session, virtually everyone was playing an instrument with great enthusiasm and in rhythm with one another. It was very impressive and the room was filled with lots of energy!

HEALTH & WELLBEING

We continue with our Spa days once a week; with the hairdresser arriving in the morning. Manicures, foot spas and aromatherapy are offered to residents around the home while wellness music plays in the background to provide a relaxing atmosphere, with beautiful fragrances wafting in the air.

We provided two different exercise styles this month. "Move It or Lose It" is led by both DVD and staff and is very popular with residents. We also provide a free style exercise class with Rita (activities), which are also very much looked forward to. We have seen an improvement in our residents' strength and flexibility, extending their range and ability in movement.



ENTERTAINMENT

Neil Diamond brought the house down with his non-stop tribute. Many of the residents and staff finding it difficult to stop dancing! It was such a great afternoon!



UPDATES

The residents, families and friends meeting took place on the 26th of October. We welcomed back Nikki, our Manager, to Russettings.

We also provided an update of improvements happening at the home in addition to other news, and forthcoming events for the next month were also given.



HALLOWEEN

Arts and crafts throughout the month have been all things Halloween. We created pictures and crafts to decorate the home, carved pumpkins and made painted stone as spiders. Our stone art and 3D Halloween images covered the Russettings dining room.

The Halloween Party, was spooktacular! Residents had their faces painted and the activities staff dressed up in their Halloween best for the occasion. We finished the day with movie moments and a selection of Halloween themed films and refreshments.

What a fantastic way to end the month!



BIRTHDAYS

We have had many Birthday celebrations this month and amazing cakes provided by our residents' chef, Miguel. As always, they were absolutely delicious!





WHAT'S TO COME

Ryan Music Therapy will visit us on the 7th of November with an afternoon of well-known songs in a karaoke style as residents request their favourite songs,

We are looking forward to The Indian themed taster day on the 18th of November with Signature-Dining offering Master Chef finalist, Daksha, to present a menu to residents, families and friends to experience.


On 22nd of November, we have planned a trip to watch Grease at the Golden Oldies film club. Refreshments will be served prior to the screening at Crowborough Community Center.

Hugo, the Pat Dog, will arrive twice a month as he makes a much awaited return to Russettings, meeting residents in their rooms and community areas. He's surely a little bundle of fun for us all!



FOLLOW US!

 [Facebook.com/RussettingsCareHomeBalcombe](https://www.facebook.com/RussettingsCareHomeBalcombe)

 [Instagram.com/RussettingsCareHomeBalcombe](https://www.instagram.com/RussettingsCareHomeBalcombe)