



# Russetttings

## Residential Care Home Newsletter

### JUNE AT RUSSETTINGS

Flaming June proved to be just that! Giving opportunities to go on exciting trips out and enjoying more time in the garden.

Leading up to Father's Day we created reminiscing circles with family photos and conversation. Writing messages of favourite past times of our father's retirement and lovely sentiments, before enjoying an afternoon tea with family and friends.

June saw Russetttings 'travel' around the world for our inspiration for specially designed menus. This month; Africa and the Philippines. The meals were created by residents and staff that came from or found themselves living abroad in their lifetime. We have several residents that through the diplomatic core, husbands being the Manager of a gold mine or through their work in travel; lived in Africa. The memories and reflections of their time in different parts of Africa helped design the menu. This was followed by a South African singer, Roxanne; that sang well known songs from all over Africa, bringing back happy memories with the 'Click' song getting residents and staff, up dancing and singing.

Our next stop around the world, found us visiting the Philippines. A Philippine member of staff created the menu and now the sweet and sour pork is a firm favourite with the residents. Relaxing into the afternoon, 'Big Band Sax' serenaded residents as they sang and danced to well-known tunes.





## MRS KATH WARD'S 100TH BIRTHDAY CELEBRATION

We were honoured to have the Mayor of Haywards Heath, Stephanie Inglesfield; visit us for the 100th birthday Celebration of Mrs. Kath Ward! Kath is a much-loved resident and a real character! She enjoyed her special birthday in the garden with family, friends and other residents. A delicious buffet was held in the conservatory. A special card from the King and Queen took pride of place with balloons, presents and a champagne toast. This was all recorded by the Mid Sussex Times, which was published with lovely memories of the day along with a colour photograph and written coverage. The party continued throughout the afternoon, and we were blessed with glorious sunshine.

As the party was in full swing, we were visited by Pet Therapy. We had fun watching the brother and sister ferrets play and tumble in their special pen whilst guinea pigs were introduced to residents in little baskets. One of their furry friends, Toffee, visited residents in their rooms so everyone could enjoy their company. It was a very special day!

## WAKEHURST PLACE

With the improvement in the weather, we seized the opportunity to organise an outing to Wakehurst Place, thanks to a family connection. Accompanied by a larger group of residents, we embarked on a stroll through the picturesque grounds, indulging in a refreshing light lunch before seeing the beautiful scenery and vibrant mural that adorns the main building during its restoration. The secret garden captivated us with its breathtaking array of flowers. After exploring the garden, we visited the Wakehurst shop to buy souvenirs!





## BLUEBELL RAILWAY

The Bluebell Railway saw a gentlemen's day out for residents that had been engineers or train drivers. One of our residents used to work on the steam trains at the Bluebell Railway! We were met by families and friends for tea and coffee, to welcome the Steam Train arriving at the station as fond memories came back! We then took a visit to the train sheds to see many restored engines, some over 100 years old! We then enjoyed lunch in the Bessemer Arms Pub/restaurant, with a cheeky small beer which was much appreciated by the chaps! We then had a quick look around the shop before seeing the train off after meeting the driver and stocker. One resident, chatted to them about mutual interests and friends they knew that had worked there!

## GARDENING

Over the course of the month, we have had incredible weather, affording us the opportunity to immerse ourselves in the garden. We dedicated our time to crafting beautiful hanging baskets and tending to our planting pots. The raised beds have been thriving, thanks to the involvement of our residents! The tomatoes and peas are flourishing, with even more to come!



## WELLNESS

Our spa days continue with the exciting addition of two hairdresser sessions per week. We've expanded our services to include mini facials, make-up moments, manicures, and aromatherapy hand massages. Our energetic exercise classes, including "Move it or Lose It!" and Karla's sit-down exercises, are popular and keep our residents feeling their best!

## BIRTHDAYS

Celebrating birthdays at Russettings is always a delightful affair filled with joy. Our talented chef goes above and beyond to create cakes that are not only visually stunning but also melt-in-your-mouth delicious, ensuring each resident feels truly special. The highlight of these celebrations is the heartwarming moments when families come together to share in the festivities!



## WHAT'S TO COME

The upcoming month is set to be a whirlwind of excitement as we carry forward our activities into the summer months. Anticipate a bustling schedule with a lineup of exciting events and forthcoming attractions to look forward to.

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| 7th July  | Strawberry Sundie Day   | 14th July | 'Bacon Butties and Bikers' with a local Vintage Motorcycle Club.                             |
| 10th July | Teddy Bears Picnic with Nursery school children arriving with their much-loved Bears. | 15th July | Balcombe Fete Day.   |
| 13th July | Special Chilean Lunch with entertainment at 2.30pm                                    | 29th July | Cowboy Day with Special Cowboy pie lunch, followed by Birdie sings country and western hits. |

Balcombe St Mary's Holy Communion to be confirmed.

The next relatives and residents meeting will be on Thursday the 17th August at 11.00am. Please call or email to RSVP for the Russettings BBQ event on the 12th August at 2.30pm. Please email [activities@russettings.com](mailto:activities@russettings.com)