

Hickathrift House

NEWSLETTER


BARCHESTER
Celebrating life



Springing into action this April

General Manager Focus

Welcome to our April 2024 newsletter. Inside you'll discover what we've been up to this month and our superb plans for May.

I'd like to start by welcoming all the new residents and staff to Hickathrift House Care Home. It's delightful to meet you all and we're looking forward to getting to know you. I truly hope you all enjoy being here and are excited to join in the celebrations this month.

It's been a beautiful vibrant month full of gardening activities and beginning our range of outdoor fun with amazing outings to the Norfolk Tulip field and Church Farm. We've also had the animals visit us with a petting zoo, pony and virtual pet photography competition. This month we've taken a tour to Egypt and England celebrating St Georges Day. We also loved celebrating ABBA with a 1970s party and Earth Week.

In May we'll be continuing the fun with amazing outings, celebrations, and birthdays. We're especially looking forward to hosting our first Spring Fair and annual Bingo Fundraiser. All funds raised go towards create bigger and better events for all residents to enjoy. We are also looking forward to celebrating Dementia Action Week from the 13th of May.

Thank you all for your ongoing support! I'd like to take a moment to ask you to take a few moments to leave Hickathrift House Care Home a review on carehome.co.uk. We are always striving for 5 stars and would love to hear about your experience. I'm looking forward to catching up with everyone on our next Relatives Meeting on the 24th of May at 2:30pm.

Thank you for your ongoing support,
Paula Colman,
General Manager



Dates for your Diary!

We hope you'll join us this May...

- 3rd A Day in Spain
- 4th Star Wars Day
- 6th Nurse's Week
- 8th VE Day
- 13th - 17th Dementia Action Week
- 14th Cadbury Chocolate Virtual Event
- 18th Spring Fair
- 20th World Bee Day
- 21st Chelsea Flower Arrangement Competition
- 23rd A Day in Africa
- 24th Relatives' Meeting
- 24th Barchester Care Awards Close
- 25th FA Cup Final
- 29th National Biscuit Day
- 31st Residents' Meeting
- JUNE**
- 6th 80th Anniversary of D-Day

You can find more details on [Carehome.co.uk](https://carehome.co.uk).



WHAT WE'VE BEEN UP TO AT Hickathrift House

NATIONAL PET MONTH

From fluffy cats to bearded dragons we've had it all at Hickathrift.

To celebrate National Pet Month we had a spectacular visit from Michelle's Animal Therapy & Petting Party and Brenda Depear Horse Therapy! Residents and staff loved meeting all the different, beautiful animals especially Doris the chicken. We have also loved outings to the Cat Café in King's Lynn and Church Farm to see the rare breeds.



OUTDOOR ACTIVITIES

April showers bring May flowers here at Hickathrift.

We have truly made the most of the slightly warmer weather here at Hickathrift House! We launched this year's gardening club by taking residents to pick out their own supplies and first flowers. We've launched our village walks and started sprucing up the sensory garden. Residents also adored a fantastic trip to the beautiful Norfolk Tulip field and a Spring Artisan Fayre.

MOVING TO MUSIC WITH VICKI

Keep the beat going in this highly engaging sing along exercise class.

Residents had a spectacular time with our newest fitness instructor Vicki! We busted out the tunes to move our weights and bodies too. Pam, a family friend joined in and said she can't wait to move in when she's older for these classes! Vicki will be joining us on the 1st and 3rd of the month at 3pm starting on the 21st of May and you're more than welcome to join!



POST A WISH CELEBRATIONS

This month our team has had the privilege to grant Elsie's Post A Wish with an exciting visit from a beautiful pony. Elsie absolutely adores horses and ponies, so this was the perfect opportunity to bring Darwen the pony to her. Her smile just shows how amazing this was for Elsie and everyone who loves horses.



WHAT WE'VE GOT PLANNED AT Hickathrift House

SPRING FAIR

Join us for an amazing day at Hickathrift House.

Come explore our Spring Fair on the 18th of May from 11am to 3pm. We have a selection of stalls, live entertainment, and a BBQ. We are still accepting stall holders to make the event bigger and better. All funds raised help to create unique life enriching moments, bigger events, and incredible outings. Any tombola prizes are greatly appreciated. Everyone is welcome.

BARCHESTER CARE AWARDS

NOMINATE A HICKATHRIFT MEMBER TODAY!

The annual Barchester Care Awards is a fantastic opportunity to recognise the individuals that consistently go above and beyond to support our residents, their families and other team members.

Nominations are **CLOSING SOON** for this year's awards, and you can put in your nominations via the link here today. [CLICK HERE!!!](#) There are over 15 categories, and we can't wait to update you if we get shortlisted!

DEMENTIA ACTION WEEK

Join our daily specialised activities from the 13th to the 17th.

We will be hosting a range of activities from family reminiscing to sing alongs. We also invite everyone to our community Dementia Café to learn more about supporting those living with dementia.

UPCOMING OUTINGS

- 1st – Octavia Hill's Birthplace Museum
 - 2nd - Community Book Club
 - 6th – Monthly Pub Outing
 - 7th – Fakenham Horse Races
 - 9th – Community Crafty Ladies
 - 11th – Spalding Flower Festival
 - 12th – Methodist Church Service
 - 13th – Dementia-Friendly Cinema Screening 'On the Town'
 - 15th – Coffee, Chat at Church Morning
 - 16th – Wisbech & Fenland Museum
 - 20th – Local Nursery Trip
 - 22nd – Monthly Shopping Trip – Sue Ryder
 - 26th – Monthly Garden Centre – Baytree
 - 28th – Stories of Lynn Museum
 - 30th – Fishing Trip
 - 31st – Norfolk Knitters and Stitchers Club
- If you'd like to volunteer for one of our trips or join your loved ones, please don't hesitate to get in contact with our Activities Team.**



Join us for our events throughout May.

A Day in Spain

Friday 3rd – All Day

Discover Spain's history through armchair travels and vibrant crafts with Gratitude 43.

Star Wars Day

Saturday 4th – All Day

May the Force be with you as we celebrate all things Star Wars and Sci-Fi.

Dementia Action Week

Monday 13th – Friday 17th

From cinema screenings to reminiscing we have a range of activities for all.

Spring Fair

Saturday 18th – 11am – 3pm

Explore the various stalls and help raise money for amazing outings and entertainers.

Chelsea Flower Arranging Competition

Tuesday 21st – 11:30am

Make lovely flower arrangements in various vessels. Winner announced on the 25th.

Big Bingo Fundraiser Night

Thursday 30th – 6pm Doors Open

Join us at Walsoken Village Hall for our Big Community Fundraiser! Raffle tickets to be purchased at reception for £1 a strip.

Virtual Events

Tuesday 14th - 2:30pm – 200 Years of Cadbury Memories

Tuesday 28th - 2:30pm – Barchester Bingo Bonanza

Gentle Exercise Classes

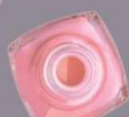
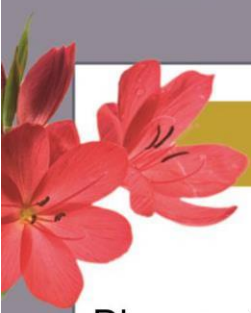
Thursday 2nd & 16th- 3:00pm – Resistance Band Training from JG Fitness.

Tuesday 21st- 3:00pm – Feeling Good with Victoria

All welcome to join! Any questions contact the Activities Team.

Hickathrift House Care Home, 217 Smeeth Road, Marshland St James, PE14 8JB

01945 430 636 • www.barchester.com/HickathriftHouse





COMMUNITY NEWS IN AND AROUND Hickathrift House

COMMUNITY EVENTS

Everyone is welcome and an assortment of refreshments will be provided at each of our community events. Please call to book a space. We look forward to welcoming you!

Join us for our community events throughout May.

Celebrating Nurses Week
Monday 6th – Sunday 12th
Celebrating the amazing nurses who visit us all week.

Community Coffee Morning
Friday 10th – 10:30am – 12pm
Enjoy interesting activity sheets and meet new people at our Coffee Morning.

Dementia Café
Friday 17th – 10:30am – 12pm
Stimulating the mind, body, and soul for those living with dementia and their carers.

Spring Fair
Saturday 18th – 11am – 3pm
Explore the various stalls and help raise money for amazing outings and entertainers.

Toddler Morning
Saturday 18th – 11am – 12pm
Visit with your little ones at our lovely intergenerational Spring Fair.

Chelsea Flower Arranging Competition
Tuesday 21st – 11:30am
Make lovely flower arrangements in various vessels. Winner announced on the 25th.

Big Bingo Fundraiser Night
Thursday 30th – 6pm Doors Open
Join us at Walsoken Village Hall for our Big Community Fundraiser! Raffle tickets to be purchased at reception for £1 a strip.

CHARITY OF THE MONTH

In April, residents and staff have been raising awareness for Parkinsons UK through our monthly poetry corner and selling Parkinson stickers in reception. Thank you all for your donations.

In May, we'll be raising awareness and funds for the Residents' Fund through our Spring Fair and Annual Bingo Night. We really appreciate any donations for the raffle and tombola. Thank you all so much in advance.

Bingo Night
Thursday 30th May, from 6pm
Venue: Walsoken Village Hall, 55 Kirkgate Street, PE33 5QX

BEING DEFIANT
I have an amazing super power
Which Parkinson's gifted me
The ability to prove everyone wrong
With a sprinkling of creativity!
Parkinson's does not define me.
Claire, Staffordshire

Parkinson's is the grumpy old man from No 23,
And Elben's cousin in a wheelchair, not me!
Shaky and weary I slowly make my way,
Over the moon and rainbow elude me today
I didn't see this coming, not for me, not for you
But things like this happen every day it is true!
Pam, Cheshire

Out of the blue, this death sentence
In reports, columns, memoriams
That Parkinson's implied or bold
The passing cause, so long battled, brave
How dare it claim, domain its name?
Stephen, Wrexham

BINGO FUNDRAISER NIGHT

Help us make bigger, better events and activities at Hickathrift House.

On the 30th of May we'll be hosting our BIG bingo fundraiser, and we hope you can help us make this year gigantic! All funds raised help to create unique life enriching moments, amazing free events for residents and their loved ones and incredible outings at no cost to the residents or their families.

You can help by selling raffle tickets, purchasing raffle tickets at reception, sharing our event with others, and donating bingo prizes from beauty sets to gift vouchers – anything is greatly appreciated! Additionally, we'd love to see you at our Bingo event on the 30th of May, doors open at 6pm and eyes

LET'S TALK *facebook*

Don't forget to follow us at
@BarchesterHickathriftHouse

Our best story this month
had 76 likes, comments &
shares.

Audrey's Wish

This month Audrey's wish was granted by our Post a Wish initiative. Audrey enjoys reminiscing about being a florist, her favourite flowers and making stunning arrangements for loved ones, so our team worked on preparing a sensory florist trip for her and others.

Our Facebook page is updated every day with photos of life at Hickathrift House Care Home and we appreciate all your comments, likes and shares.

COMMUNITY EVENTS AT HICKATHRIFT HOUSE

CHELSEA FLOWER ARRANGING COMPETITION

Come design your most beautiful flower arrangement!

Join us on the 21st of May at 11:30am to design a stunning floral display with residents at Hickathrift House and have the chance to win our annual competition! There will be a selection of vessels to choose from but please feel free to bring your own. Photographs of each arrangement will then be posted on Facebook and the display and florist with the most likes by the 25th will receive a scrumptious prize!

Please let us know you're coming by calling 01945 430636 to ensure we have enough flowers. Thank you in advance.

Thank You

From all the team at Hickathrift House we'd like to say a big thank you to you all for your support and understanding.
Thank you for getting involved.

We'd really appreciate a review from you and your family about your opinions of Hickathrift House at [Google](https://www.google.com) or [Carehome.co.uk](https://www.carehome.co.uk)

Celebrations at Hickathrift House...

We'd like to welcome Pamela, Doreen, Diana, Len and Gillian, who have joined us this month. We hope you'll have a fantastic stay! Happy Birthday to the lovely Betty and Barbara who enjoyed celebrating with family and receiving personalised gifts. Congratulations to Sarah, our Deputy Manager, for being voted Employee of the Month for March! She was voted because of her hard work, going above and beyond, and having a person-centred approach.

Please don't hesitate to contact our Activities Team who'll help arrange special moments for your loved ones, from anniversaries to birthdays and our Post a Wish initiative.



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