



Kepplegate

— CARE SERVICES —
You care, We care

**AUGUST 2017
NEWSLETTER**

IN THIS NEWSLETTER

Birthdays

Citizens Advice Energy Campaign

National Theme Days

Community Awareness Training

Kepplegate's New Sign

Our Community Flower Tub

In the Garden

Family News

Dates for your Diary

KAREN'S KORNER

Have you been admiring our new sign at the front?! All our re-branding is almost finished and you'll be able to see our new website displayed at the Garden Party—please try to support that on 15th August if you can. Thank you to everyone who came in on our photo day and gave testimonials for our website.

We've decided to be a bit silly and recognise some of the national theme days that seem to happen now. See our National Water Melon Day photos later in the newsletter!



Happy Birthday to Mary who wasn't feeling too well on her special day—but she recovered in time to have birthday cake at tea time!



Team members who will celebrate their birthdays this month are Fem (pictured) and Charlotte.

Enjoy, ladies!



And we musn't forget Steven, who struck lucky having a birthday the day after Adam had been doing some baking.....so it was a lemon curd-flavoured birthday cake for him!



ENERGY BEST EXTRA 2017

Citizens Advice North Lancashire has sent us some information about their "Energy Best" campaign. They are hoping to make people aware of the savings that can be made by switching fuel providers or negotiating with existing providers. They also provide information about help available for people struggling to pay their gas and electricity bills. Among the groups of people they are trying to target are those of pensionable age, those living with a disability and those living in rural areas. So far the average saving per client, of the 536 clients they have seen, is £720. For further information the local Citizens Advice office can be contacted on 01524 400404. They can be emailed on enquiries@northlancashirecab.org.uk or you can visit their website which is www.northlancashirecab.co.uk



WATER MELON DAY

As Karen said, for a bit of fun we're going to recognise some 'Awareness Days' that are a bit unusual and obscure. We started off last week with National Water Melon Day when Sarah G's artistic skills were there for all to see!



Days coming up are 'Tell A Joke Day' - this is on 16th August and we'd love to hear some jokes from you. Tell us in Kepplegate House or email them to kepplegate@yahoo.co.uk. There's also 'National Waffle Day' on 24th August, 'Chocolate Milkshake Day' on 12th September, 'Family & Community Day' on 25th September and 'International Coffee Day' on 29th September - to name but a few!

COMMUNITY AWARENESS TRAINING

Now that we have a training room in the Care Home, we've decided to open up our in-house training to members of the local community who might care for a loved one.

Our first date is 18th August from 9am—1pm when the subject will be Medication Administration. Some places have already been booked but there are still a couple available if you, or someone you know, could benefit from this.

The second session will be held on 15th September from 9am—12.30pm and this will cover the issue of Safeguarding.

KEPPLEGATE'S FLOWER TUB

Each summer we pay (quite a lot, as it happens!) to have a flower tub in the community which, along with the others sponsored by local businesses, makes the area look really pretty.

This year ours is on the corner of Fordstone Avenue & Sandy Lane. The photos show Irene and Margaret admiring it with Lilia.



OUR NEW SIGN



Well, we were quite excited when the men arrived to put up our new sign. A few of us gathered in the porch to watch, but it WASN'T a very quick jobSteven had secured the old sign too well and it took some shifting, as they say!!!

The new one eventually went up and we're really pleased with it—what do you think?



ENJOYING THE SUNSHINE



FINALLY it was warm enough to spend some time outside. Margaret gave Sarah G a hand to water the plants and then it



was time to sit down for a well-deserved rest and lolly!



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TEAM NEWS

A big welcome to Carol who has joined the care home team and will be working two nights a week.



Pauline's a Grandma again! Henry weighed in at 8lb 5oz on 1st August. Here he is at 10 hours old & with big sister, Bryher.



Other grandson, Finley, celebrated his 1st birthday when the grandparents were with him in America



Ooh...they make them sturdy in Wigan! This is Steven braving it in the sea in Anglesey.



Karen was very keen to stress that she used a super strong zoom to take the pic, so her feet didn't go anywhere near the freezing water!

DATES FOR YOUR DIARY

8th August—Steve Sutton

15th August—Garden Party & Entertainment.....come on, you know you're dying to throw wet sponges at some of the team!

28th August—Dominic

11th September—Caroline Lovett

25th September—Sing-a-long with Beverley