



**NOVEMBER
2018
NEWSLETTER**

KAREN'S KORNER



We've had a very exciting month with the launch of the defibrillator and the training for how to use it. We were in the Gazette (a copy is on display in the reception porch) and

Cat Smith MP mentioned us in her Green Book page and wrote about the importance of defibrillators in the community. Apart from being able to donate our fundraising monies to worthy causes, we were very pleased with ourselves because the residents were able to watch the proceedings and cutting of the ribbon occurring outside via a live stream to the new T.V. screen inside the lounge! Below are Margaret, Jessie & Agnes watching the live link and Sandra and John enjoying a glass of celebratory bubbly!



The training for use of the defibrillator was also community-led and we're grateful to Andrew and his colleagues for taking 6 training sessions over 2 days for the Kepplegate team & members of the public.

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***Many Happy
Returns
To
Stan
And Elsie***



RELATIVES' RENDEZVOUS

Thank you to everyone who came for a chat at our latest Relatives' Rendezvous—it was a great turnout and good interaction by everyone. The main topics covered were what uses could be made of the new therapeutic T.V. screen, meals and menus, the launch of the defibrillator, the “Come chat with me Board” and the Gazette clipping about a personal trainer coming into care homes to take keep fit classes. Pauline has contacted the man and his colleague, Claire, will hopefully start coming to Kepplegate on a weekly basis to take some classes very soon.

DEFIBRILLATOR LAUNCH

We had a great afternoon for the launch—everybody happy and a beautiful blue Autumn sky! Donation cheques were given to Over Wyre First Responders, British Heart Foundation, Silver Line Charity, St Oswald's Church and Carter's Primary School by Cat Smith MP, the Gazette photographer arrived to take some pics and we finished off with a glass of bubbly and chocolate snacks.



DEFIBRILLATOR TRAINING

Everyone found the training for use of the defibrillator very interesting and informative. First Responder, Andrew, and his colleagues were delighted that they had been able to train 50

people in just two days in some potential life-saving skills.



OCTOBER PHOTOS



STROKE AWARENESS

It was Stroke Awareness Day a couple of days ago on 29th October and, to follow on from last month's "Take Care of Your Heart Day", we thought we'd reiterate how to recognise the signs of stroke. There are over 100,000 strokes in the UK every year, which equates to 1 every 5 minutes so it's important to **THINK: F-A-S-T!**

FACE—the face may have dropped on one side, the person may not be able to smile, or their mouth or eye may have dropped.

ARMS—the person with suspected stroke may not be able to lift both arms and keep them there because of weakness or numbness in one arm.

SPEECH—their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake.

TIME—it's time to dial 999 immediately if you see any of these signs or symptoms.



KEPPLEGATE NEWS



Welcome to little Rory, pictured here with his mum and grandma, Carol.

It turns out that Agnes used to be the cook at

Kepplegate! Here she is, many years later helping to cook an old recipe sent to us by a



domiciliary client, Marion, who also has our meal delivery service. Please let us have any of your tasty family favourite recipes.



To James, Hazel and Sam who celebrate birthdays this month



Residents' Christmas Party



This will take place on Thursday, 13th December from 12 pm until 3 pm.

The party starts with a buffet from 12 pm which should finish by 1 pm.

The Kepplegate Team (brace yourselves!) will then entertain by singing carols and playing Christmas games until 2pm, when Beverley will take over the entertainment.

Everyone is very welcome to join in the fun with their loved ones—we just ask that you please let us know if you hope to come to the party so we have an estimate of numbers for catering (&seating!).



Dates for Your Diary

12th November: Caroline Lovett sings @ 2 pm

3rd December: Decorations go up in Kepplegate with sherry & mince pies afterwards!

12th December: Fleetwood's Charity School sing Xmas Carols @ 10.30 am

13th December: Residents' Christmas Party with Family & Friends (see above)

18th December: Carter's School sing Xmas Carols @ 10.30 am

22nd December: Pilling Band

Advance Notice

9th January: The next Relatives' Rendezvous @ 5.30 pm