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*by Judith & Bob*

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### A Big 'Hello' from Us to You!

Hello again! Welcome to our Winter Newsletter! It soon rolls round, yet another 3 months have passed. It's true what they say... "Time flies when you're having fun!"

Read on and find out what we have been up to since the end of last Summer?

If you would like to join our emailing list for future editions of our newsletter simply contact us, or download directly from our website. *'It's so much better in colour!'*

*The Clanfield  
Family*

### MacMillan Coffee Morning

Once again we joined forces with the nation in the world's biggest ever coffee morning for cancer research. After all who can resist a good brew and a slice of cake? Not us at Clanfield! Yet another fabulous morning drinking tea and eating cakes with family and friends was



enjoyed. Cakes were baked and donated by families, friends and staff, and wow what a feast!

The morning raised £60.50 for the charity whilst being a wonderful social occasion. Thank you to everyone who took part. **27/09/19 at 11am raised £60.50**

### A Writer's Corner



A big thank you to Kerry & Kim who took time to organise and set up a truly 'Back in the Day' writer's corner!

Not only has it transformed a corner from dull to cosy but it has sparked the



imaginations of our residents. Ralph could be sat there writing his sermon, don't you think?



### Birthday wishes...

Our warmest, and biggest, birthday wishes went to both Gwen, who celebrated her 90th birthday on the 15 October, and to James who celebrated his 99th birthday on the 17 October. What an

achievement! Thank you to both Karen and Carrie our cooks for their super cakes.



### Harvest Delights

*Thank you!*

All of us at Clanfield would like to say a big THANKYOU to everyone at the Aldwinkle Baptist Church and Crazy 4 Kids Nursery for the wonderful food they donated from their Harvest Festivals.



**YAY!  
IT'S A GIRL!**

Our congratulations go to both Leyan & Andrew who are celebrating the safe arrival of their daughter Ivory Faith.

**Happy Birthday Ivory!**



### Relatives' Meeting

This is due to be held on **Saturday 18 January 2020**  
In the main lounge at 10am

**Guest speaker from VHS Law 'LPAs explained'**

## A Bonfire Supper-

02 November

A big hip-hip- hooray! To all the staff that helped make it happen!

**THANK YOU!!**



*Your Voice*

To all the staff at Clanfield. Thank you so much for a wonderful afternoon / evening on Saturday. We could tell that so much effort and attention to detail was put into the event. The firework display was amazing and Dad enjoyed counting the fireworks! Mum was disappointed she was unable to attend. Well done to everyone. Thank you also for your continuing care of my Dad. You are all brilliant. With very best wishes from

*Judith & Bob*

### A thought for winter...

Ralph joins us as he normally does at the end of the day for our quick tea break. Only today, he sits with his back to the to the patio door and windows. 'It's so dark now', he says, and then continues to listen and be part of our



conversations with a warm contented smile on his face...

'Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand, and a talk beside the fire: it is a time for Home'

*Edith Sitwell*

A thought inspired by

Ralph

## A Haunted House!

Quite fittingly, the 31 October began with a visit to the Haunted House! The dining room was transformed to an eerie, creepy set through which the residents passed one by one. Despite the chill in the air and the shivers planned to travel up and down the spine, Joyce and Stan Y simply laughed through the whole spooky ordeal! Wow! How did they manage that? Maybe, they were laughing with fear?



### Pumpkin Cake

- 250g All purpose flour
- 2tsp Baking Powder
- 1tsp Baking Soda
- 1tsp Salt
- 1½tsp Ground Cinnamon
- 2tsp Pumpkin Pie Spice
- 240ml Vegetable oil
- 4 large eggs
- 200g light/dark brown sugar
- 100g granulated sugar
- 1 can of Pumpkin puree (5 ounce) or fresh pumpkin puree
- 1½tsp pure vanilla extract



#### Method

- Mix flour, baking powder, baking soda, salt, cinnamon, and pumpkin spice in a large mixing bowl and set aside
- Whisk oil, eggs, sugars, pumpkin and vanilla extract together until combined and pour into dry ingredients
- Use a mixer / whisk until combined - the batter will be thick
- Spread into a prepared tin and bake for 30 - 35 minutes at 350°F / 177°C. Baking times may vary so keep a close eye. A skewer will come out clean. TIP If edges browning too quickly cover with foil / parchment.
- Make frosting whilst cake is cooling.

- 225g Full fat block cream cheese - room temp
- 115g unsalted butter - room temp
- 360g icing sugar
- 1tsp pure vanilla extract
- Few drops of orange food colouring - optional

#### Method

- Beat cheese and butter on a high speed until smooth and creamy
- Add remaining ingredients and beat on a low speed
- Spread over the cooled cake and...

**Tip!**

The cake can be kept in an airtight container and stored in the fridge for up to 5 days

ENJOY!!



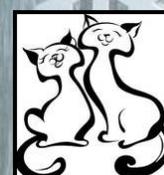
### Athletic Tournament

This Autumn's athletic results saw Mary as the overall champion with John coming in 2nd. Mr & Mrs Poole clearly swept the board! Mavis had her first ever win when she won the hockey gold and our reigning tennis champ Josie, continued her tennis prowess beating Stan Y in the finals. Stan was happy for Josie but insists he will do better next year! Watch this space!



### Good bye Wolfie

Sadly, we had to say good bye to Wolfie our resident black cat last week. We will remember him fondly and how he brought a smile to all our faces as he lounged in our dining room or played with the toys brought in for him.



### Staff in the Spotlight!

How well do you know our staff? This edition puts Sarah & Sandra in the spotlight. Read what they say...

#### Sarah - Day Carer

**Top Tip!** *Wear a smile!*

**Favourite day of the week:** *Thursday. I think it's a lucky day, I'm always happy on a Thursday, I don't really know why.*

**Favourite sport:** *Watching snooker, it's so calming*

**Favourite meal?** *Korma Rogan Josh followed by syrup sponge pud & ice cream!!*

**My favourite personality...** *definitely Danny Dyer from East Enders. He makes my knees knock!*

**And my favourite film...** *'Snatch' starring, you guessed it, Danny Dyer!*

#### Sandra - Deputy Housekeeper

**If I were an animal?** *I'd be a hedgehog. I'd hibernate when it's cold and I love 'em!!*

**My favourite school subject?** *Probably PE, hockey! You can get away with being aggressive*

**Me in 3 words...** *Reliable, considerate, caring. I have my moments*

**My greatest ambition...** *to live long enough to see my grandchildren*

**My top tip!** *Sterident to clean the loo, oh and wear clean knickers in case you get hit by a bus!*

**My favourite quote...** *Better to have loved and lost than to have never loved at all—Liam Neeson*

### Back in the Day...

These faces were a familiar sight on the silver screen back in the day. But who were they?



If you think you know the answer email [kala@clanfieldcare.plus.com](mailto:kala@clanfieldcare.plus.com) or pop it in the suggestion

**Last issues' answer:** The Filmo 75 dates from 1928, and was designed by Bell & Howell, a mechanical film company still about today. It was a portable movie camera for amateur use. Weighing just 3lbs it could "fit inside a coat pocket". To use it there was a key attached on the inside which was used to wind it up. Back in the day it cost more than a car!



Do you have any memories from 'back in the day'? We would love to see or hear it! Send it to:

[kala@clanfieldcare.plus.com](mailto:kala@clanfieldcare.plus.com)

### Dementia—into their world

"Why's it dark? I don't remember going to bed! What's that...voices? Alison is that you? Count sheep, go to sleep. Count sheep, go to sleep. Count..." (Dementia from the Inside, SCIE).

With dementia it can be quite disorientating with time and place. Can you imagine how confusing it must feel if you truly believe it's the middle of the day but it's dark? It must be daytime because you have no memory of completing your daily routine!



### Speak no evil, Hear no evil, See no evil!



Madge you're a

### Carrie's search for...

#### Pearls of Wisdom

Advice for the younger generation

'Stay on the narrow path. Don't take drugs or vapes, don't listen to advertising and find your own way'

Betty Moore

'Be careful what you do. Take care and don't make mischief with people if you don't want to get into trouble'

Stan Yorke



### Clanfield's Garden - A Winter's Tale

The last cut of the lawn has now been done and it has been cleared of leaves. Try and keep those leaves away as they're not good for the lawn. Any geraniums, dahlias, calla lilies etc. you might want to bring inside and wrap any other delicate plants in a winter fleece. Our roses have now all been cut back and the soil turned over. Weeding has been done and most of the shrubs and hedges tidied up. Don't panic! If you still haven't got those spring bulbs in, it's not too late. The only colour through winter will be your pansies, primulas and cyclamens. Clanfield has a beautiful, most probably unnoticed cyclamen display every winter.



Bob



It doesn't look pretty out there, but keep it tidy.

### Where did that saying come from?

#### 'What the Dickens!'

If you think you know the answer let me know: email [kala@clanfieldcare.plus.com](mailto:kala@clanfieldcare.plus.com) or pop it in the suggestion box.



Answer to last edition's saying:

#### 'Rule of thumb'

This comes from the days when craftsmen used their thumbs for making rough measurements.



**Hellos...**  
 We would like to take this time to say 'Hello' to staff and residents who are new to Clanfield, and to welcome them to our family.

Emily and Michelle have joined our day Care Team and have both come with care experience. Sonja has joined our Kitchen Team as an assistant and Keyleigh joins our Junior Team as a domestic. Rejoining us on our Bank Team is Basil who is helping out the Care Team



around his work at the hospital. Joining our family we would also like



to welcome Richard and Brian. We hope they settle and enjoy it here at Clanfield as much as the rest of us.

Sadly, we must also say our goodbyes to Mark from the Maintenance Team, Debbie from the day Care Team and Jennifer from our



### A Perfect Pumpkin Get-Together

It is our Halloween tradition to sit around the dining room tables chatting and carving pumpkins. There was quite a bit of fun had too. The insides were removed and put into bowls for the amazing Pumpkin cake and soup, Evelyn by far had the cleanest pumpkin as she almost scraped through the bottom! As Stan Y diligently scraped and placed the contents into the bowl Ralph took note and did the same only his pulp went into Stan's pumpkin! It was a little while before Stan realised his pumpkin was constantly being refilled commenting, "ere stop that!", and threw it back! Madge decided her pumpkin needed a cigarette and obliged by rolling up a napkin and sticking it in its mouth. The pumpkins were then lit and displayed outside.

How many of their pumpkins can you spot throughout this Newsletter?

Answer: 20



### Jamie's Future Events

- 03 December Holy Communion am
- 10 December Leslie Ann 10:30
- 12 December Motivation 10:30
- 12 December Thrapston Town Band 19:30
- 19 December Zing! 14:00
- 20 December Holy Communion 14:00
- 20 December Christmas Party 16:00 onwards
- 24 December Christmas Eve, Santa visits (Firemen)



**Watch out for posters in case of changes**

### Vacancies

Clanfield currently has the following job vacancies:

#### Night Care Assistant

If you are interested in this vacancy, please contact us for an application by email:

[kala@clanfieldcare.plus.com](mailto:kala@clanfieldcare.plus.com)

or download from our website:

[www.clanfieldcare.co.uk](http://www.clanfieldcare.co.uk)

### Management News

Our staff are now exploring the new digital Pass System which will provide "real time" information regarding care. We're yet to set a "go live" date as this will be a big change for us all and one we all need to feel confident with.

We hope to fully open the new conservatory on the 09 December. We hope this will provide a lovely quiet space for residents to sit with family and friends whilst enjoying a cuppa! 😊

Recently, we were inspected by Northamptonshire County Council and then by Fire Ser-

vice. Both inspections were very complimentary and advice received will enable us to enhance our audit processes. In fact, the NCC inspector has asked if she could use our new Audit Processes as an example of good practice in other homes!

Finally, I would like to wish all our residents, staff, families and friends a very merry Christmas and a peaceful New Year.



*If you would like to contribute to the next edition of our newsletter (this could be your current experiences, a story, a treasured memory, etc.) or submit a paragraph or photograph for the 'Your Voice' section, please feel free to email me at [kala@clanfieldcare.plus.com](mailto:kala@clanfieldcare.plus.com) or come and see us in the office. We kindly ask that you do this, however, before: **Monday, 12th February***



*Wishing you all a very  
Merry Christmas  
and a Peaceful New  
Year*

*From us all at*



**CLANFIELD**  
Residential Care Home

*The Clanfield Family*