



*Birchfield*  
Luxury Residential Care Home

**Newsletter**  
**Spring 2016**  
**Issue 21**

## ***The Queen's 90th Birthday Celebrations***

Her Majesty The Queen was born on 21st April 1926 and to celebrate along with her we held a special High Tea which was attended by all our residents along with the Mayor of Blackburn with Darwen Borough Council, Cllr Faryad Hussain.

While we enjoyed watching the Queen being entertained by horses, actors, bands and dancers who told the story of her life, we chatted about the memories we have of her and signed a book offering our good wishes on her special day.

Everyone had a wonderful time and the home was decorated beautifully by our staff for the occasion.



***With Very Best Wishes to  
Her Majesty The Queen on  
her 90th Birthday***



## *Valentine's Day*



The fairy, better known as Pam, worked her magic in her spare time to decorate our Home for Valentine's Day.

We'd like to thank her for all her hard work and for making Birchfield look so cheerful!



## *Exercise with James*

We were visited by James recently who showed us how to carry out exercises whilst having lots of fun! Here's Trudy having a great time.



## *Joy through Music*

We were recently joined by Debbie Wilson and Paul Kilvington for the Creating Joy through Live Music Afternoon.

It is well known that singing is good for relaxation. It brings people together and can make them smile, lifting their spirits. Our residents are regularly entertained by singers and performers and the most popular aspect is the taking part!



Here we can see Audrey with Debbie having a good sing-along.

## *Easter Fair*

We held our Easter Fair on 19th March and raised £121 for the Resident's Fund. Everyone had a wonderful time with lots of raffle prizes, refreshments and laughter.



We would like to thank Pam for all her hard work to make the day a success and also Jackie, our cook, as she made us this lovely Easter tree.

## *Home Cooking*

Variety is the spice of life and we like to give our residents lots of different activities. Here is Irene enjoying the pizza she made recently...



Keep up to date with all the comings and goings at Birchfield by following us on Facebook—just search for “Birchfield Residential Care Home”!

## *Reminiscence*

Our Reminiscence afternoons are a firm favourite with our residents and we hold them regularly.

Everyone enjoys talking about their past; remembering things they saw, used or played with and this helps to maintain and improve psychological well-being.

Here are Jane and Trudy taking part recently.



## *Respite Care*

We know how hard you work to care for your loved ones—we also know that everyone needs a break now and then and this is why we keep a ***dedicated respite room***. If you, or anyone you know would like to take advantage of this service, please call us on **01254 266020** — we will be pleased to help in any way that we can.

*Keep an eye on the notice board for our new*

## ***Daily Activity Plan***

***Dominoes, Tasting Sessions, Afternoon Tea, Bingo, Films and Reminiscence Afternoons as well as any trips in the pipeline.***

***Board games are available daily for everyone to enjoy including cards, noughts & crosses and a radio in the front seating area.***

Every **second Wednesday** we are visited by the library so if you would like to borrow books, please let us know. Also, our **hairdresser** calls in weekly, so if you fancy a change or a bit of a 'do' we'll be happy to make an appointment for you.

## ***Upcoming Events***

### **Reminiscence Afternoon**

25th May—2pm

### **Around the World Theme Day**

7th June

### **Pub Quiz**

10th June

### **Care Homes Open Day & Afternoon Tea**

17th June—2pm

### **Day Trip to Cleveleys**

30th June

### **Birchfield Garden Party**

6th July

## ***Feedback***

We welcome all sorts of feedback. If you have any suggestions for improvements to the Home or the service we provide, do let us know. Also, please feel free to send in any articles, memoirs or photo's for inclusion in our newsletter.

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