



## **Kesh Day Care Newsletter MARCH 2009**

### **DAYCARE STAFF CHANGES**

Since our last newsletter, many changes in day-care have taken place.

Welcome on board to our new Team Leader Jill and to staff Joan and Freda. As a result of new staff appointments our gardening and bakery projects are now operational on a 5 day basis at Le Bistro. The Outreach service is now being led by Martina and Alison.

### **GREEN FINGERS**

The gardening team get together twice a week at Le Bistro. The project is only in its infancy but already many seedlings and bulbs have been planted and left to (hopefully) grow in our greenhouse. Le Bistro rear garden has also been given a new lease of life with the setting of some summer flowers. Our Grass cutting and weeding service is now in place and the team will be seen on a regular basis out mowing the lawns at their homes – all for a minimum fee of course!! On those rainy days, (soon to be lessened by the onset of summer of course) our gardeners take to the indoors to study plants, how and why they grow and complete worksheets and arts and crafts activities based on their learning.

### **LE BISTRO**

The smell of freshly baked shortbread, Swiss-roll or maybe even muffins will greet you three days a week when you enter Le Bistro bakery and find yourself face to face with residents all decked out in white. This team are training in basic skills including baking, food hygiene, cleaning procedures and personal hygiene. These trainees have the best job; they get to sample the goods before they are offered up for sale in Le Bistro coffee shop.

In day care each staff member has been given responsibility for daily activities. Caroline will be organising any outings that day care take. Bernie will look after all table top activities, massage and relaxation. Kay is in charge of sports activities, Anne will look after the walking group and movement to music and Elaine will be developing the creative side of day care with arts and crafts. Thank-you goes to Georgina who looked after arts and crafts for a long time but will no longer be working with us.

### **WELCOME**

Lisa and Gwen have joined the admin team in Kesh and they are now dividing their time between Le Bistro, Mantlin Cottage and Pettigo Road. Welcome aboard girls.

Welcome also to two new day-care attendees. Christopher from Galliagh joins us in day-care on a 3 day basis and Noreen from Pettigo Rd attends twice a week. Both seem to be enjoying the activities on offer.



### **CONGRATULATIONS**

Well done to Kathleen who came second and Derek who was placed third in the Praxis Care St Patrick's Day art competition.



Congratulations to Tara, Cherish, Pauline, Kathleen, Dawn, Jenny and Gary who all successfully completed Level 1 in Food Hygiene and received a certificate for all their hard work.

### ***HAPPY BIRTHDAY TO YOU***

Those celebrating their birthdays recently were Bernard and Noreen who had their cake in January.

Cherish and Bill turned another year older in February.

We're all now looking forward to Gary and Raymond's parties in April!!



### ***Special Olympics***

Lots of training is taking place at the moment with the Special Olympics just around the corner in June. The events will be staged in Letterkenny and Kathleen and Ryan will be competing for the gold. Good luck to both, we eagerly await the homecoming party!

### CHRISTMAS 2008

A special word of thanks to all who participated in and helped organise the Christmas party at Ardess day care. A huge crowd turned out to attend including a group from Derry's Cookie Company. An adaptation of Snow White and The Seven Dwarfs was performed brilliantly. This was followed by an incredible buffet, thanks to Mark and all who assisted on that one. With full bellies many budding pop stars took to the stage to perform a melee of Christmas hits and chart topping favourites. A very special guest appearance was made by the jolly man in the big red suit so we'd like to give him a special word of thanks for taking time out of his busy schedule to drop in on us. A very successful day was had. Well done everyone.



### RESIDENTS MEETING

A residents meeting was held in day care in March. All residents had their say on the type of activities they enjoyed and those that they'd like to see rolled out on the day care programme. The general consensus is that everyone is happy with the services offered. One change that was agreed will be introduced after the Easter break. In order to promote healthy eating, a hot, healthy, lunch option will be made available to residents attending day care; therefore packed lunches will not be a necessity anymore.

### DAY CARE FUNDRAISING UPDATE

Following on from the very successful fundraising events of last year new equipment has now been purchased for day care.



#### These include:

Nintendo Wii Console and Games  
Karaoke Machine  
Kurling Set  
DVD's  
Hi Fi.  
Green house and tools for gardening  
Arts and Crafts materials.  
Garden Shed.

#### Future purchases should include:

Floor mats for relaxation and exercise.  
Foot spa.  
Art materials.

### ROLL ON SUMMER

The good weather seems to be peeping back in so thoughts have turned to summer outings. Suggestions have been made by residents to get our outdoor bbq fired up once again and make use of the opportunities to dine al fresco! Several individuals voted for trips to the sea side and visits to Killybegs, Omagh Folk Park and open farms. More fishing trips are on the cards and who knows maybe Blackpool's not that far out of reach!!

### FUNNY BUNNY JOKES FOR EASTER

What do you call 400 rabbits hopping backwards?

A receding hare line!

What did the rabbit say to the carrot?

It's been nice gnawing you!

What part of a newspaper does a rabbit read?

Lettuce to the editor!

What did the bunny want to do when he grew up?

Join the Hare force!

Why does the Easter bunny have a shiny nose?

Because the powder puff is on the other end!



**HAPPY EASTER**