

The entire page is framed by a decorative border. At the top, there are five autumn-themed icons: a brown leaf, an orange leaf, a green leafy branch, a red and orange acorn, and a yellow leaf. On the left side, there are three more leaves: a brown one, a yellow one, and a green one. On the right side, there are five icons: a brown leaf, an orange leaf, a green leafy branch, a red and orange acorn, and a yellow leaf. At the bottom, there are several pumpkins and gourds in various colors (orange, green, yellow) with green leaves and stems.

**TUPWOOD
GATE
NURSING
HOME**

A cartoon illustration of a scarecrow on the left side of the page. The scarecrow has a smiling face with a cross for eyes, a brown hat, a purple jacket, and blue pants. It is holding yellow leaves in its hands.

**AUTUMN
NEWSLETTER
2007**



Hello Everyone,

Summer seems far away now and as the dark evenings draw in, Tupwood can begin to focus on its winter themes.

We had a busy summer, including our very successful Summer Fete.

When the sun shone in between the rainy days, we managed to venture out with some of the residents for picnics, visits to Hever Castle and shopping trips.

Many thanks to all of you who turned up for our Social Evening in September. It is proving very popular, not just to speak with Matron and Deputy Matron to review care plans, etc., but also to introduce families to each other. We have found that this helps people to talk about their experiences of their relatives in care and helps in understanding that they are not alone. It was good to see so many people talking and socialising. We are lucky to have the conservatory where we can hold such functions as this - and, of course, a glass of wine and refreshments always go down well.

Team Tupwood represented the home on a fund-raising event for the Alzheimer's Society. Many thanks to those who sponsored the team for this worthwhile cause, which we support throughout the year.

We now have two additional visitors to Tupwood. As part of our therapy, animals are brought in and research has shown this can be of huge benefit. We have regular visits from two pat-a-dogs, who are fully registered, they are Mr Darcy and Frisby who come in with their owners on a voluntary basis once a week and these visits are really enjoyed by the residents.

We will soon be focusing on Halloween and Bonfire Night and then it will be all systems go for Christmas!

Attached is a list of dates for your diary. Everyone is welcome to all of our social events and the residents of Tupwood enjoy sharing these activities with their relatives.

Carers Rights Day this year is on 7th December, Tupwood will be supporting this and offering an Open Day for all carers and people in the community who would like help, information and advice on their rights as carers. There will also be a chance to look around Tupwood Gate to see the facilities we have to offer here with our nursing care, respite care and day care facilities.

The new winter menu is now in full swing and the residents are enjoying the culinary delights from the chef's home cooking. The pudding trolley is sensational and very tempting with a range of desserts to choose from.

Looking forward to seeing everyone at our next social event, Bonfire Evening. We are collecting donations of fireworks to put on an excellent display and, dare I say it, I hope it stays dry this year!

Many thanks,
Fiona, Activities Organiser.

DATES OF INTEREST



OCTOBER

9 th	Christopher Columbus Day USA
10 th	World Mental Health Day
12 th	Spain National Day
16 th	World Food Day
18 th	The BBC was officially formed in 1922
21 st	Trafalgar Day
24 th	United Nations Day
26 th	Austria National Day
26 th – 4 th	National Board Game Playing Week
26 th	Wear It Pink for Breast Cancer Campaign
26 th	Full Hunters Moon
29 th	Turkey National Day
31 st	Halloween

NOVEMBER

1 st	All Saints Day/All Souls Day
5 th	Guy Fawkes Day
7 th	Russia National Day
11 th	Armistice Day
11 th	Veterans Day
14 th	Prince of Wales Birthday
16 th	Children in Need
23 rd	Thanksgiving Day
24 th	Full Beaver Moon
27 th	First Day of Advent
30 th	St Andrews Day

DECEMBER

2 nd	St Paul's Cathedral opened in 1697
3 rd	International Day of Disabled Persons
5 th	Thailand National Day
6 th	Finland National Day
6 th	St Nicholas Day
9 th	Tanzania National Day
22 nd	Winter Solstice, Shortest Day
23 rd	Full Cold Moon
25 th	Christmas Day
26 th	Boxing Day
26 th	Festival of Light
31 st	New Years Eve