

# *St Ronans News*

March and April 2020



To everyone who's part of our  
St Ronans family!





## March – Celebrating our furry best friends, getting sporty and cruising to Italy.

This month we will be applauding our canine friends during Crufts week.

Friday 6<sup>th</sup> March 2.30pm until 3.30pm "Cutest dogs ever" slide show with Caroline in the main lounge.  
 Saturday 7<sup>th</sup> March 2pm until 4pm St Ronans Dog Show.

This year it is Sports Relief so all week there is something sporty going on somewhere at St Ronans.

Monday 9<sup>th</sup> March 3pm until 4pm Chair football tournament in the main lounge.  
 Friday 13<sup>th</sup> March Sports Relief! Dress sporty today. Look out for various sporty activities around the home.  
 Friday 13<sup>th</sup> March 2.30pm until 3.30pm "Sporting memories" slideshow with Caroline in the main lounge.  
 Tuesday 17<sup>th</sup> March 3pm until 4pm craft with Caroline. Mini flower arranging in the activity lounge.  
 Friday 20<sup>th</sup> March 2.30pm Special movie screening "The Sound of Music" and treats in the main lounge.

Finally the residents will be starting a yearlong armchair cruise around the world. First stop is Italy to see the sights and taste the fine wine.

Wednesday 25<sup>th</sup> 2.30pm until 3.30pm cooking pizzas with Trixie in the activity lounge.  
 Friday 27<sup>th</sup> March 2.30pm Special movie screening "The Italian Job" and treats in the main lounge.



## April

This month we will be celebrating the end of Lent by enjoying hot cross buns and chocolate eggs. Also we will be spending as much time in the garden as possible and taking a cruise to the Caribbean.

Tuesday 31<sup>st</sup> March 3pm until 4pm craft with Caroline. Painting to music in the activity lounge.  
 Wednesday 1<sup>st</sup> April 2.30pm until 3.30pm games with Trixie and checking on seeds in the activity lounge.  
 Friday 3<sup>rd</sup> April 2.30pm until 3.30pm music quiz with Caroline in the main lounges.

Wednesday 8<sup>th</sup> April 2.30pm until 3.30pm gardening club with Trixie.  
 Friday 10<sup>th</sup> April **Good Friday. Hot cross buns all round.**

### Easter

Monday 13<sup>th</sup> April **Easter Monday celebrations. Eggs all round.**  
 Wednesday 15<sup>th</sup> April 2.30pm until 3.30pm cooking with Trixie in the activity lounge. Easter buns.  
 Thursday 16<sup>th</sup> April 2.30pm until 3.30pm Easter quiz with Trixie in the main lounges.

Monday 20<sup>th</sup> April 2.30pm until 3.30pm Music with Maria in the main lounges.  
 Friday 24<sup>th</sup> April 2.30pm Movie club and treats in the main lounge.

### Next stop on our armchair cruise... The Caribbean!

Tuesday 28<sup>th</sup> April 3pm until 4pm craft with Maria. Tropical garlands in the activity lounge.  
 Wednesday 29<sup>th</sup> April 2.30pm until 3.30pm Beach play in the garden with Trixie.  
 Friday 1<sup>st</sup> May Cocktail Party and dress up.

*Above are just a sample of the activities planned for March and April.*

*Please see full monthly schedules around the home or ask life support for more details.*



# St Ronans Sparkle fund

A great big **THANK YOU** to all the staff, friends and families of St Ronans who baked and ate their way through a mountain of cake in February. We raised £113! What a great start for our sparkle fund. We're raising money to help St Ronans shoot for the stars and add more sparkle to our home with new technology and ideas for our communal areas. Don't forget to buy your lucky number from life support. Just £1 a go and you could win £30 and at the same time help to raise £20 for the sparkle fund.

Throughout the year, you'll see more of our much-loved themed celebrations. We'll continue to advertise these and we'd love for you to join us. If you have any feedback or ideas about how we could do this and make St Ronans an even better place for you or your loved ones, please come and find one of the team and let us know.



## Regular weekly activities at St Ronans

### **Hair with Leah Monday and Wednesday mornings 9.30am until 12pm**

Your own personal hairdresser and stylist, Leah, is here to work wonders for you. She can wash, cut and style or even give you the perfect perm. She can also come and see you in your own room.

Please speak to life support to make arrangements. Ladies and gents welcome.

### **Vitalyz exercise in the main lounge Tuesday mornings 11am until 12pm**

Sally specialises in seated physical activity. Please come and join us, you'll have so much fun it won't feel like exercise at all!

### **Movement to Music Wednesday, Thursday and Friday mornings 11am until 12pm**

We all love a good sing along so here at St Ronans. So we have designed a light exercise programme that incorporates the chance to sing along to all our old favourites. Movement is encouraged but still optional.

### **Seaside and chips coach trip! Thursday lunchtime 12pm until 2pm**

Take a trip to the seafront with us, weather permitting. Our driver Sue gives an amazing personalised experience, and our residents love to take in the sites... We'll also stop for a picnic or some fish and chips.

### **Private activities**

Personal sessions can be arranged for residents who prefer a bit more privacy. Most of the below activities can be available on request in a private lounge (if available) or in their own rooms. Family and friends are more than welcome to join in. Please speak to the life support team to make a booking. If you would like to pursue an activity or hobby that is not yet provided let us know and we will do our best to accommodate.

Please see our monthly schedule for further activities and dates for your diaries.

Alternatively just ask life support



## ***A special note from our Trixie***



*Sadly, due to the rain and storms our wonderful weekly outings with dear Sue on the bus have been curtailed somewhat, but any chink of the blue sky and we are off! However, on these stormy Thursdays I have collected fish and chips from Deep Blue and we have thoroughly enjoyed them here in our fish lounge with lemonade and ginger beer!*

*We saw the return of our Oscars day featuring a red carpet, posh hats and frocks. Everyone received an Oscar with a special message from all the staff at St Ronans. Such fun and a memorable occasion.*

*Dear Father Bob from St Simons church came regularly to give communion in a group and also privately to our residents who wished to partake in their own rooms. We all enjoy singing the lovely hymns with him and his wife Melanie. Its lovely to see them both and very much appreciated.*

*I am longing to get out in the garden and have a good prune and tidy up after our very wet winter. Spring is around the corner with blue skies, hops and skips coming soon.*

*Thank you Caroline for your amazing activities and all your wonderful crochet bits. Huge thanks too, to our lovely relatives and friends for all your ongoing support. Especially Derek, Julie and Pam for adding love and laughter to our activities.*

*Keep well everyone and with my love, blessings and hugest hugs.*

***XX Trixie XX***

### **Staff**

A very warm welcome to Jazmine, Christine and Lois. We hope they enjoy working as part of our team.

### **INFECTION CONTROL - CORONA VIRUS**

St Ronans has prepared a contingency plan in the event of an outbreak of Corona virus in the local area.

- We ask that **ALL VISITORS** to St Ronans **wash their hands upon entry** to the building.
- That they **stay away if they feel unwell** and if in any doubt call the office for advice re visiting.
- That you **wash your hands prior to leaving** the Nursing home.

This will help to keep yourselves, our residents and staff safe. Please be assured we continue to work closely with the local authority, NHS and HPE. And that we always follow their advice and best practice.

Any questions or concerns please ask to speak to Lynn, Sarah or Andrea.

### **Comments and Complaints**

If you have any comments, concerns or complaints, please have a chat with our Manager as soon as possible, alternatively leave a note in the post box.

#### **E-mail us at:**

Email: [info@st-ronans.co.uk](mailto:info@st-ronans.co.uk)

#### **Write to us or visit us at:**

23-31 St Ronans Road  
Southsea  
Portsmouth  
Hampshire  
PO4 0PP

#### **Contact us on the following numbers:**

Registered Manager & Nurses: 023 9273 3359

Finance & Administration: 023 9273 4259

Fax: 023 9281 7738