

SOUTHSIDE TIMES



SPRING NEWSLETTER

Welcome to our second newsletter. It is lovely to see the nights getting brighter which will hopefully mean that we will be able to get out and about again for outings and in the garden.

On 26 February we had a follow up inspection from the Care Inspectorate where they specifically looked at care planning in the Home. They felt that there had been sufficient improvement and upgraded us. This resulted in Highland Council lifting their embargo on admissions to the Home. We will be doing this gradually and sensitively so not to cause disruption to our current residents in the Home.

I would like to take this opportunity to thank all residents, relatives and friends of Southside for their support over the last few months and for your help in meeting with us to improve the care plans. We still have a lot of work to do and the staff will be in contact with you shortly to arrange reviews and update the care plans.

You may have also noticed that we have supplied the staff with new uniforms and the colours for staff are as follows

Nurses	Royal Blue
Senior Carers	Hospital Blue
Carers	Pale Blue

We are also going to be displaying photographs of staff on noticeboards so that residents, relatives and visitors will be able to easily identify staff in charge, team leaders and keyworkers.

On a personal note I would just like to let you know that I recently got married and my new name is Heather Cowan.



Environment

We are currently doing work around the home in that some of the empty rooms are being painted and re-carpeted. If anyone would like their room decorated please let Heather know but they will all be getting done throughout the year and we will keep you all informed individually when this is happening.

New linen has been purchased with every resident getting new duvet, pillows, sheets, pillowcases and towels.

We are also getting new handrails fitted and looking at new signage to make it easier for everyone to get around the Home. Communal areas such as lounges and dining areas will also be getting refurbished.

Activities

We have had a busy couple of months celebrating Burns when we had a piper pipe the haggis and a Burns Day Lunch. We also celebrated shrove Tuesday by decorating pancakes and of course eating a few!!!. We are looking forward to our St Patricks day lunch and then for Easter we are planning to have an afternoon of entertainment. Everyone is always welcome to join us at any of these events. We have been entertained by regulars such as Grumpy Green and his dog Penny and welcomed a new entertainer Dennis with his accordian who everyone enjoyed.

To help fundraise for the residents social fund so that we can provide more entertainment and some outings for the residents we are holding an Easter raffle. We would appreciate your help if possible in donating gifts for the raffle and also by purchasing tickets. We will draw the raffle on 19 April Good Friday.

We would also like to appeal for anyone who is particularly "green fingered" to help us to do some planting in containers with the residents once it gets a bit warmer, also if anyone has any

contribution for the Newsletter such as favourite recipes of your relative or poems, jokes, quizzes etc – please speak with Heather.

GETTING TO KNOW YOU

LINDA FINLAYSON – CARER



Linda is originally from Fortrose although now lives in Avoch. She is married with two grown up children.

Linda has worked at Southside for nearly five years having previously working in another care home in the Black Isle.

She enjoys walking her dog Faith a Bichon Frise and enjoys a range of music from Bon Jovi to Country and Western.

EASTER QUIZ

- 1 Easter Island belongs to which South American Country?
- 2 How many days does Lent last for?
- 3 Which is the only Shakespeare play which mentions Easter?
- 4 "Easter Parade" was a 1948 American musical starring Judy Garland and which late actor/dancer/singer?
- 5 Where is the worlds largest collection of Easter Eggs?
- 6 St Columba is said to have been the man who brought Christianity to Scotland what else is he credited with being the first to do?
- 7 The Easter Bunny was not a rabbit at first what was he?
- 8 What day precedes Ash Wednesday?
- 9 What kind of bread is associated with Easter?
- 10 What was the name of Roger Rabbit's wife in the animation "Who Framed Roger Rabbit."?

Answers further on in newsletter.

EASTER MEMORIES

Some of our residents have been remembering how they used to spend Easter.

Irene remembers rolling eggs down Godmans Brae something she continued to do with her son when he was young. Kate also remembers decorating and then rolling eggs down Leachkin Hill.

Most residents remember getting a new outfit or hat to wear at Easter. Kate especially remembers getting a pink dress when she was fourteen which she loved. Favourite foods were mainly a roast dinner on Easter Sunday sometimes roast duck.

Everyone's favourite thing seemed to be getting a chocolate easter egg some preferring white chocolate.

Majority of residents remembered Easter as a time to spend with family and would either like to celebrate by going to Church or celebrating by having music.

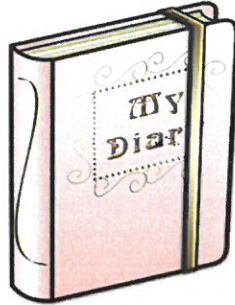
We hope over this Easter time to revive some memories by decorating eggs and having some entertainment in the Home and of course lots of chocolate!!!

Hopefully you can all join in with us.



EASTER QUIZ – ANSWERS

- 1 CHILE
- 2 40 DAYS
- 3 ROMEO AND JULIET
- 4 FRED ASTAIRE
- 5 GERMANY
- 6 SEEN THE LOCH NESS MONSTER
- 7 A HARE
- 8 SHROVE TUESDAY
- 9 HOT CROSS BUNS
- 10 JESSICA RABBIT



DATES FOR YOUR DIARY

MARCH

3 RD	CHURCH SERVICE	
5 TH	SHROVE TUESDAY FUN	
7 TH	CYCLING WITHOUT AGE	1.45PM
13 TH	PRIMARY 5 AND 6 FROM CROWN ST PRIMARY SCHOOL	1.45PM
15 TH	PRIMARY 1/2 FROM CROWN STREET PRIMARY SCHOOL GRUMPY GREEN AND DOG PENNY ENTERTAIN	2.00PM 2.45PM
19 TH	SOUNDS FAMILIAR – CRAIGMONIE HOTEL	2.00PM
21 ST	CYCLING WITHOUT AGE	
22 ND	P 1 AND 2 CROWN STREET PRIMARY SCHOOL	2.00PM
27 TH	P5 AND 6 CROWN STREET PRIMARY SCHOOL	2.00PM
28 TH	CYCLING WITHOUT AGE MUSIC – OBOE AND PIANO IN CONSERVATORY	1.45PM 2.30PM
29 TH	TONY – COUNTRY AND WESTERN SINGER	2.30PM

APRIL

2 ND	SOUNDS FAMILIAR – CRAIGMONIE HOTEL	2.00PM
4 TH	CYCLING WITHOUT AGE	1.45PM
6 TH	CHURCH SERVICE	1.45PM
16 TH	SOUNDS FAMILIAR	2.00PM
18 TH	CYCLING WITHOUT AGE	1.45PM
19 TH	EASTER ENTERTAINMENT GRUMPY GREEN WITH PENNY	2.30PM
23 RD	DENNIS – ACCORDIANIST	2.30PM