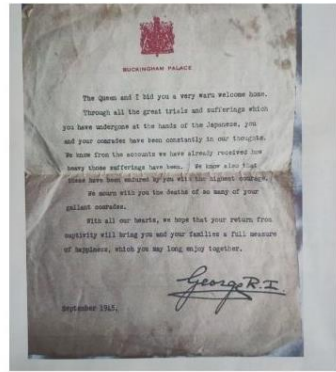




# VE Day

For VE Day clients were met by a Land Girl and the French Resistance in the Day Centre, we watched the commemorative service and marked the occasion with two minutes silence. We made words from Victory In Europe, read 'letters to loved ones' written by service men to their wives and parents back home and ended the day with a roaring 1940s sing-a-long and a cream tea. A fabulous day of VE celebrations and remembrance.



## Scabies: A Common Concern in Close-Living Spaces

Scabies is more common than many people realise, especially in environments where individuals live in close quarters. Care homes, where people share spaces and frequently interact, can be particularly vulnerable to outbreaks.

Scabies is caused by tiny mites that burrow into the skin, leading to itching and irritation. It spreads easily through prolonged skin-to-skin contact, making group settings a prime location for transmission. While scabies can affect anyone, outbreaks in shared living spaces occur more frequently due to close interactions and shared communal areas.

The good news is that awareness and prevention go a long way in keeping people safe. We are aware of a rise in some localised cases, with some team members directly affected. We are working closely with the GP Surgeries to monitor and assess the situation, ensuring we are able to detect scabies in the team and clients we support and if present treat accordingly.

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The fabulous Tamar Singers joined us once more this month, bringing back memories and enjoying well known and loved tunes.

# CONGRATULATIONS

CHANICE

Selected in a random draw, Chanice was nominated by a colleague:

“...for your understanding with regards to moving from housekeeping to care, residents are our priority and its lovely how understanding you are. Thank you.”

Well done! A £50 Marks & Spencer voucher is on it's way to you.

## Other nominations in this draw...

*“Always a superstar and works really hard and always there for a chat and smile on her face and always so happy and always sorts out stuff even if she can't do it straight away.”*

*“Although not a member of staff she regularly clears away the dirty cups, closes the curtains when it gets dark and yesterday I witnessed her assisting another resident who needs help eating. She is very caring.”*

*“Always having a smile on her face and helping when in need.”*

*“Thank you for being so helpful when I need it. You are a star!”*

*“...for taking the initiative to ensure a couple made it out for their special wedding anniversary putting the clients experience and welfare ahead of other duties she had on. It was refreshing to see clients being put first - A\* from me”*

**Thankyou to everyone who has taken the time to nominate a team member for Tom's Draw this month. The draw is now open again for nominations.**

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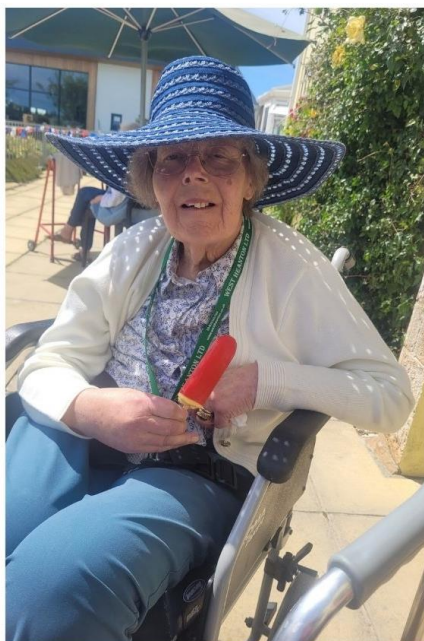
***Thank you to all who sponsored Erika on the zipwire.  
Travelling at 60mph above The Eden Project has raised, so far £220 for  
our activities fund.***

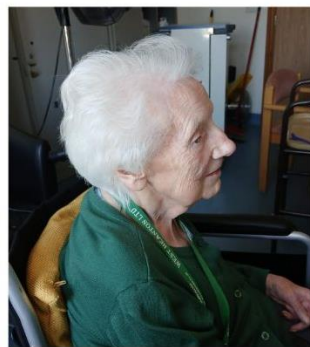
## The Benefits of Socialising in the Sunshine

As the warmer months arrive, there's nothing quite like stepping outside, basking in the golden glow of the sun and enjoying time with friends and family. Socialising in the sunshine isn't just a seasonal delight—it's a fantastic way to boost both physical and mental well-being.

Spending time outdoors provides a natural dose of vitamin D, which is essential for maintaining strong bones and a healthy immune system. The sunshine also has an uplifting effect on mood, helping to combat stress and anxiety. Engaging in conversations and laughter while surrounded by fresh air and nature promotes relaxation, strengthens relationships and fosters a sense of community.

Whether it's a coffee morning, activities on the lawn or simply sitting together and chatting in a sunny corner, these moments are the perfect recipe for relaxation and rejuvenation. We are fortunate to have varied outside spaces at West Heanton and such wonderful views.





Katrina and Jackie have been busy in the hair salon this month, tending to tresses, maintaining weekly hair do's and going for complete restyles for our more daring clients! If you are living at West Heanton or visit the day centre regularly you may be able to book in to our salon, please do call to enquire.



A heartfelt thank you to the friends of Mrs Brock for their generous donation of £25 in lieu of flowers at her funeral service. Your kindness and thoughtfulness are deeply appreciated during this time of remembrance.

**Celebrations!** We had some special birthdays in May and also a joint celebration for one of our married couples; their 65th wedding anniversary and a 90<sup>th</sup> birthday! A delicious cake was made by their daughter for them to share with their friends at West Heanton. Thank you very much and many congratulations!



Friday's Baking Club received a donation of rhubarb so, after messing around with it, they cooked up a delicious rhubarb and ginger cake!

**IT Upgrade Update:** Our IT upgrade went ahead on 22<sup>nd</sup> May and, despite some inevitable issues, we are now up and running on our new server. The site and our data is now more secure for our community. Our team have been fabulously patient while waiting for their access to be restored and are now all back online. The West Heanton website where you can read about us and make contact is still being worked on and we hope it will be up and running in June.

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As always, we have been enjoying a wide range of activities and going out and about to local beauty spots and places of interest, here is a round up of our May adventures!





Don't forget to follow us on Facebook for live news, events, updates & many more pictures, stories & videos  
[facebook.com/WestHeanton](https://www.facebook.com/WestHeanton)

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