

Welcome to the River Meadows Newsletter

# THE HELPING HAND

Welcome to Octobers newsletter!

The world around us is changing rapidly and we have to adapt to new rules and guidelines. Head office is continuously reviewing our policies and procedures. We are keeping you updated with any changes. If you have any questions, do not hesitate to talk to us. We will get through these challenging times by supporting each other.

To keep everybody's spirits up through this pandemic we want to have a few celebrations and things to look forward to. We already enjoyed a virtual harvest service with our vicar and celebrated all things Italian for a week – did you enjoy the special menu the kitchen put on? We are also having a Halloween party day on the 30<sup>th</sup> of October and we are planning a 70s Christmas.

Marisa invites everyone to get stuck in with group activities to meet up regularly, keep busy and it can really help you not to feel alone.

The Boccia cup is going well, our first monthly cup was won by East Wing! Well done to all the Players!

We also celebrated a very special Birthday with our Mary who was 101 years old in September. After an appeal on Radio Shropshire she received over 70 birthday cards. She had great day reading them all, celebrating with an inhouse party, skyping her family and even our friends at Hadnall Explorers Nursery video called to wish Mary a happy birthday!

**Use Skype, Facetime or Messenger to stay in touch with your loved ones! Please ask us to help you to set it up.**

## Resources available at River Meadows

Art and Craft materials  
(card making, painting, drawing, colouring, knitting, sewing etc)  
Library corner (in the parlour)

Magazines  
Jigsaw puzzles  
Keyboard  
Boardgames  
Playing cards  
Instruments  
Twiddle muffs  
Newspapers  
Cd's  
DVD's  
DVD player  
Books

**THE GARDEN IS ALWAYS OPEN! FEEL FREE TO ACCESS THE COURTYARD ANY TIME DURING THE DAY.**

*We want to welcome the residents from Beech House who joined us at River Meadows this month. We understand this is a difficult time for you and we will do everything we can to make you feel as at home here as you did at Beech!*

**WELCOME  
TO OUR  
HOME**

## Message from the Matron:

"I want give a very warm welcome to our new arrivals from Beech House and want to thank everybody for their dedication, commitment and hard work in these unprecedented times. I am looking forward to celebrating our upcoming parties with you all. "



Alison Peake

## Staff News

We want to welcome our new members of staff Chris, Mike, Adrienne, Chloe and Karen who joined us this month together with residents from Beech House. We hope you'll enjoy working at River Meadows!

## From the Cauldron

The team in the Kitchen is looking forward to celebrating upcoming festivities with some special menus. We just enjoyed an Italian week with Mediterranean favourites on offer every day, Halloween gives us a chance to get creative and our 70s Christmas is a great opportunity to get reminiscing and indulge in some classic favourites. Got any ideas? Let us know!



The Courtyard at River Meadows by Pat Copson

## From the Broom cupboard

Our domestic team also wants to welcome our new residents and hopes everyone is settling in well and enjoying their rooms. Shirley, Sue and Dawn are ready to help you if you have any housekeeping related questions or queries.



## Welsh Lane in early October

Over pale whispering fields  
Shorn of their summer green  
Open to the Autumn winds  
Flowing from the west  
Later swallows sweep and dart  
Taking up small gnats  
From the evening air.  
Forming lines on wires  
Practising; rehearsing.

Beyond the bare hedge  
Cutters have been. Too hard,  
Killing the last sweet berry  
And the tender nut.

Old Fields, hedged, spread to the farm,  
Spread for the farmer gathering  
Dry grass, curled-up leaves,  
Cramming into plastic,  
Black and shining,  
Denying  
That sweet smell of Summer  
Which should linger and drift  
Down the Vale to the misted hills  
As they carry the old forts  
Away to the sea

A Poem by Margaret Brown

## From the Wash Tub

Sue and Pam want to assure all residents that laundry will carry on as usual with no interruptions even though Susie has broken her ankle and will be off work for some time. Get better soon, Susie!