

Lodge Life

Music and
Memories

Double Issue

Music, Music, Music

And much more...

LIGHTS, MUSIC ACTION... Was here at The Lodge as we supported BBC Music Day. An initiative set up to bring music across the UK celebrating the love of music to all. This year they launched a campaign about the benefit of the use of music as a therapy, and in particular, to those living with dementia.

Shedfield Lodge has always seen the importance but it is surprising that there are still many care homes & organisations up and down the country that don't embrace it fully.

Our aim was to provide a fun day for our lovely residents and take them on a memorable journey from the 1940's to 1970's providing something suitable and engaging for all. We even ensured that our lounge had bright and colourful decorations—you may have spotted some old (*slightly scratched*) vinyl 45's recovered from the attic!

In the morning we kicked off with a memorable TV & Film theme Music Quiz. It was interactive and presented as if it was a live gameshow. It was great to include film footage from favourites such as Crossroads, Z-Cars and Singing in the Rain. All rounded off with a sing-a-long to the Bare Necessities from the Jungle Book.



After a spot of lunch we were ready for an extended live show, simply called 'Music through the Decades.' It was a journey back in time starting with the WW2 classics from the 40's and moving to the Rock n' Roll era of the fifties, Swinging sixties and Glam 'platform shoe' days of the seventies.

We made sure that we included favourites but also brought some songs, not always performed on a regular basis, which were well received and 'food for thought' for future projects.

Of course the show wouldn't be complete without costumes and we represented each of the decades with a bit of glitz & glamour.

Our residents and visitors had colourful songbooks and the temptation to sing with us and wave some flags in time with the music.

TOGETHER WE CARE



I must say a huge thank you to Amanda (*one of our regular performers*) who helped me and did so, with such great enthusiasm. I know that she enjoyed doing this for the residents as much as I did and we hope that we can do something similar again.

Music really is good for the soul and creates a great sense of well-being, as well as bringing back memories of many occasions.

Alas, we may not be able to swing partners over our shoulders anymore, but we can smile, sing, tap our feet and clap our hands to those glory days!

Speaking of 'glory days' I did promise you last issue some pictures of a wonderful visit by the Waterlooile Motorcycle Club. What a lovely Sunday afternoon we had with these great people and their collection of classic and vintage machines. Our residents enjoyed seeing the bikes and having nostalgic conversations. Of course we spoilt ourselves with cool drinks, cakes and plenty of ice creams!



Meet Paddington. A cute cuddly bear that travels with the club and he even sports a Shedfield Lodge badge on his coat.



Thank you to all the members for visiting who also, made a kind donation to Shedfield Lodge. We have had a special framed picture made up to go on display. We look forward to the roar of the engines again in the future.

TOGETHER
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CARE



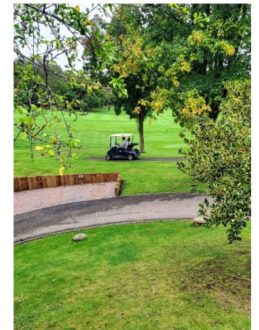
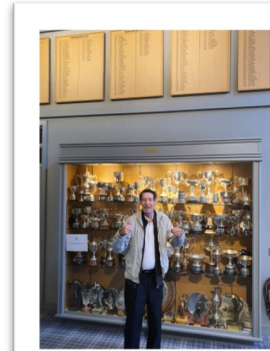
Oh how time flies! Especially with the clocks going back and the nights drawing in. So we continue with the second part of this 'double edition' and the happenings of The Lodge.

On Par...



We have a golfing champion among us at

The Lodge! On a visit to Winchester Golf Club, one of our residents proudly got to see his name upon one of the Cup Winners boards where he won the Cave Cleek trophy in 1981.



Andy and Simon arranged the tour and visit which included a trip on the golf course in a buggy. Together they also shared memories over a cuppa of his achievements. It was a memorable day and also, as a special thank you, he was awarded one of their club members jumpers by one of the current golf captains.



Cheryl deep in thought with a couple of our residents in the art of flower arranging.

This regular activity is organised by Kathy, one of our carers who, you will often see, working night shifts.

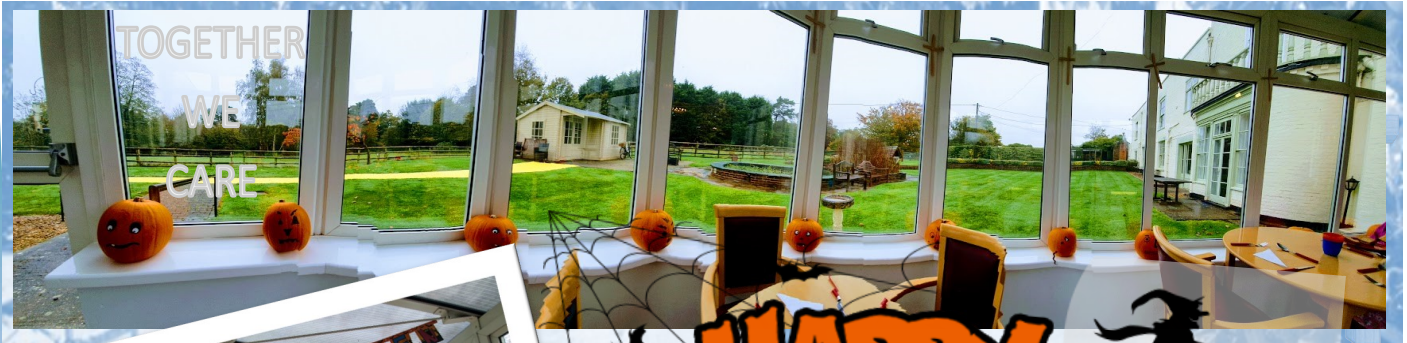
The displays that are proudly made are placed around The Lodge and look wonderful. This craft is very therapeutic with a great use of cognitive abilities. Add to that the beautiful colours and aromas makes this activity so worthwhile.

Always looking for innovation,

support services and products to continually offer the best care is something we are passionate about at Shedfield Lodge. Recently we attended a Care Show exhibition in Birmingham and brought back lots of ideas and had plenty of discussion with companies and organisations.

During our visit, Andy was recognised and asked to do a recorded interview on many aspects of the care industry. It included topics related to CQC, his role as proprietor, staff employment & training as well as our role in the Care Campaign for the Vulnerable and views on the use of CCTV in care homes. Nice suit sir!





HAPPY HALLOWEEN



Spooky happenings

and things that go

bump in the night was the flavour of the day for the 31st October. Of course Halloween isn't complete without the traditional pumpkins. We spent the morning decorating these fine vegetables with grimacing and happy faces, either with coloured pens or some fun stickers. It

allowed us to be creative and we proudly displayed our works of art around the conservatory.

Afterwards we had a little exercise with some wacky hoopla games throwing rings on to a spider and witches hats—we even had a little help from one of our very young visitors.

Adorned with our witch and wizardly hats plus a selection of Kelly's special Halloween cakes, we had a

special show.

An ancient wizard performed a selection of themed songs including

Monster Mash, Devil Gate Drive with audience participation for the Time Warp. I think we made 'care home' history too with an encore of Bat Out Of Hell which went down surprisingly well with the audience—though my throat and head felt cut at the end of it! But... I guess that's what to expect at Halloween! Sleep tight and

sweet dreams everyone... Look forward to the next issue of **Lodge Life**

Mark

