

WELCOME

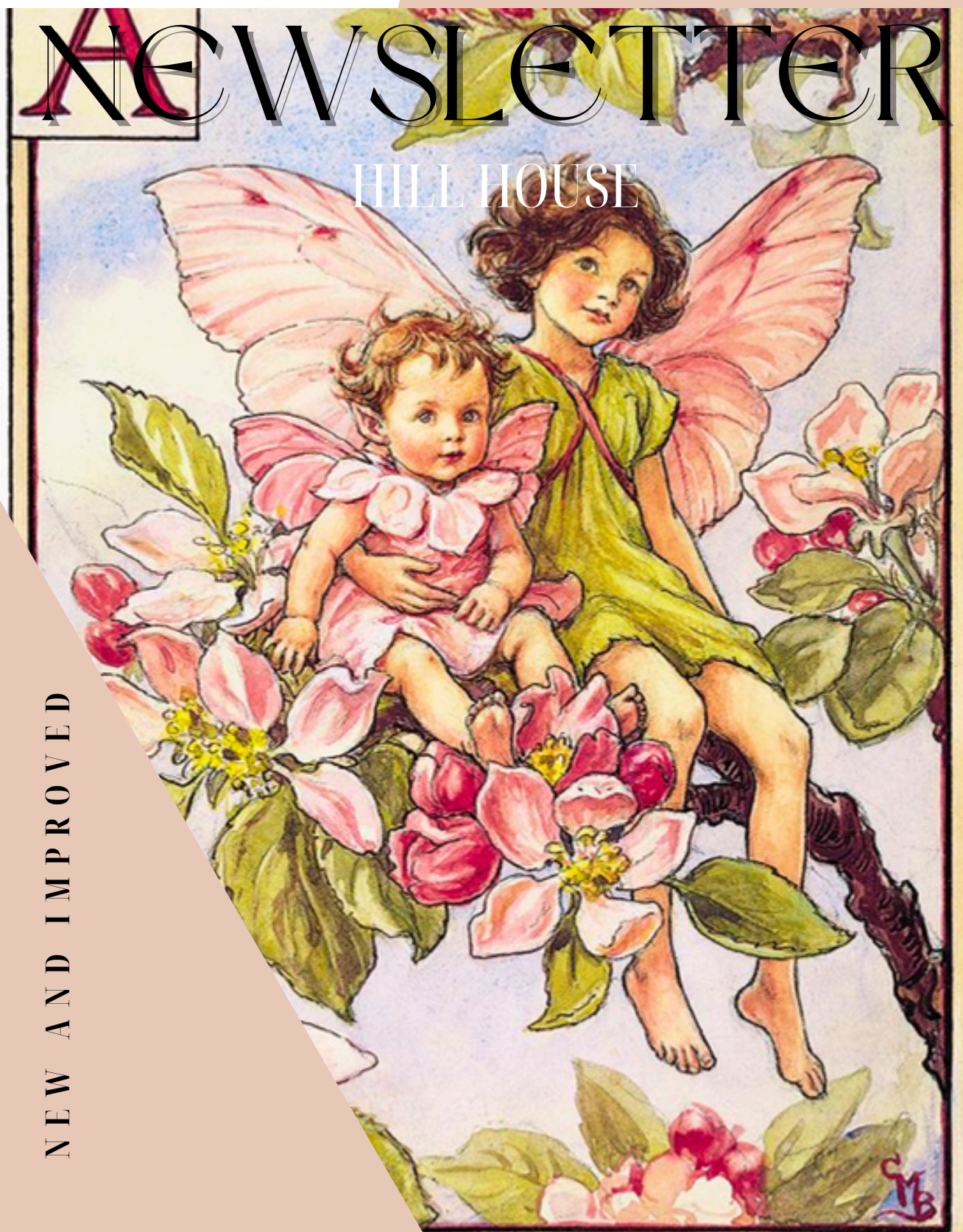
SEPTEMBER 2025

# SEPTEMBER'S

# NEWSLETTER

HILL HOUSE

NEW AND IMPROVED



Bliss

# Welcome: Hill House News

## ODDFELLOWS FRIENDSHIP MONTH 2025

Oddfellows Friendship Month is a heartwarming annual campaign dedicated to promoting the values of friendship, community, and social connection. Organized by the Oddfellows, one of the largest and oldest friendly societies in the UK, this month-long celebration encourages people to reach out, make new friends, and strengthen existing relationships. Through a series of events and activities, Oddfellows Friendship Month aims to combat loneliness, foster community spirit, and highlight the importance of supportive social networks.



### What is Oddfellows Friendship Month?

Oddfellows Friendship Month is an initiative by the Oddfellows to spread the message of friendship and community. It's a time when local branches of the Oddfellows, as well as members of the public, are encouraged to host and participate in events that bring people together. Whether it's a coffee morning, a community walk, or a social gathering, the focus is on making meaningful connections and showing the positive impact of friendship on well-being.

### WHAT'S IN THIS MONTH'S ISSUE:

- Oddfellows Friendship Month 2025
- Roald Dahl Story Day 2025
- Common behaviours associated with Dementia
- In House news
- Upcoming Events
- Activity pages



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### When is Oddfellows Friendship Month?

Oddfellows Friendship Month is celebrated every September. Throughout the month, various events and activities are organized to encourage people to engage with others, form new friendships, and strengthen community bonds. It's a perfect time to reach out and make new connections in a friendly and welcoming environment.

### History of the Event

Oddfellows Friendship Month was created by the Oddfellows to highlight the importance of friendship and social connections in leading a fulfilling life. The Oddfellows, established in 1810, has a long history of fostering fellowship and mutual support among its members. The introduction of Friendship Month in September aims to extend these values to the wider community, encouraging everyone to engage in acts of kindness and friendship.

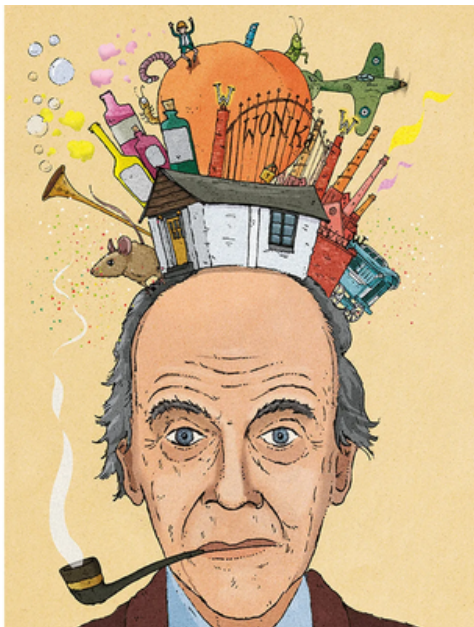


# Roald Dahl Story Day 2025

Roald Dahl Story Day is a joyful annual celebration of one of the world's most beloved storytellers. Held on September 13—Dahl's birthday—it's a day to share stories, dress up, and let imaginations run wild. Schools, libraries, families, and fans around the world take part in playful, creative activities inspired by his unforgettable characters and magical worlds.

## What is Roald Dahl Story Day?

Roald Dahl Story Day is a literary celebration that invites children and adults alike to engage with Dahl's work—whether through reading, writing, or dressing as their favourite characters. It's coordinated by the Roald Dahl Story Company in collaboration with publishers, educators, and charities. Alongside the fun, the day also helps raise funds for Roald Dahl's Marvellous Children's Charity, which supports seriously ill children across the UK.



## When is Roald Dahl Story Day?

Roald Dahl Story Day is celebrated every year on September 13, which marks the author's birthday. In 2026, it will fall on a Sunday, with many schools and groups choosing to mark the occasion on the nearest weekday for maximum participation.

## Why Roald Dahl Story Day Matters

Stories have the power to shape how children see the world—and few authors have sparked as much imagination as Roald Dahl. His books are full of wit, bravery, and justice, often told from a child's point of view. Story Day encourages young readers to find joy in books and to discover their own voices. It's also a reminder that stories can bring people together, raise funds for good causes, and leave lasting impact beyond the page.



## History of Roald Dahl Story Day

Roald Dahl Story Day was officially launched in 2006 to mark what would have been Dahl's 90th birthday. Since then, it has grown into a major fixture in the literary calendar, with tens of thousands of schools and organisations taking part every year. While closely connected with Roald Dahl Day, the Story Day theme puts special emphasis on reading, writing, and performance.

## Noteworthy Facts About Roald Dahl Story Day

- Over 1 million children take part in Roald Dahl-themed school events each September.
- The day often features a special theme—past years have focused on kindness, heroes, and mischief.
- Roald Dahl's books have sold more than 300 million copies worldwide and continue to inspire films, plays, and digital adaptations.
- The Story Company provides free classroom resources, activity packs, and character templates for schools and libraries.
- Funds raised on Story Day support nurses, therapists, and family services for children with serious illnesses across the UK.

# Common behaviours associated with Dementia:

## Common Behaviours in Dementia

Dementia can cause changes that may feel confusing or upsetting for both the person and their family. Here are some common behaviours you might notice:

### 1. Repetitive behaviours

- Asking the same questions many times
- Hiding or moving objects
- Following a caregiver closely for comfort

### 2. Restlessness & agitation

- Pacing or wandering without reason
- Feeling anxious or upset, especially in the evenings ("sundowning")
- Trouble settling down or relaxing
- Shouting or calling out, often from pain, fear, or noisy environments

### 3. Sleep changes

- Waking often during the night
- Sleeping in the day and staying awake at night



### 4. Social & communication changes

- Losing interest in activities or hobbies
- Finding it hard to speak, understand, or express themselves
- Saying or doing things that seem unusual or out of character

### 5. Daily living changes

- Eating less, too quickly, or forgetting how to eat
- Needing more help with washing, dressing, and personal care
- Resisting help with everyday tasks

### 6. Sensory changes

- Vision: harder to judge distance, cope with glare, or recognise objects
- Hearing: noises may feel overwhelming; hearing loss can add to confusion
- Smell & taste: food may lose its flavour or appeal
- Touch: body may feel more sensitive or less aware of pain/injury
- Movement: stiffness, weakness, or heavy limbs making walking harder



***Memories are what make up a person. If you stripped someone of their memories, then what are they but a shell of a person? Empty inside but with the same exterior. This is what dementia does to people. Dementia, the cruel monster, empties the inside of people and leaves their exterior to slowly fade into oblivion leaving the people around them heartbroken and slowly forgotten.***

I just want everyone to take a moment to reflect and think about how this terrible disease strips away the identity of who the individual was before their diagnosis. And I would like everyone to think about is showing a little kindness and empathy to those individuals that either have a Dementia Diagnosis or are a family or friend of a resident living with Dementia.

# In House News

Going the Extra Mile,  
September 2025!

Congratulations to John

We are delighted to recognize John as this month's Going the Extra Mile award recipient. John consistently demonstrates dedication, initiative, and a positive attitude in his work. A recent example of his commitment was when he noticed a colleague had a flat tire. Not only did he make them aware of it, but after going home for his tea, he returned to ensure the tire was repaired. This is just one of many ways John goes above and beyond to support others.

John is always proactive, approachable, and kind. His warm smile and respectful manner, especially when working in residents' rooms, set a wonderful example for us all.

Well done, John — and thank you for your outstanding contributions!

## POLITE REMINDERS FOR FAMILIES AND FRIENDS

1. Please note that some food and drinks in the upstairs kitchenette belong to residents and their families. You're welcome to make a hot drink upstairs, use the water dispenser downstairs, enjoy squash, or help yourself to biscuits. However, crisps, yogurts, cakes, fruit, and tea trolley items are for residents only. If you'd like to join your loved one for lunch, please speak to me about meal arrangements (there is a charge).
2. For privacy and safety, please do not enter other residents' rooms unless invited. Also, do not offer food or drinks to residents other than your own loved one, as health concerns (e.g., swallowing, diet, allergies, diabetes) may put them at risk. CCTV is in place for safeguarding residents safety.

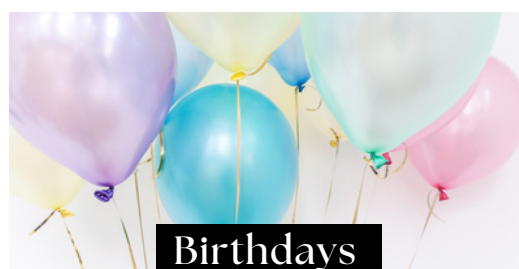


Do you know a staff member that's gone  
The Extra Mile?



KNOW SOMEONE WHO  
DESERVES A LITTLE  
RECOGNITION? NOMINATE  
THEM FOR OUR NEW  
STAFF WELLBEING SCHEME  
—THEY COULD WIN A £20  
VOUCHER!

IT'S NOT JUST A MANAGEMENT DECISION—  
ANYONE CAN NOMINATE! WHETHER YOU'RE A  
FELLOW STAFF MEMBER, A RESIDENT, A FAMILY  
MEMBER, FRIEND, OR VISITING PROFESSIONAL,  
YOU CAN PUT SOMEONE FORWARD.



## September Birthdays

From Hill House, we would like to extend a massive happy birthday to some of our wonderful residents! We are thrilled to celebrate this special day with you and wish you all the joy and happiness in the year ahead. Thank you for being such a fantastic part of our community!

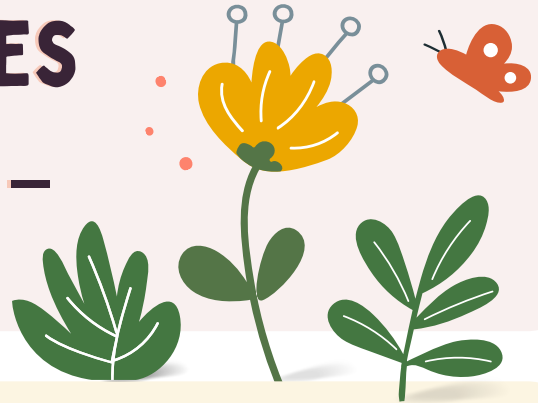
- Shelia - 21<sup>st</sup> September
- Joyce - 20<sup>th</sup> September



# NEXT MEETING

NOVEMBER 2025. CAROL REMAINS AVAILABLE FOR QUERIES OR CHATS IN THE MEANTIME.

## RESIDENTS & FAMILIES MEETING OVERVIEW – AUGUST 2025



Welcome

Carol thanked everyone for attending the third residents and families meeting of the year, providing updates on services and giving space for feedback.

### \* STAFFING

Recruitment is ongoing, with four new HCAs awaiting clearance.  
Aneeshma (RGN) has received excellent feedback, and Anu Joy (RGN) is settling in well.  
Kirsty (Cook) and Claire (Ancillary) have made a strong start.  
Staffing levels are expected to stabilise by September.

### FOCUS ON DEMENTIA

A third of our residents live with dementia. Carol highlighted its impact on memory, behaviour, and social interaction, and reminded everyone of the importance of empathy and kindness toward those affected. Please read above for more information.

### REMINDERS FOR FAMILIES & FRIENDS

- Please don't remove food/snacks meant for residents. Drinks are available in common areas.
- Only visit residents' rooms when invited, and do not share food/drinks with others due to medical risks.

### \* STAFF RECOGNITION

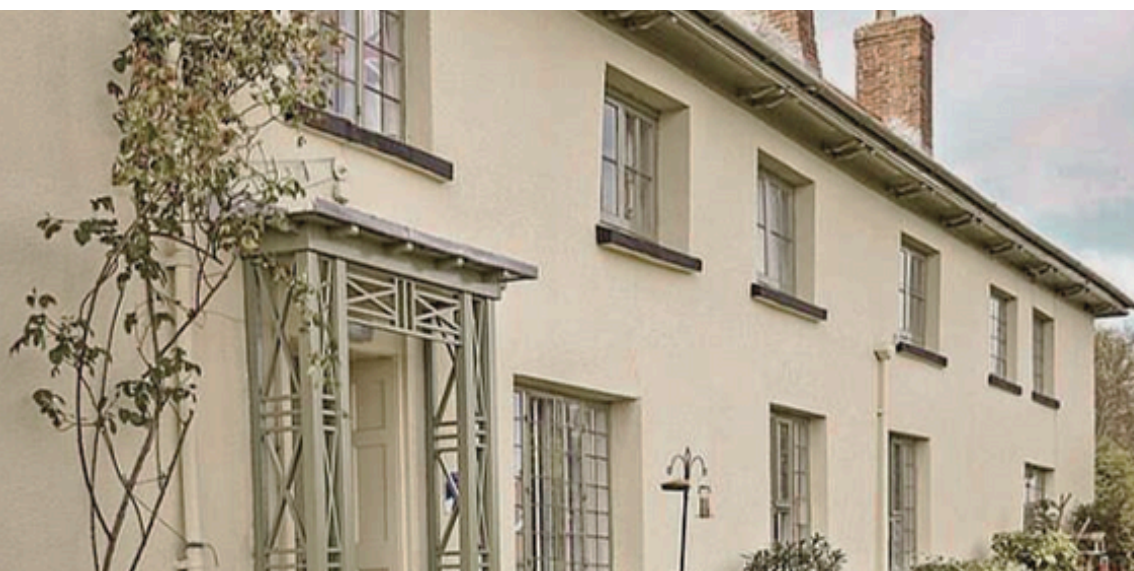
Families are invited to nominate staff for the monthly "Going the Extra Mile" award. Nomination slips will be placed near the visitor sign-in book.

### LOUNGE SPACE CONCERNS

Ann raised seating and safety issues in the main lounge. Adjustments have already been made to create more space and flexibility.

### EVENTS & ACTIVITIES

5th November: Combined Halloween & Bonfire Night celebration with fireworks, BBQ, fancy dress, raffle, and small food/drink charge (proceeds toward Christmas).  
Julie & Sarah shared upcoming autumn events and welcomed requests for trips or activities. Plans include Christmas carol singing by local schools.



SEPTEMBER

# Upcoming Events



Mon 1st: Higher or lower  
Tues 2nd: Patrick (2pm)  
Wed 3rd: Zara King (2pm)  
Thur 4th: Build a Flower  
Fri 5th : Skittles  
Mon 8th: Word Game  
Tues 9th: Andy (2pm)  
Wed 10th :Arts and Crafts  
Thur 11th: Simon and the pets (10am)  
Gypsy Dreams (2pm)  
Fri 12th: Karaoke  
Mon 15th: Lea (2pm)  
Tues 16th: Ball Darts  
Wed 17th:Louise (2pm)  
Thurs 18th : Vicar Elizabeth (11am)  
Word Game  
Fri 19th : Build a House  
Mon 22nd :Bingo  
Tues 23rd : Arts and Crafts  
Wed 24th: Mac (2pm)  
Thurs 28th: Simon (10am)  
Fri 26<sup>th</sup>: Classic Gold  
Mon 29<sup>th</sup>: Luc (2pm)  
Tues 30<sup>th</sup>: Word Game





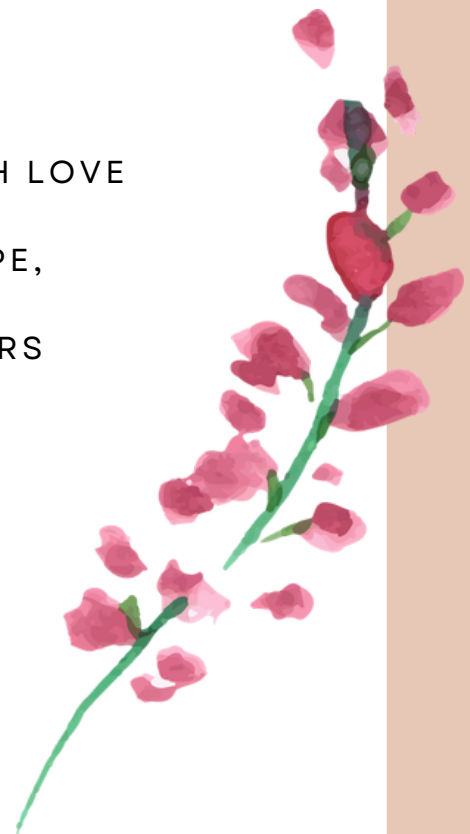
## FLOWERS

FLOWERS HAVE A PURPOSE  
THEY'RE NOT JUST PRETTY THINGS,  
FOR THEY ARE LOVED THROUGHOUT THE WORLD  
BY COMMON FOLK AND KINGS.  
FOR THEIR COLOURS OFFER SOLACE  
TO WORRIED AND THE GRIEVED,  
THEY HELP THE SICK, CHEER THE LONELY,  
COMFORT THE BEREAVED

FOR FLOWER ARE A SYMBOL  
OF FRIENDSHIP AND RESPECT,  
THEY BRING US JOY AND HAPPINESS,  
AND THOUGHTS OF LOVE REFLECT.  
THEY HAVE A SPECIAL PRESENCE,  
AND BY THEIR LOVELINESS,  
THEY SEEM TO HAVE A HIDDEN POWER  
TO CALM, UPLIFT AND BLESS.

BEAUTIFUL TO LOOK UPON  
AND DELICATE TO TOUCH,  
AND WHEN THEY ARE RECEIVED WITH LOVE  
THEY MEAN SO VERY MUCH.  
HARBINGERS TO PEACE AND HOPE,  
A RADIANCE THEY IMPART,  
THEY ARE THE SILENT MESSENGERS  
THEY SPEAK UNTO THE HEART.

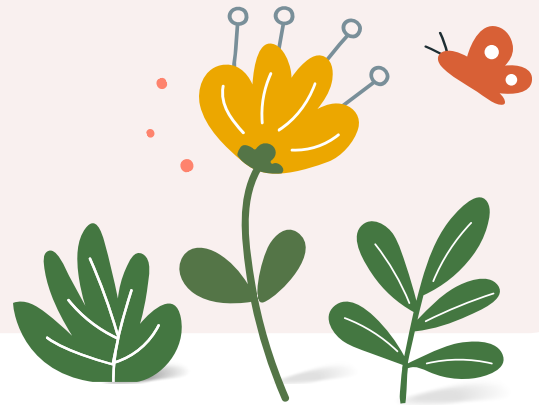
**VAL JEWELL**





# ACTIVITY

## PAGE:



### JOKES OF THE MONTH

What do you call cheese that isn't yours?

Nacho cheese!



Why don't oysters share their food?

They're shellfish!

What do you call a bear with no teeth?

A gummy bear!



Why do mushrooms make great party guests?

Because they're such fungi!

### HOROSCOPES:

#### VIRGO- 23 AUG - 22 SEP

You know the expression, "If you want something done, ask a busy person?"

Well, that definitely is the Virgo ~~in~~ them. Virgos are logical, practical, and systematic in their approach to life. Virgo is an earth sign historically represented by the goddess of wheat and agriculture, an association that speaks to Virgo's deep-rooted presence in the material world. This earth sign is a perfectionist at heart and isn't afraid to improve skills through diligent and consistent practice

#### LIBRA (SEPT 23 - OCT 22)

Balance, harmony, and justice define Libra energy. As a cardinal air sign, Libra is represented by the scales (interestingly, the only inanimate object of the zodiac), an association that reflects Libra's fixation on establishing equilibrium. Libra is obsessed with symmetry and strives to create equilibrium in all areas of life—especially when it comes to matters of the heart

### SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!





c



# Sudoku

		2	8		1	3	4	9
8				7	3	2	5	
		4				8	7	
	9	7				1	3	2
1				3				
5	8	3		1	9			
9			5	6				7
6	7	8	3			9	1	
							8	3

Work out space