

Folkestone Newsletter



Opus Care
Ltd

We support and enrich resident's lives throughout your stay with us.

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Trips and Activities

We're delighted to be able to plan for our external activities groups to visit the centre again.

We'll have a full programme for focus days and for visitors from our friends who give interesting talks or bring their therapy pets to visit, as well as outings to local places of interest. Life is getting back to normal...

Our weekly activities will be posted to your room for you to consider and enjoy.

Autumn News

As the crops are cut in the fields and fruits are harvested here's an Autumn poem to reflect upon

Harvest Festival Month

Harvest is a time of sharing and peace
Autumn colours create their masterpiece
Reaping the rewards of perfect weather
Vegetable and fruit we gather together
Everyone thankful for nature's good work
Scooping handfuls of leaves falling from trees
Time to embrace the harvest taste

Genevieve's Message

We're delighted to welcome new staff to our Opus Care family.

Joining us at Folkestone Care Centre we welcome:

Madeline Buendia -HCA
Malisa Rai – HCA
Rimsa Rai – kitchen asst

COMPETITION

Hand your answers into reception and our winner will receive a basket of delicious fresh fruit.

Along with our Autumn harvest theme, can you unscramble these letters to make 5 apple varieties.

ABBRUNER

SHONC ERIPY.....

RANNSY MIGHT.....

COSI POPNPI RANGEX.....

SCOIVEDRY.....

Gardener's Corner

Signs of Autumn have started with crab apples falling and after a dry September some leaves are just starting to turn. It might seem like time to hunker down but the rich autumn colours are just as enjoyable to see, either as berries or leaves on the ground.

Unusually for September it's Chelsea Flower Show time and they are delighting us with displays of flowers that are in their glory at the moment, Asters, Penstemons, Salvias and Dahlias and as a year of firsts they'll be showcasing pumpkins and balcony gardens.



Trip along the coast

Our residents enjoyed a trip out in the minibus on 13th September. Taking a packed lunch along for the ride they set off along Folkestone Harbour and the Leas, driving beside the canal at Hythe and Dymchurch to St Mary's Bay where we stopped for lunch whilst watching the kayaks on the sea. The return came through Lydd, New Romney and Hythe sea front for a whippy ice cream.

Smiles all round





Virgin Money London Marathon

This iconic race will finally be taking place on Sunday 3rd October and will be the largest marathon ever organised.

Delayed by 889 days due to Covid-19 but now promises to be bigger and better with 50,000 runners on the course and 50,000 runners taking part on their own terms anywhere around the world in a 'virtual' event.

There will be celebrities to spot and elite runners looking for a personal best but most inspiring will be the spirited runners who are taking part for charity. Dressed in weird and wonderful costumes, like rhinos, buildings, telephones and tigers, it's the atmosphere that sees most people through the pain barrier of their 26.2 mile run.

The oldest runners taking part this year are Ken Jones 88yrs and Eileen Noble 87yrs.



Join us in the lounges on Sunday to cheer everyone on

Employee Focus

Today we are turning the spotlight on our most warm and welcoming host, Shannon. We are daring to delve by asking the questions we all want to know, but were too shy to ask?



Q: What thing can you not bear to be without?

Shannon: My phone. Its constantly on my person.

Q: Tom Jones or Barry White?

Shannon: Barry White, I don't know who Tom Jones is.

Q: Are you an owl or a lark?

Shannon: Definitely owl, not a morning person.

Q: Who would play you in the movie of your life?

Shannon: Emmy Rossum

Q: What three words would your friends use to describe you?

Shannon: Weird, Sweet, Fun

Q: How do you like to start the day? Full English or a fruit salad?

Shannon: Breakfast isn't a regular part of my daily routine but I'd definitely have to go for the full English.

Q: What's the thing you most enjoy about your job?

Shannon: The people we interact with on a daily basis and the relationships we create with you, your families and friends and the team we work with.

We'd all like to thank Shannon for the warmth and genuinely caring reception she shows to all our visitors, friends and families.