

Folkestone Newsletter



Opus Care
Ltd

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

THIS ISSUE

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Merry Christmas
from Genevieve
and all the care team

Friends and family, far and wide, can follow our news and events on our Facebook page.
[@folkestonecarecentreKent](#)

Latest News

We're getting our home beautifully dressed for Christmas, our chefs are in overdrive planning festive delights and we are excited that we'll see the festive season in the company of family and friends again.

Our well-being team are busy organising lots of activities and we hope you'll enjoy the festive spirit in our home this year.

In January we'll be asking you what you'd like more of in our newsletter. Put your thinking cap on while you enjoy the festive season.

Welcoming new staff to our Opus Care family

Joining us at Folkestone:
Shanti Tamang – Healthcare
Tony Suckling - chef
Laxmi Gurung – Healthcare
Kalpana Ghale – Healthcare
Morgan Trainor – Healthcare
Lloyd Pascual- support worker
Romeo Talan – chef
Hem Gurung – nursing staff

COMPETITION

Hand your answers into reception and our winner will receive a Christmas hamper

What is the second line in the song “Silent Night”?

In what town was Jesus born?

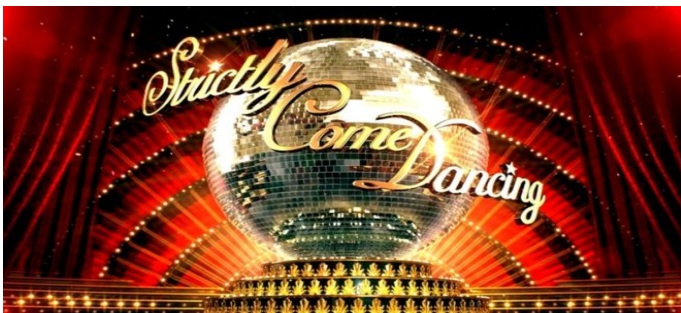
Santa’s beard is said to be as white as?

Name the nine reindeer?

In the song “The twelve days of Christmas” - how many maids were milking?

What surprise coin was known to be found in the Christmas pudding?

STRICTLY FINAL FAST APPROACHING



A clear favourite to win Strictly Come Dancing 2021 is EastEnders actress Rose Ayling-Ellis to with bookies backing her lift the Glitterball trophy this year.

As soon as the line-up for the new series was announced in full, experts put Rose, Strictly's first ever deaf contestant, second favourite, just behind McFly star Tom Fletcher.

But, after she and partner Giovanni Pernice have put in some very impressive performances on the dancefloor, Rose is now the front runner to take the 2021 title.

Talking about British Sign Language on twitter, Rose says “I cannot believe the Google search for learning sign-language has increased by 488% AMAZING”.

Is Rose your favourite to win?

We'd like to wish all the contestants good luck in the final weeks of the show.

SANTA CLAUS IS COMING TO TOWN...

We are looking forward to a busy Christmas. Thank you to Tina and Bobbi for putting this program together and look out for more things coming over the next few weeks.

29 November

Nigel Dawson will be joining us with his presentation on the theme of old-time musicals and movies for Christmas

1 December

Church service with Carols for Christmas

6 December

Clifton Hotel for our Christmas Party

10 December

Christmas jumper day in aid of Save the Children
Clifton Hotel for our Christmas Party

16 December

Anne Finney joins us to talk about famous Christmas stars

20 December

Christmas Party with Rockin' Around the Christmas Tree with Ash

24 December

Hang up your stockings and say your prayers

25 December

A home cooked Christmas feast – celebrations across the home

Look out for notices for more information and our Christmas Cookie decorating event with the chef!



THE HUMBLE SPROUT – A FRIEND TO US ALL



Sprouts are a fantastic source of important vitamins and minerals. They are especially rich in vitamin K, which is necessary for blood clotting and bone health.

They're also high in vitamin C, an antioxidant that helps promote iron absorption and is involved in tissue repair and immune function.

What's more, their high fibre content helps support regularity and gut health.

BAD CRACKER JOKES



What does santa suffer from if he gets stuck in the chimney?

Claustrophobia 😊

What happens to elves when they are naughty?

Santa gives them the sack 😊

What do snowmen eat for lunch?

Iceburgers 😊

What do you call an old snowman?

Water 😊

It's beginning to look a lot like Christmas



Decorating our home with greenery is a Christmas tradition we all love. The Christmas tree is, of course, the most well-known, but it is hard to imagine Christmas without wreaths, holly and mistletoe. But when and why did such traditions emerge?

The English Heritage website delves into the history of Christmas greenery...

Holly and Ivy can date back to the late Middle Ages almost all surviving church records include entries for the purchase of holly and ivy in the winter. For Christians evergreens symbolised eternal life and the promise of the return of life in the spring. The carol 'Deck the Halls with Boughs of Holly' originated in Wales in the 16th century, showing the continued use of holly within Christmas decorations.

Advent wreaths may have been first used by Lutherans in Germany in the 16th century. Although it was during the 19th century that wreaths were made to hang on the front door. These wreaths were also known as 'welcome rings' and usually consisted of holly, ivy, pine cones and ribbons.

In the Georgian period, tradition says that gentlemen could pluck a berry from the bough and kiss a lady on the cheek. When there were no more berries, no more kisses could be given. This may be where the tradition of kissing under the mistletoe comes from.

Prince Albert, Queen Victoria's consort, is usually credited with having introduced the Christmas tree into England in 1840. However, it was actually 'good Queen Charlotte', the German wife of George III, who set up the first known tree at Queen's Lodge, Windsor, in December 1800.

Christmas trees became very popular with the upper classes, and In December 1840, Prince Albert imported several spruce firs from his native Coburg, in Germany, to serve as Christmas trees. But it was not until a few years later that the custom of setting up trees in homes really caught on amongst the general public in England.

It's lovely to see our home looking so beautiful and festive at this magical time of year.

Looking back to November activities

Remembrance Day brought us all together, 24 of us to be precise, to sing along with Jasmine and her collection of World War II songs.

Waving flags and tickling our tonsils whilst taking time to reflect this important anniversary.

