

Lodge Life

SHEDFIELD LODGE MONTHLY NEWSLETTER



This Issue

Let it Snow

Heat is on

Rub & Relax

Creature Comfort

Coming soon

Brrrrrrr ! Oooh that's cold

The 'Beast from the East' finally caught up with us at Shedfield. There was a moment when we thought we would escape it all, but mother nature decided differently.

The snow fell rather picturesquely when we welcomed the return of one of our regular entertaining duo—Cosmic Sparkle. It was almost an opportunity to rewind back to Christmas songs. The setting would have been perfect for our festive activities. But I guess nature likes to keep us on our toes, allow us to be imaginative—hence why we have our own snow machine.

Thankfully inside, our faithful boilers kept up their good work and we were all warm as toast and nice and cosy.

Our staff were able to make it into work with our very own proprietor Andrew, on call with his 4x4, who was able to offer lifts to those stranded in more remote areas. So a big thank you to him.

Childhood memories were also relived as a couple of our off-duty staff seize the opportunity to practice their attempts to become part of the next winter Olympics toboggan team.



Last month we had a welcome visit from Jason from Benfield Fire Safety who was able to advise of current regulations and requirements. Something of a prime importance for The Lodge.

We were pleased that what we are doing is on track and we have already started to work on some suggestions that were made to take things that one step further. Graeme and Gary (our maintenance team) have done a wonderful job on improvements and are always on top of our fire safety.

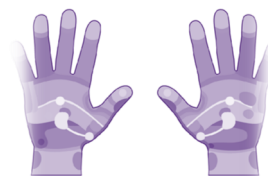
It is also worth a mention that all members of staff have a special fire induction session before they start employment and attend fire safety training as part of our continuing training process.



TOGETHER
WE
CARE



Relax & Repair with Reflexology

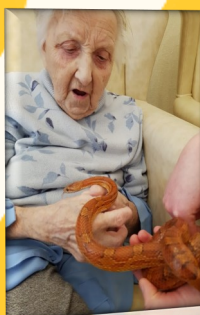


It is always nice to introduce something new at The Lodge and it is with a warm welcome we introduce Kate. She is a reflexologist with years of experience who is to visit us regularly. Kate has already visited us and our residents loved the experience, relaxation and other benefits it brings. Reflexology is a very relaxing and calming massage treatment for the feet or hands that can help improve balance within the body and also increase a sense of wellbeing.

Reflexology is one of the most effective methods to reduce anxiety and has an effect on the whole body. A gentle massage of feet or hands, or a slightly deeper massage treatment helps improve circulation and congestion. It can also help with muscular/joint aches and fatigue and insomnia.

Talcum powder is used to aid the massage and Kate, who is also a qualified aromatherapist, is also able to use a variety of natural oils to enhance the experience.

It is not unknown for staff to have reflexology at home to help relieve the stresses of our everyday lives or, at times... simply to unwind and enjoy a little pamper time.



Absolutely fabulous to have Wild Science back again. This time Amber came along with her friends which included... Freddie the Tree Frog, Barry the Bearded Dragon and Rupert the Corn Snake plus some other fluffy animals. Again, we were all mesmerized and enjoyed the textures of these beautiful creatures while Amber delivered some wonderful stories and described the personalities of her friends. Keep on the look out and come and join us for their next visit in May.



Don't disappear before I go.... Lindsey will be taking to a different role this month with her own little Magic Show on 27th March 2pm.



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Look forward to the next edition of
Lodge Life

Until then...

See you soon,

Mark