

Local News

- An endangered incandescent blue insect known as the southern damselfly has been reintroduced to Venn Ottery Nature reserve in East Devon. The insect breeds in heathland streams and has been hit by pollution and drainage of waterways.
- A diver snorkelling off Budleigh Salterton beach, who was spotted in difficulty while in the water, has been rescued by the coastguard helicopter.
- Ways to combat Exmouth's growing seagull blight are being debated by town councillors.

Sports News

Tennis – Wimbledon fever has once again succeeded to capture everyone's imagination, especially now that Britain's Andy Murray is firmly established as a world class player.

Formula 1 – Motorsport boss Max Mosley has claimed Formula 1's peace deal could be jeopardised by continuing antagonism between him and the sport's teams.

Cricket – Andrew Flintoff starred with the bat as Lancashire beat Derbyshire by 56 runs in the Twenty20 Cup at Derby.

Weather – A fair mix of cloud and sunshine are on the forecast for the early part of July with not a drop of rain in sight and plenty of warm temperatures.

Superstitions: Thought you knew your superstitions? You may want to think again after reading some of these:

- A frog brings good luck to the house it enters.
- If you catch a falling leaf on the first day of autumn you will not catch a cold all winter.
- Cows lifting their tails is a sure sign that rain is coming.
- If you dream of fish then someone you know is pregnant.
- A swan's feather, sewed into the husband's pillow, will ensure fidelity.
- The number of Xs in the palm of your right hand is the number of children you will have.



July 2009 Newsletter

Pinewood Hosts Flower Arranging Seminar



On Friday 12th June, residents and visitors at Pinewood were given a wonderful treat as Maureen Duckworth came along to provide a seminar on Flower Arranging. The seminar gathered a lot of interest from those attending and Maureen was more than happy to answer the variety of questions that came her way as she gave her talk. Everyone agreed the resultant display looked absolutely wonderful and filled the Day Room with some lovely scents.

In other Pinewood News.....

Donkey Sanctuary Visit



The minibus outing on the afternoon of Wednesday 24th June proved to be just the treat for the residents at Pinewood as they got to pay a visit to the Donkey Sanctuary in Sidmouth. The three quarters of an hour they were there seemed to go on for much longer as they were guided around the stables and allowed to touch the donkeys. The donkeys themselves were so friendly and everybody seemed to have a connection with them. A lot of thanks should go to the staff at the sanctuary who were extremely helpful in helping to ensure the residents were given a wonderful time.

Activities: Sue-Claire has made a wonderful start at her new role as our Activities Coordinator. She has so far been building on the activities that residents know and love; most notably these have been singing and Bingo. However, future plans are to build on some reminiscence work by celebrating the memories they know and love using various objects from the past. There's also been a lot of movement work to different types of music. Dancing to some lovely Irish music has been one notable recent example of this. Requests from residents for Bridge and Scrabble Clubs are also being followed up. Watch this space!

Residents' and Visitors' Meeting: At 6.30 p.m. on Friday 31st July 2009 we plan to have a Residents' and Visitors' Meeting with an accompanying buffet. The meeting will be a good opportunity for people to discuss their views about the Home and for us to discuss the results of the questionnaires. We very much encourage those people who can come along to do so.

The month that's past

- Nira, Anne, Victor and Barbara were all celebrating their birthdays.
- Helen Strevens' *Tranquil Moments* were here once again on 5th June, with the usual mix of sing-a-long music, quizzes and poetry recitals.
- We had a Flower Arranging Seminar with Maureen Duckworth on Friday 12th June.
- *Music For Health* continued their renditions of some lovely music on 15th June.
- Luc the harpist was in again on 17th June.
- Our trip to Sidmouth Donkey Sanctuary took place on 24th June.

As always of course, our weekly activities agenda has always helped ensure there's no such thing as a dull day to be had at Pinewood:

Monday: Tai Chi with Joe

Tuesday: Hairdressing with Jamie

Wednesday: Mini bus outing

Thursday: Bingo and then some sing-a-long afterwards with Sue-Claire

Friday: Stretch and Movement with a quiz afterwards with Sue-Claire

Activities agenda for the month ahead

3rd July – *Tranquil Moments* are here once again.

13th July – *Music For Health* will be here for their monthly visit. We'll also be celebrating Hilda's birthday.

18th July – Peter will be celebrating his birthday.