

NEWSLETTER



The Supermarine Spitfire took to the skies for the first time on **March 5, 1936**, marking the beginning of a legendary chapter in aviation history. This iconic British fighter aircraft first took to the skies at Eastleigh Aerodrome in Southampton, England. Eastleigh was the site of the Supermarine Aviation Works, where the Spitfire was designed and built. This aircraft flown on this historic day was the Supermarine Type 300, which was essentially the prototype of the Spitfire. It was designed to meet the requirements of the Air Ministry's specification F.7/30, which called for a high-

Welcome

There is no place like home... with our CQC 'Outstanding' person centered care, at the Old Hall Care Home you can continue living safely, with dignity, confidentiality and support.



If there is something you would like to read about or would like further information on, please do not hesitate to speak to the team or ask for Michelle in the office.

We hope you enjoy reading!

The Old Hall Team

performance interceptor fighter. The Supermarine Type 300, later to be known as the Spitfire, featured several of the innovative design elements, its distinctive elliptical wing shape, retractable landing gear, and the powerful Rolls-Royce Merlin engine. The maiden flight of the Spitfire was a success. The iconic aircraft demonstrated excellent handling and performance characteristics, showcasing its potential as a top-tier fighter plane. During World War II, the Spitfire served in multiple roles, including as a fighter, interceptor, and reconnaissance aircraft. Its adaptability made it a versatile asset for the Allied forces. Spitfire's defining moment came during the Battle of Britain. The Supermarine Spitfire's contribution to the Battle of Britain, a pivotal air campaign during World War II, cannot be overstated. Spitfire played a crucial role in defending British airspace against the German Luftwaffe from July to October 1940, earning its reputation as a formidable adversar

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March 2025

Quiz time

Coffee time Quiz...

AWAKENING

BASKETBALL

BLOSSOM

DAFFODIL

DAYLIGHT SAVING

EASTER.

EQUINOX

FLOWER

FRESH

GREEN

GROWTH

HOLI

KITE

LEPRECHAUN

LUCK

MADNESS

MARCH

PARADE

POT OF GOLD

RAIN

REBIRTH

RENEWAL

SHAMROCK

SHOWERS

SPRING

ST. PATRICK'S DAY

WINDY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

Y	T	A	S	D	V	R	I	J	B	Y	L	Z	P	V	B	Y	O	F
M	S	J	C	A	F	E	T	R	H	T	K	O	G	P	N	D	E	V
D	M	H	C	D	Y	T	Y	E	G	I	C	A	A	H	U	N	Q	Z
Z	Y	G	A	K	N	S	Q	N	N	H	U	P	C	Z	A	I	U	B
F	A	X	A	M	I	A	N	E	I	O	L	R	R	W	H	W	I	M
R	D	S	F	A	R	E	Q	W	N	L	A	A	P	Y	C	Q	N	O
E	S	S	L	K	V	O	Q	A	E	M	I	M	F	G	E	N	O	B
S	K	E	G	K	D	B	C	L	K	N	H	T	W	O	R	G	X	D
H	C	N	E	H	Y	E	I	K	A	B	D	G	Q	H	P	F	V	Z
B	I	D	O	B	D	Y	I	Y	W	N	V	A	N	U	E	Y	R	J
M	R	A	L	A	G	N	I	V	A	S	T	H	G	I	L	Y	A	D
E	T	M	R	S	H	N	Y	R	U	A	T	G	H	T	R	A	Q	L
H	A	A	S	K	F	E	M	O	S	S	O	L	B	D	E	P	S	O
X	P	B	E	E	T	E	E	O	T	J	K	I	T	E	W	E	S	G
W	T	V	Y	T	W	R	J	N	Y	M	Z	K	X	Q	O	G	U	F
G	S	F	H	B	A	G	M	S	R	E	W	O	H	S	L	L	H	O
R	P	C	O	A	U	M	L	R	E	B	I	R	T	H	F	H	E	T
B	J	X	L	L	E	D	A	F	F	O	D	I	L	S	O	Z	E	O
J	A	B	I	L	I	V	P	T	K	T	V	U	O	N	G	I	Z	P



March 2025



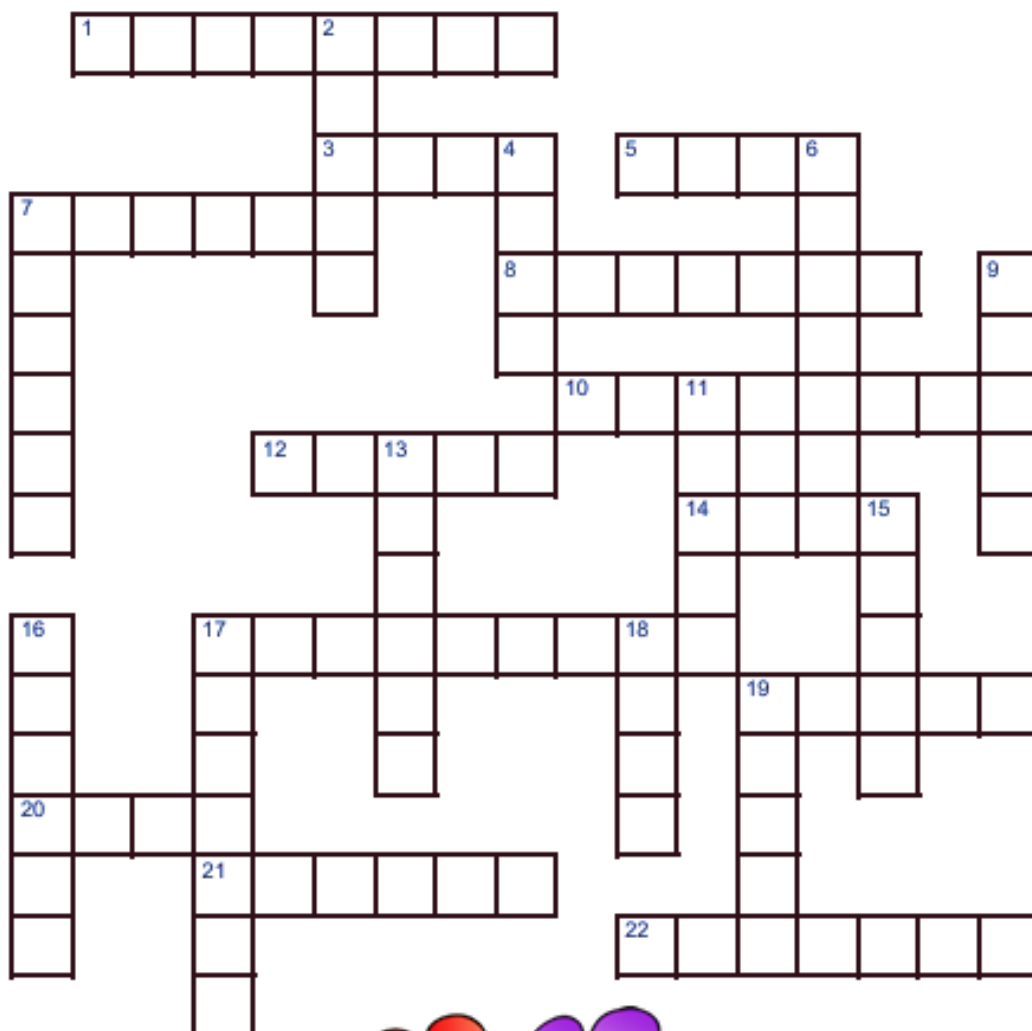
Spring is Here!

Across

1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colorful arc in the sky.
10. It keeps the rain off you.
12. The color of spring grass.
14. Where a bird lives.
17. An adult caterpillar.
19. A baby chicken.
20. What chicks hatch from.
21. It comes after winter.
22. Red insect with black spots.

Down

2. Come out of an egg.
4. Wiggly creature that lives in the ground.
6. Short rainfalls.
7. Small pool of rain.
9. What the lawn is made of.
11. Another name for a rabbit.
13. A spring holiday.
15. Holland is famous for this flow-

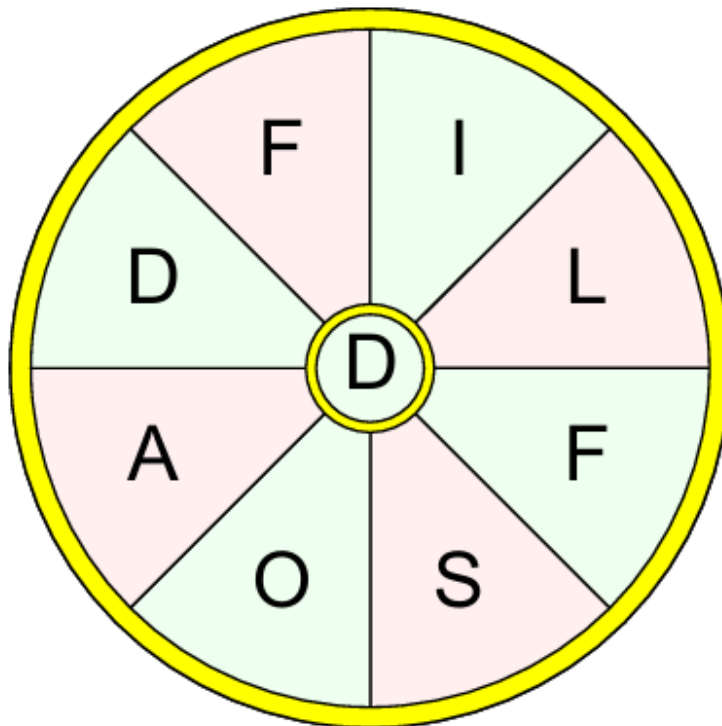


March 2025



Wordwheel Puzzle

Create as many words possible with the letters in the wordwheel. You can only use each letter once and every word must contain the letter in the center of the wheel.



A little help to find the 9 letter word:

A yellow flower that blooms in the spring and that has a center that is shaped like a long tube.

The 9 letter word is:

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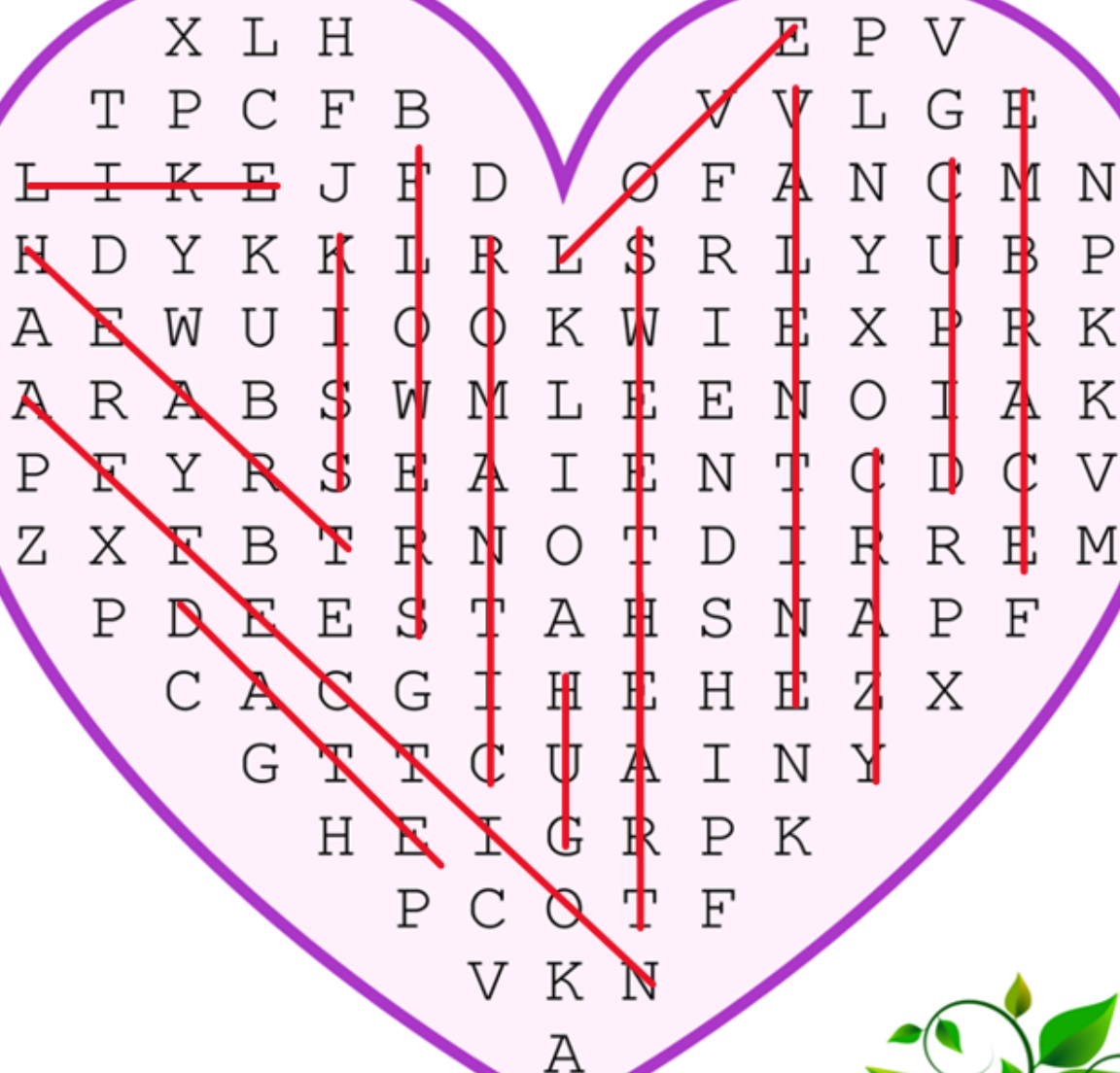
March 2025



Valentine's Day

Word Search

Name: _____



Word list:

AFFECTION

CRAZY

FLOWERS

FRIENDSHIP

LIKE

LOVE





March 2025



Be My Valentine

Across

1. A special item given to show love and appreciation.
4. A symbol commonly associated with love and emotion.
5. The act of pursuing someone romantically.
6. Sweet treats that come in various flavors and shapes.
8. A color often associated with love and romance.
12. Beautiful and fragrant plants often associated with love.
13. A container for sending a special message or gift.
14. Symbolic birds representing love and peace.



Down

2. The month that celebrates love and Valentine's Day.
3. A close companion with whom one shares affection and trust.
4. A gesture of affection where two people embrace tightly.
5. A small piece of paper with a heartfelt message.
10. A heartfelt piece of writing expressing emotions.
11. A feeling of deep affection and care.
12. A vibrant color symbolizing love and passion.

Angel
Candy
Card
Courting
Cupid
Doves
Envelope
February
Friend
Gift





March 2025



Answer Sheet

Wordwheel possible words

The wordwheel word is: FLOWERS

foe
for
fro
leo
low
ore
orf
ors
ose
owe
owl
roe

row
sol
sow
woe
floe
flor
flow
foes
fore
fowl
froe
fros

lore
lowe
lows
ores
orfs
orle
owes
owls
roes
role
rolf
rose

rows
sloe
slow
sole
sore
woes
wolf
wore
floes
flors
flows
forel

fores
fowls
froes
lores
loser
lower
lowes
orles
owler
resow
roles
rolfs

rowel
serow
sower
swole
swore
wolfs
worse
flower
forels
fowler
lowers
owlers

reflow
rowels
slower
swoler
wolfer
flowers
fowlers
reflows
wolfers



March 2025



Let's Talk...

Health and Wellbeing

Your Life, Your Style....



At any age it is important to maintain and enhance our own health and wellness; ensuring our minds and bodies are healthy and balanced, focusing on physical well-being, happiness, fulfillment, and mental strength.

This month we will focus on the importance and benefits of *Oral Hygiene*

Mouth care: A smile for life

Good oral health can have a huge effect on your quality of life. As well as making an important contribution to your general health it can ensure that you can eat what you want without discomfort, speak and socialise confidently, and smile comfortably.



Regular dental check-ups are important whether you have your own teeth or not. It lets your dentist see if you have any dental problems and helps you to keep your

mouth healthy. It is best to prevent problems or treat them early on leaving them could mean that treatment is more difficult in the future. At each check-up your dentist should:



March 2025



- Examine your teeth, gums and mouth.
- Ask about your general health and any problems you have had since your last visit.
- Ask about and give advice on your diet, tobacco and alcohol use, medications and teeth cleaning habits.
- Discuss with you a date for your next routine visit. This could be as short as 3 months or as long as 2 years depending on your oral health.

Community Dental Service

The Community Dental Service can help clients who need a dentist to visit them at home, or who need more time than a high street dentist may be able to provide.

Your healthy mouth

- Looking after your mouth, whether you have your own teeth or wear dentures is an important part of your personal hygiene. This page will give you some hints and tips on how
- to look after your mouth, gums and teeth or dentures to ensure your mouth stays healthy.
- You should brush your teeth thoroughly at least once a day with fluoride toothpaste to help prevent tooth decay and gum disease. A soft to medium

bristle toothbrush is best – make sure you replace it when the bristles get out of shape.

- If you have mobility difficulties, you may find it difficult to brush your own teeth - don't be



March 2025



embarrassed to ask for assistance.

There are also numerous oral hygiene aids that can be very helpful, such as electric toothbrushes and specially designed brushes with flexi-grip handles if you have problems holding a standard toothbrush. Fluoride gels and mouthwashes can be excellent supplements to brushing, helping in the prevention of dental disease.

Dealing with dentures

Like natural teeth, dentures must be looked after if they are going to last. Dentures should fit well and be comfortable. Whether you have complete or partial dentures you should:

- Brush gums, tongue and palate regularly with a soft bristle brush.
- See a dentist for regular check-ups.
- Brush your dentures daily to remove food deposits and plaque.
- Use a specialist denture cleaner or soap and water.

Ideally, dentures should be left out of your mouth for between 4 and 8 hours every 24 hours. Dentures can break, chip or crack, or you could simply grow out of

them as the shape of your mouth changes. Consult your dentist if you have any problems.



March 2025

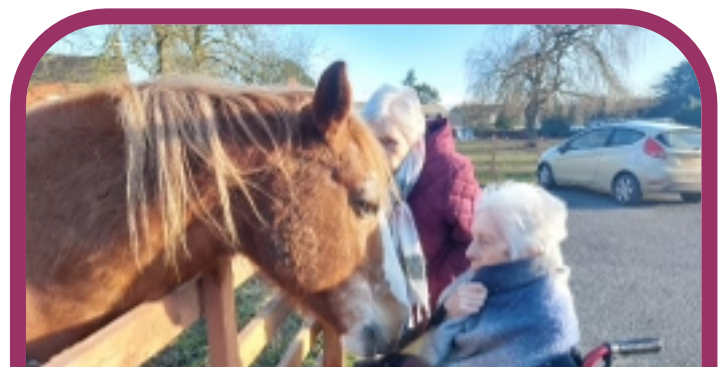


Activities at the Old Hall

In the month of March, we have plenty of activities, I have attached the monthly calendar for you 😊



We are lucky here in Billingborough that we only have a short walk to visit these two beautiful horses.





March 2025



Activities at the Old Hall



Our Baker June made 3 amazing cakes during February celebrating Valentine's day, they all tasted fabulous as well!





March 2025



Activities at the Old Hall

To Celebrate Valentine's day we enjoyed live music with Karen Claire singing some love songs, followed by high tea.

