



August 2025



The Old Hall Care Home

NEWSLETTER

Welcome

There's truly no place like home — and here at The Old Hall, we're proud to call it just that.

With our **CQC 'Outstanding'** person-centred care, we're dedicated to making sure you feel safe, supported, and respected every day. Whether it's a helping hand, a friendly chat, or a moment of calm, we're here for you.



Inside this newsletter, you'll find updates, stories, and useful information designed with you in mind.

If there's something you'd like us to include next time, or if you have any questions, just let a member of the team know — we'd love to hear from you.

Happy reading!

Warm wishes,

The Old Hall Team

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A Day in History – August 16th, 1977

Elvis Presley – The King's Final Curtain Call

On **August 16th, 1977**, the world bid farewell to Elvis Presley, the undisputed *King of Rock 'n' Roll*. While the day marked his passing, it also sparked a worldwide celebration of his life, music, and unforgettable charisma.

From Jailhouse Rock to Can't Help Falling in Love, Elvis brought joy to millions with his smooth voice, swivelling hips, and unmistakable charm. He changed the sound of the 1950s and 60s and became a global icon almost overnight.

For many of us, his songs bring back memories of dancing at youth clubs, playing vinyl records, and perhaps even sharing a slow dance or two. His style, sideburns, and sparkling jumpsuits might've raised eyebrows back then — but now, they're part of musical legend.





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The Heart of The Old Hall For Karen Culy

In the walls of The Old Hall, through each quiet room,
Lingers the light that dispels every gloom.

It's not just the paint or the pictures that stay—
It's the fire of a woman who carved out the way.

Karen Culy—fierce, passionate, and true,
With grit in her soul and a clear vision too.
She came when the place needed more than repair,
And poured in her spirit, her fight, and her care.

She didn't just manage—she stirred something deep,
Woke up the halls that had started to sleep.
She left for a time—how the stillness grew wide—
But we always felt her just under the tide.

And return she did, like a spark through the grey,
Ready to lead, come what may.
She stands for the residents, puts them all first,
Knows when to be gentle and when to be fierce.

She listens with heart, and she acts with intent,
Every ounce of her time and her talent is well spent.
Not just a presence—you feel when she's near,
She's the reason we rise, she's the reason we're here.

She lifts up her staff, helps each one to grow,
With encouragement steady and standards that show.
She's never too busy to stand by your side,
With a challenge, a chuckle, a moment of pride.

She's not here for praise, not seeking acclaim,
But The Old Hall is better because of her name.
So here's to our Karen—our lion, our flame,
The fierce beating heart of this care home we claim.



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Let's Talk...



Health and Wellbeing

Living Well with Diabetes

What Is Diabetes?

Diabetes is a long-term condition that affects how your body processes sugar (called glucose). Normally, the body uses a hormone called insulin to help glucose move from the blood into your cells, where it's used for energy.

When you have diabetes, your body either doesn't make enough insulin, or can't use insulin properly. This causes blood sugar levels to rise, which can lead to symptoms and health complications if not managed.

There are two main types of diabetes. Type 1 usually begins in childhood or early adulthood and occurs when the body stops producing insulin, requiring daily insulin injections. Type 2 is more common, particularly in older adults, and happens when the body doesn't use insulin properly or doesn't produce enough. It's often managed through lifestyle changes, tablets, or sometimes insulin. There is also a stage called pre-diabetes, where blood sugar levels are higher than normal but not yet in the diabetic range. With the right changes to diet and activity, pre-diabetes can often be reversed.



Signs and Symptoms to Watch Out For:

Not everyone gets obvious symptoms, especially older adults, but here are a few common signs:

- Feeling very tired or sleepy
- Needing to pass urine more often, especially at night
- Feeling thirsty all the time
- Blurry eyesight
- Losing weight without trying
- Slow-healing cuts or wounds
- Recurrent infections

Why Good Management Matters

Poorly managed diabetes can lead to serious complications such as:

- Heart disease or stroke
- Nerve damage (especially in the feet)
- Kidney problems
- Eye problems, including sight loss
- Higher risk of infections

That's why it's important to work as a team — residents, staff, and families — to spot early signs and keep things well-managed.



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☀ Employee of the Month – Roma! ☀



Roma consistently goes above and beyond in her role. She approaches every shift with a positive attitude, a strong work ethic, and a genuine willingness to learn and grow. She has completed all her training with enthusiasm and care, showing true commitment to providing excellent support to our residents.

Roma is a fabulous lady and a valued member of our team — her kindness, and determination shine through in everything she does.

Thank you, Roma, for all your hard work and dedication. We're lucky to have you!



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☀️ **Staff Proudest Achievements** ☀️

We're more than just colleagues — we're a team full of inspiring stories, proud moments, and personal victories. Here's what makes some of our wonderful staff beam with pride:

Karen

Proudly completed her degree in Dementia Studies — and then went on to smash her Master's degree in Frailty of Older Adults. Brainy and brilliant!

Stephen

Took home the Dementia Award, recognising his passion and dedication. A true champion in care!

Bridie

Became a proud mum and scooped the Residential Care Worker of the Year award for Lincolnshire. Double win!

Isaac

Ran and conquered the London Marathon! A huge achievement of endurance, strength, and determination.

Ann

Her proudest moment? Having her daughter in 1983 – a memory that still lights up her smile today.

Chantelle

A special moment to treasure: seeing her daughter all dressed up for prom. A proud and emotional milestone!

Kayleigh

Welcoming her beautiful daughter, especially after thinking she might never have children — a dream come true.

Hello August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 National Beer Day	2 Tiny tablet 	3 Movie 
4 Nails care with Bridie 	5 Board games 	6 Hairdressing 	7 One to one activity with Bridie	8 	9 Art and craft– Door sign	10 Art and craft Door sign 
11 Art and craft– but- ton art 	12 	13 Hairdressing	14 Art and craft– sea shell clay	15 	16 	17 Dominoes
18 National Photography day	19 	20 Hairdressing 	21 Art and craft 	22 Seaside day theme day	23 Baking– Pizza 	24 
25 	26 National Dog Day 	27 Hairdressing	28 	29 Card making 	30 Scrapbooks 	31 Scrapbooks 