



January 2025

The Old Hall Care Home

Issue 1

NEWSLETTER

Happy New Year!



The 1st January to many of us means a New Year. This offers a blank slate — an opportunity to get things right. We set New Year's resolutions; can we keep them? Some people use the New Year as a time to reflect on the past year and look forward to the future. It may be a sense of renewal, inspiring people to improve or change, establish good habits or develop new skills. Have improved health by eating better, exercising more, or watching less TV. Question is do we keep these resolutions? Many people fail

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!

*Happy New Year
2025!*

to keep them as the new
... that are unrealistic



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unplanned and the main reason is old habits soon kick in, if we set new goals. It's important to make sure plan is in place, then focus on the reasons why we want to make the change and stay motivated. For example, if we want to eat healthier, rather than pushing ourselves into eating all the salad and vegetables that are in the shop. Take your time and replace some unhealthy foods with a healthier version to begin with. Changes take time, look for the future goal. What will be your New Year resolution? 😊

Contact us on:

- Tel: 01529 240335
- Email: admin@theoldhall.org
- Website: www.theoldhall.co.uk





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Coffee time Quiz...

NEW YEAR WORD SEARCH

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

Ball Drop
Celebrate
Confetti
Countdown

Family
Festive
Fireworks
Happy New Year
Hat

Kiss
Midnight
Parade
Party

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NEW YEAR'S EVE WORD SCRAMBLE

1. _____ YLFIMA
2. _____ AGLRTHEU
3. _____ OUETSOLRIN
4. _____ DCIGANN
5. _____ KOSFREIWR
6. _____ RAAUJNY
7. _____ CATRIELBOEN
8. _____ DNESFRI
9. _____ NGNSIIG
10. _____ MNHIDTIG
11. _____ ERLNACDA
12. _____ LBELS
13. _____ NGNEGBNII
14. _____ NNDWCTUOO
15. _____ UCISM

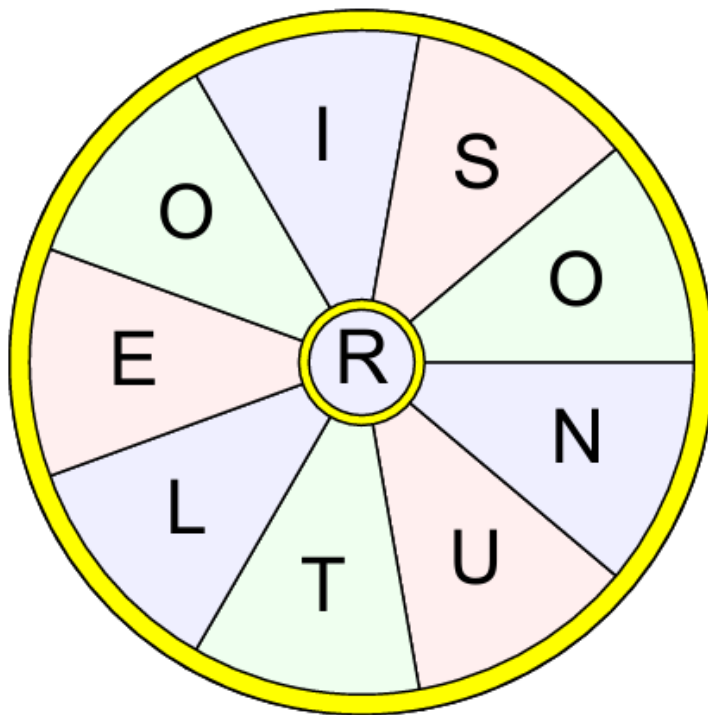


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Wordwheel Puzzle

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 10 letter word:

The act of finding an answer or solution to a conflict, problem, etc.

The 10 letter word is:

.....
.....
.....



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Easy Corned Beef Hash with Eggs & Beans

A classic British corned beef hash recipe using canned corned beef!

Diced crispy potatoes, meaty corned beef cubes, a dash of Worcestershire sauce, and fried eggs baked right in the pan! Serve the hash with baked beans for a hearty weekend brunch, or quick weekday dinner that everyone will love.

Prep Time: 10minutes minutes

Cook Time: 10minutes minutes

Total Time: 20minutes minutes

Equipment

- Chopping Board
- Knife
- Frying Pan
- Spatula

Ingredients

- 700 g White Potatoes (e.g. Maris Piper), peeled and diced into 2-3cm cubes
- 2 tablespoon Olive Oil
- 1 Onion peeled and finely chopped



- 1 Garlic Clove peeled and finely chopped
- 2 teaspoon Worcestershire Sauce
- 340 g Can of Corned Beef chopped into cubes
- 4 Eggs
- ½ teaspoon Salt
- ¼ teaspoon Black Pepper
- 1 tablespoon Parslev chopped



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Instructions

1. Place the diced potatoes in a large pan of salted water and bring to the boil. Cook for 6-8 minutes until the potato cubes are tender and cooked (test with a sharp knife). Drain the potatoes in a colander and set aside to steam dry.
 2. Heat the oil in large frying pan and cook the onion and garlic over a medium heat until soft and translucent. Stir in the Worcestershire sauce.
 3. Turn the heat up to medium high and add the potatoes, diced corned beef, and press down with a spatular or potato masher so you have one layer. Cook for 5 minutes until crispy. Use a spatula to turn the hash over in segments and cook for a further 3 minutes.
 4. Make 4 wells in the frying pan using a spoon and break an egg into each well. Place a lid over the pan and cook the hash for a further 3-4 minutes until the egg is cooked (runny yolk is best!). Season with salt and pepper before serving (and sprinkle with chopped parsley if you like).
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To Store: Place leftovers in an airtight container and store in the fridge for up to 2 days.

To Reheat: Reheat in the microwave until piping hot.

To Freeze: Not suitable for home freezing.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
						Homemade

Diary Events:



- 1st January – New Year's Day
- 5th January – 12th Night – Decorations to come down
- 6th January – Ephiny



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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 *Walking*

When you find exercise difficult or aren't sure how to be more active, walking is a great activity.

A daily walk, even if it's just a 15-minute stroll to the shops, is good for you.

A little every day

Don't feel that you must take long walks every day. It's better to make walking a part of your everyday routine. If your pace makes you feel a bit

out of breath, but you can still hold a conversation, that's ideal. But if that's not manageable for you right now, any kind of activity is better than nothing!

To fit in a little extra walking every day, you could try:

- walking to the shops instead of driving
- using the stairs instead of the lift or escalator



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Let's Talk
HEALTH

- When driving, parking at the far end of the car park so you have further to walk
- planning a town or country walk at the weekend
- joining a walking group. It's fun to walk with other people and you might even make some new friends.

How walking can improve your health

It helps you lose weight - Being active is especially important as we get older and our metabolism slows down, making us more likely to put on weight.

The only way to lose weight is to use up more energy than we take in, and a daily walk can help to burn off some of those calories.

It keeps your heart strong - Brisk walking can help to keep your heart strong by increasing your

heart rate. It can also reduce your risk of heart disease, high blood pressure, and stroke.

It reduces your risk of Type 2 diabetes - There are 4.7 million people living with diabetes in the UK. Most of these cases are Type 2 diabetes, which is more likely to affect adults and those who are overweight or obese.

However, you can reduce your risk of developing Type 2 diabetes with regular exercise and a healthy diet.



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Let's Talk
HEALTH

It strengthens your bones - Walking can help to prevent the onset of osteoporosis, which makes bones brittle and more likely to break.

It improves your mood and mental well-being - Being outside in the fresh air has been linked to better mental wellbeing and reduced stress. Regular exercise can even help to relieve depression.

Walking can also be a social activity when done in a group or with friends, so it can help to tackle feelings of isolation or loneliness.

It reduces your risk of dementia - Being physically active and leading a healthy lifestyle could reduce your risk of developing dementia.





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Activities at the Old Hall

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

December Activities.

On the 7th December the Old Hall hosted



a Christmas Bingo night to raise money for all our residents. We raised an approximately £800.00, this was a fantastic result, and the evening was enjoyed by everyone.



Thankyou Charmaine Liv and all staff that helped for all your hard work.

December has been exceptionally busy with lots of different activities. We have had visits from Billingborough Squirrel scouts, crafty days making dry clay foliage decorations, Karen Clare came in for singing, there were Christmas games, cracker making, plenty of good Christmas food, family time and lots of fun!



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Activities at the Old Hall





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The Old Hall Team News



This month's training focused on the 12 questions of Christmas, for the 12 days leading up to Christmas day. Karen has been sending out questions relating to care and the care home. The first person to reply with the correct answer was lucky enough to win a prize. This was a great training exercise.

CHRISTMAS CELEBRATIONS:



The Old Hall staff celebrated their Christmas party on Friday 20th December which was held at Springfields Conference Center. Staff partners were welcome to join in the fun as well, everyone had an amazing time!



On Christmas Eve and Boxing day, staff had the chance to dress up as a winter wonderland theme for their uniform. It was a fantastic day had by all.



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During the Christmas period we had such fun dressing up and everyone was in the Christmas Spirit 😊





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Our residents do not live
in our workplace.
We work
in their home.

The Old Hall Care Team

Wish you a HAPPY NEW YEAR 2025!

The Old Hall Newsletter Issue 1 – January 2025

Writer & Editor: Michelle Tobin

