

NEWSLETTER



15th February 1971, known as Decimal Day.

To prepare the nation for the changeover in currency systems, the Decimal Currency Board (DCB) was set up, running a public information campaign in the two years prior to the switchover on Monday 15 February 1971, also known as Decimal Day. Three years before the changeover, new 5p and 10p coins were introduced; these were the same size and worth the same amount as the one and two shilling coins. In 1969 a new 50p coin was introduced to replace the old 10 bob (shilling) note.

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



February 2025

The banks were closed for four days before the changeover to prepare. Currency converters were available for everyone, and prices in the shops were shown in both currencies. This went some way to alleviate the feeling many people had, that shopkeepers might use the conversion from old money to new to increase prices!

'Decimal Day' ran without a hitch. Although the elderly generation found it more difficult to adapt to decimalisation, in general the population readily embraced the new currency and the oft-used phrase of the 1970's "How much is that in old money?" is now more commonly used in reference to metrication.

For a short time, the old and new currencies operated in unison, whereby people could pay in pounds, shillings and pence and receive new money as change. Originally it was planned that old money would be phased out of circulation

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Happy Valentines Day



over eighteen months, but as it turned out, the old penny, halfpenny and three penny coins were officially taken out of circulation as early as August 1971.

It was originally intended that the new unit of currency would be referred to as 'new pence' to distinguish it from the old money, but this was quickly adapted to the abbreviation 'pee', which we still use today.



From left to right.

Shilling, Farthing & Three penny bit



From left to right.

Six Pence (Tanner), half-crown, & half penny

DECIMAL DAY

MONDAY 15th FEBRUARY 1971

- On this day—D Day—the United Kingdom will officially change to decimal currency.
 - The pound sterling (£) will be divided into 100 new pennies (100p). There will be a new halfpenny (½p).
 - The three bronze coins will not become legal tender until D Day. But the other coinage changes will be made gradually from 1968 onwards.
 - The 5p and 10p coins have the same size, weight, and metal content as shillings and florins and are interchangeable with them; they will come into circulation from 1968.
 - The sixth decimal coin will be the 50p. It will replace the 10s. note well before D Day.
 - The halfpenny will cease to be legal tender on 1st August 1969, the half-crown on 1st January 1970, and the penny, threepenny bit and sixpence after the changeover period.
 - The changeover period will last for several months after D Day; except on cheques, both currencies will be in use and £p will gradually replace £sd in shops and offices as cash registers, office machines, and slot machines are converted or replaced.
- Enquiries please to: The Decimal Currency Board, Standard House, 27 Northumberland Avenue, London WC2

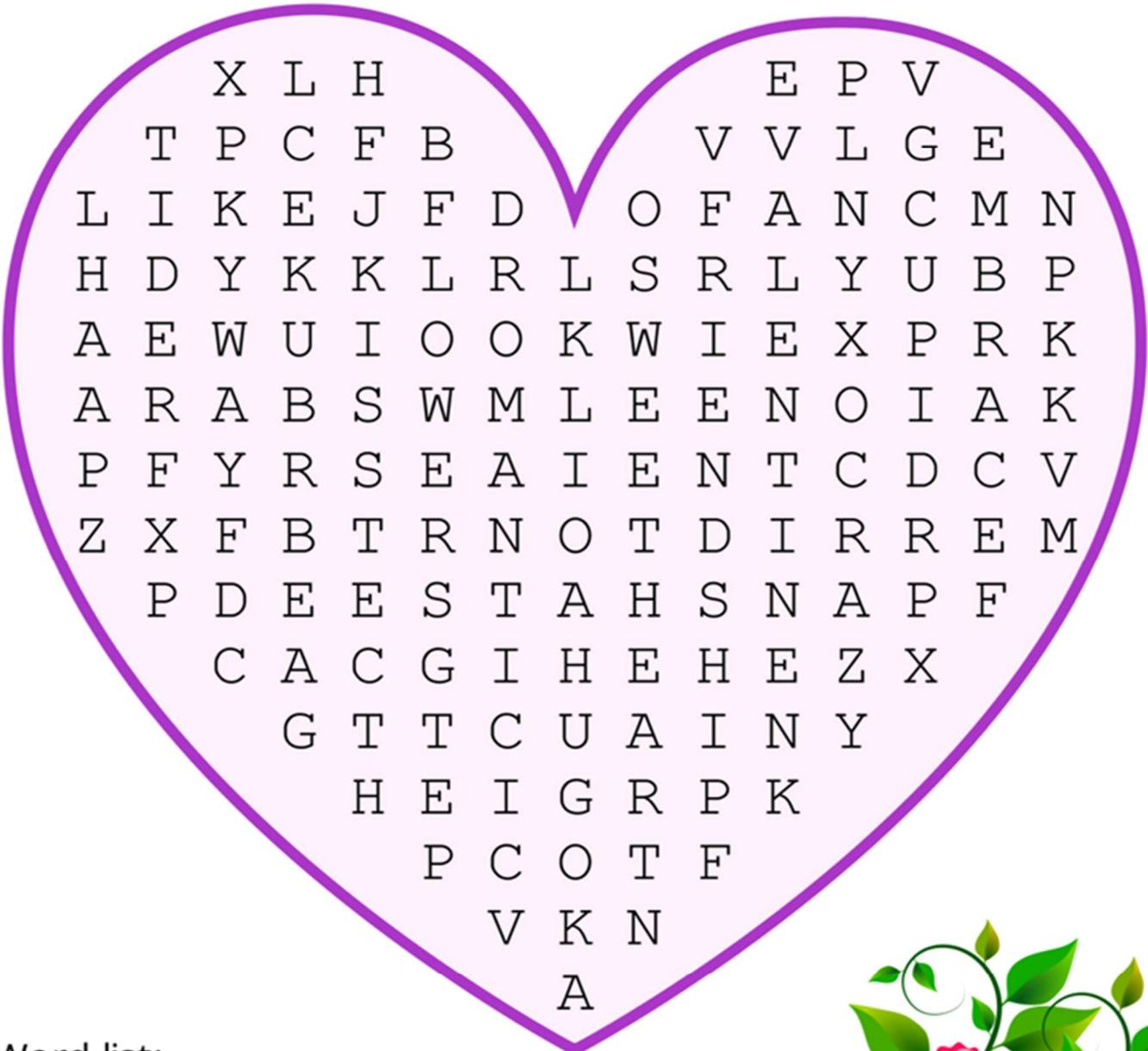
see overleaf

Coffee time Quiz...

Valentine's Day

Word Search

Name: _____



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

Word list:

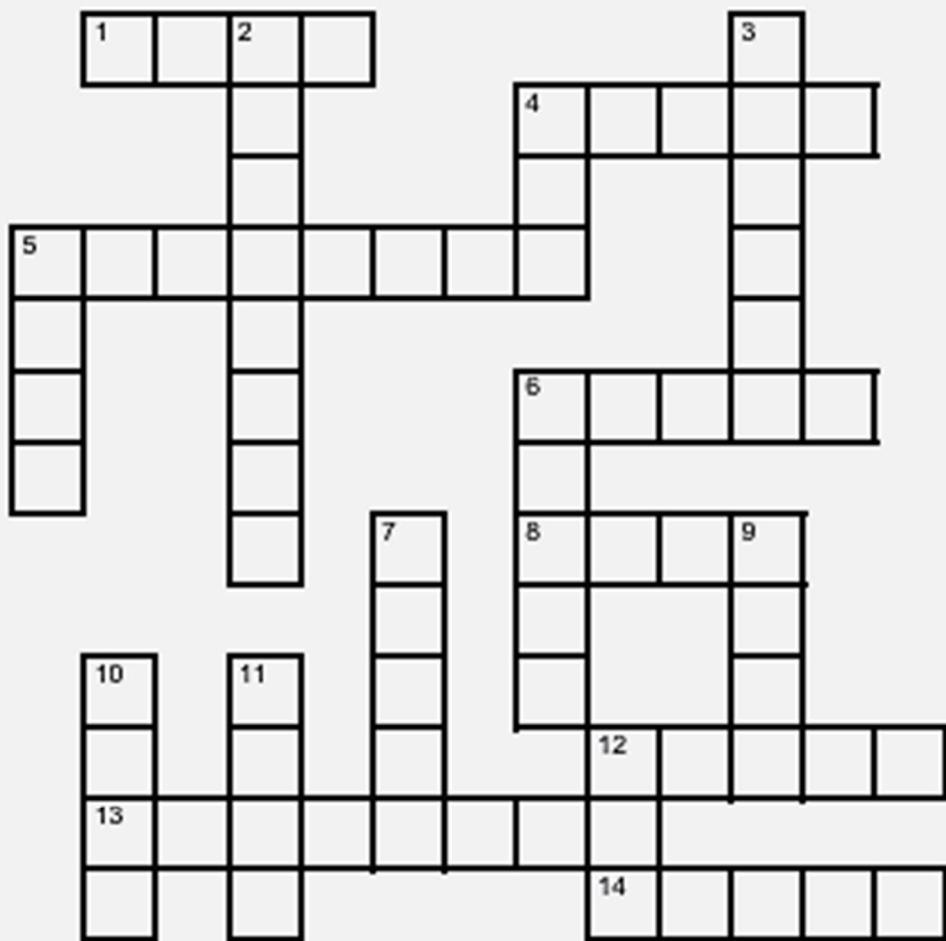
- | | | |
|-----------|------------|------------|
| AFFECTION | FLOWERS | LIKE |
| CRAZY | FRIENDSHIP | LOVE |
| CUPID | HEART | ROMANTIC |
| DATE | HUG | SWEETHEART |
| EMBRACE | KISS | VALENTINE |



Be My Valentine

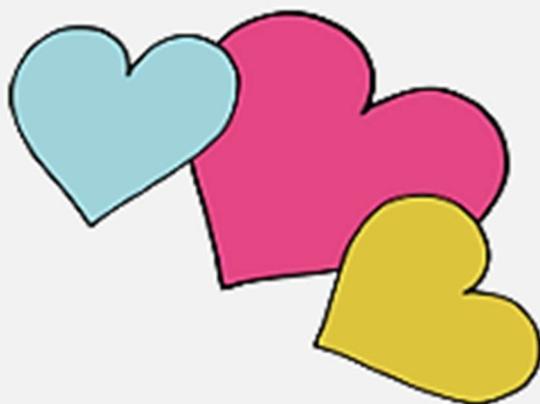
Across

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.
6. The Roman god of love, often depicted with bow and arrow.
7. A heavenly being often depicted with wings and a halo.
9. A gentle touch of lips as a sign of affection.
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
Heart
Hug
Kiss
Love
Pink
Poem
Red
Roses



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	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
Eve

Family
Festive
Fireworks
Happy New Year
Hat
January

Kiss
Midnight
Parade
Party
Resolution



February 2025



NEW YEAR'S EVE

ANSWER KEY

1. YLFIMA FAMILY
2. AGLRTHEU LAUGHTER
3. OUETSOLRIN RESOLUTION
4. DCIGANN DANCING
5. KOSFREIWR FIREWORKS
6. RAAUJNY JANUARY
7. CATRIELBOEN CELEBRATION
8. DNESFRI FRIENDS
9. NGNSIIG SINGING
10. MNHIDTIG MIDNIGHT
11. ERLNACDA CALENDAR
12. LBELS BELLS
13. NGNEGBNII BEGINNING
14. NNDWCTUOO COUNTDOWN
15. UCISM MUSIC



Answer Sheet

Wordwheel possible words

The wordwheel word is: RESOLUTION

ers	role	loser	ruins	linter	sterol	outlers
ire	root	lours	rules	lister	stoner	outlier
lur	rose	lures	runes	liters	suitier	retinol
nor	rote	luser	runts	litres	suitor	retools
nur	rots	luter	rutin	loiter	sutler	riotous
ore	rout	nerol	serin	loners	tenors	rooties
ors	rues	nerts	seron	looser	tensor	rootles
ort	ruin	niter	siler	looter	tilers	rosinol
our	rule	nitre	siren	lourie	toiler	routine
rei	rune	noirs	slier	lunier	toners	ruliest
ret	runs	norse	snore	luster	tonier	runlets
roe	runt	noter	snort	lustre	tooler	rutiles
rot	ruse	nurls	stern	luters	tories	soilure
rue	rust	nurse	stoor	nerols	torose	sonlier
run	ruts	oiler	store	niters	torous	sootier
rut	sire	oners	sture	nitres	torsel	stonier
ser	slur	oriel	tenor	nooser	touser	surloin
sir	sore	orion	terns	norite	trines	tersion
sri	sort	orles	tiers	norsel	triols	toilers
tor	sour	orlon	tiler	nostro	triose	toolers
tri	stir	osier	tires	noters	triune	torsion
urn	suer	outer	toner	notour	tuners	torulin
erin	sure	outré	tores	nursle	tunier	tousier
erst	tern	outro	torso	oilers	ulster	triunes
euro	tier	reins	tours	oriels	uniter	troilus
ires	tire	reist	tries	orient	unrest	uniter
iron	tore	relit	trine	oriole	unroot	unroots
lier	torn	rents	trins	orison	urines	urinose
lore	tors	reoil	trios	ostler	urites	insulter
lour	tour	resin	trios	ouster	ursine	louriest
lure	trin	resit	trois	outers	elutors	lustrine
lurs	trio	riels	trues	outler	enroots	nitreous
nurl	true	riles	tuner	outros	erosion	oestriol
nurs	turn	rinse	turns	relist	estriol	outliers
oner	urns	riots	urent	reails	isotron	outliner
ores	user	risen	urine	result	lienors	outsnore
orle	enrol	rites	urite	retool	linters	retinols
orts	euros	roils	uteri	roesti	loiters	routines
ourn	inert	roist	elutor	rootle	loonier	snootier
ours	inter	roles	enrols	rotons	looters	snoutier
reis	intro	roose	enroot	routes	louries	torulins
rent	inure	roost	erinus	runlet	lousier	torulose
rest	irone	roots	estrin	rusine	lustier	turnsole
rets	irons	rosin	inerts	rustle	nitroso	outliners
riel	liers	rosti	insert	rutile	nitrous	resolution
rile	liner	rotes	insure	rutins	norites	
riot	liter	roton	inters	senior	nostril	
rise	litre	rouse	inures	sinter	noestrin	
rite	loner	roust	irones	sooler	onerous	
roes	lores	route	lienor	sooner	orients	
roil	loris	routs	liners	sortie	orioles	

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 *Skin Hydration*

Skin hydration is important because aging skin can become dry and itchy. This condition is called xerosis. The Causes of xerosis are:

- **Water loss:** As skin ages, it loses water more easily.
- **Bathing habits:** Frequent bathing with hot water and alkaline soaps can strip the skin of its natural protective oils.
- **Environmental factors:** Exposure to UV light from the sun can make skin less elastic.

Treatments

- **Moisturizers:** Apply a fragrance-free moisturizer within minutes of bathing and throughout the day. For very dry skin, use an ointment.
- **Skin cleansers:** Use cleansers with a low alkaline rating and moisturizing qualities.

- **Humidifiers:** Use a humidifier to add moisture to the air.
- **Face masks:** Use a face mask to hydrate your skin.

Here are some tips to help keep your skin moisturised.

- Stay hydrated and eat a healthy diet.
- Manage stress.
- Don't smoke.
- Wear sunscreen, protective clothing, and sunglasses when you're outside.
- Check your skin regularly for changes.



A recommendation is: Cetraben Cream. It's the number 1 GP recommended cream for dry skin. Cetraben Moisturising Cream, locks in moisture to help protect the skin against irritants and water loss. You can use it to help manage dry, itchy, eczema prone skin, psoriasis and dermatitis.



Activities at the Old Hall

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

15th January 2025 was National Mocktail Week.

To celebrate, everyone enjoyed making their own cocktail with or without alcohol. Everyone could choose to make a mixed berry sprite or a tropical fruit sprite. Some even enjoyed a glass of Pimms as well as glass of gin.



Activities at the Old Hall

June our baker made a lovely Victoria sponge cake with a beautiful teal blue icing and vanilla icing tube decoration with little pink roses on it. All the residents thought it was beautiful, there were so many lovely comments “what a lovely teal colour, I’ve never seen a cake that colour before” “that cake reminds me of my wedding cake”. The taste was as just as amazing!

