



OAK LODGE
FOREST CARE

Newsletter

Winter 2022

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Welcome to Oak Lodge

The last couple of years have given us more experience than we realise - wanted and unwanted! As we start 2022 we have a choice to continue to embrace the little things; to keep enjoying new experiences and finding passion in what we do.

Our residents have enjoyed lots of festivities over the last few months, which you will see highlighted in this newsletter. They also continue to enjoy their favourite activities such as arts and crafts, flower arranging (may it be real, silk and 3D), virtual holidays and sampling the popular food in their destination. And we've even introduced our "Gentlemen's Club" so our male residents can meet regularly to share their interests and experiences. We are always exploring new activities to introduce and are open to any suggestions you may have.

I would like to welcome our new residents and staff to the Oak Lodge family. You will see their new faces around and I wish them well as they settle in.

For all the support and understanding of our residents, relatives, and friends, I am truly grateful. It is a driving force in continuing to provide the best possible care to all our residents.

And to all the staff, my appreciation for your continuing hard work and dedication is heartfelt.

Grace Adan, Home Manager at Oak Lodge





Oak Lodge - 100 Club

As you know we are very proud of our 100 Club members here at Oak Lodge. We are delighted to wish Joan (left) a very Happy 102nd Birthday! Betty (below left) a very Happy 101st Birthday! And Dora (below) a very Happy 101st Birthday! Such very special milestones we are honoured to celebrate.



Social Media

Want more regular updates from the activities in our home? Follow us on Facebook for regular updates about our activities and events.

Oak Lodge Homemade Honey

Don't forget that you can buy Oak Lodge honey. It's only £5 a jar, cultivated in our own gardens and tastes delicious!



Hampshire Floral
Co.

Have you Thought About Mother's Day?

Elly and Claire from Hampshire Floral Co regularly visit Oak Lodge to host flower arranging workshops with our residents. They are offering beautiful Mother's Day flowers. Bouquets start from £30 ribboned and gift boxed at £50. Visit www.hampshirefloral.co.uk to order your flowers.



Resident Profile



Alec Watts

Alec joined the Oak Lodge family in early 2021. He happily accepted to be our first resident profile for 2022 and has written his own beautiful story...

Born in London June 1927. Life growing up until just before the declaration of war in 1939 was normal and conventional. It all changed when I was evacuated to live with family in South Wales. Not the wisest of choices since the village lay midway between Cardiff and Barry Docks with it receiving more than its share of bombing. Admittedly the dropping of a large bomb in the middle of our allotment was welcomed, especially by all us youngsters that had been reluctantly toiling away in support of the Dig for Victory campaign. I left school when 14 and started work in the Electrical Department of the Cardiff Electricity Board and attended the Cardiff Technical College. When 18, I was conscripted into the Army and sent to Brecon for initial training. This was followed by trade training in the Royal Signals, prior to being posted to Milan in Northern Italy.

There I was transferred to Air Formation Signals and spent the next two years working with RAF wings mainly in Northern Italy and Austria.

After my service, I settled in London and immediately started work with the Telecom Company with whom I spent the next 42 years. Life was anything but mundane. I was privileged to work in a great variety of different workplaces. Notable subscribers such as the new John Lewis stores in Oxford Street and Milton Keynes, Fortnum and Masons Piccadilly, The Open University, The Royal Yacht Britannia, Ship Building Yards, Aircraft Manufacturing Factories, together with many large and small engineering and office businesses. Even bought a bespoke suit at cost price when working in Saville Row. No luck with Rolls Royce or Aston Martin though!

In 1963 I was transferred to Southampton with responsibilities for an area covering that City through the New Forest to Bournemouth and Poole.

Leisure time spent with a growing



family and outside pursuits was a very happy time. My wife and I joined the now defunct Civil Defence. We were members of the Rescue and First Aid Section and were trained in those disciplines. Our participation was serious but great fun as well. The Civil Defence had a great social side with dances, whist drives, race nights and a well-stocked bar!

1972 brought a final move to Basingstoke with work across the south. I retired in 1990 and over the course of the next 30 years, my Wife and I became active members of several clubs. We also ran a Rambling Group for 11 years, toured with a caravan for 19, and were keen wine makers, stamp collectors and with a love for reading and music. These activities together with the normal domestic and gardening tasks ensured that our days were busy and fulfilling. I count my blessings, and strongly believe in doing what one can, while one still can.



Words From Mark
Director of Forest Care

“As we enter 2022, I seem to remember saying last year that there can’t be many people who will not

be pleased to see the back of 2020. Unfortunately, I think the same applies to 2021!

This year does start though with the prospect of better times ahead and without wishing to tempt fate, while Covid is still very much with us, it does seem that the new normality of “living with Covid” is very close now.

We do not yet know what that means for care homes of course. Government support with things like PPE is due to end in March along with the lifting of all legal restrictions. Perhaps that will signal a further lifting of restrictions for care homes and enable people to come and go freely again? I think we have all forgotten what that was like, but given where we have been over

the past couple of years, it is badly needed again now.

In the meantime, we continue to try and make life as normal as possible for our residents and to facilitate visiting as much as the guidance, and “outbreaks”, permit. I hope you enjoy our latest newsletter therefore which highlights the many varied, and often innovative, activities that take place every day.

As ever, a big “thank you” again to all our staff who make all this happen and who continue to rise to the challenge in the face of everything that is thrown at them. An equally big “thank you” to all our relatives for your continued support and understanding and let’s hope for a much happier 2022!”

Flying Visitors



When a helicopter landed in the grounds of the Oakley Hall Estate, it was only polite to go and see what was going on. It was a thrill for our residents to watch all the action.



Winter Walks

When the sun is out, so are we... Even if it’s snowing and Jack Frost is nipping at our nose, we love a winter walk around the grounds here at Oak Lodge.

== New Years Eve at Oak Lodge ==



As we said goodbye to 2021 and welcomed 2022, residents and staff enjoyed a variety of celebrations. Laughter could be heard across the home as we hosted a prop filled photo shoot and delicious dinner.



— Christmas at Oak Lodge —



Yep, you heard us... Christmas!
Our festivities throughout December didn't fail to spread a smile or two... Or three!
From wreath making, tree decorating and Christmas crafts, to carol singing, photo shoots and lots of dancing, we made sure to enjoy Christmas traditions throughout December! A big "Thank You" to our Christmas King and Queen for graciously welcoming everyone to their Christmas feast!



Dancing



Antler Toss



Carol Singing



Festivities

We hope you enjoy this gallery of festive cheer as much as we fondly remember our celebrations.



Life at Oak Lodge



Cake Decorating

Darlene, one of our hardworking Care Assistants here at Oak Lodge, saved the day when our Cake Decorator visiting entertainer had to cancel... Darlene hosted the afternoon session and everyone thoroughly enjoyed decorated cakes all together.



Virtual Holiday to Greece

Enjoying another trip courtesy of Oak Lodge Airlines, residents enjoy exploring the music, food and views of Greece!



Gentlemen's Club

The first Oak Lodge Gentlemen's Club of 2022 was a great success. We discussed current affairs, shared many stories and enjoyed a drink a two!

Festive Centrepiece

Residents enjoyed making a variety of centre pieces for the dining during Christmas.



Paper Flowers

The Arts and Crafts Club continues to make decorations for our seasonal displays.



Flower Arranging

Have you spotted all the resident-made arrangements displayed around the home?



Painting Clay

Residents moulded clay into leaves, then air dried them before painting them for our spring walkway display.



Pom Pom Wreath

More homemade crafts here at Oak Lodge with some tassel and pom pom wreaths.



Window Visits

Where there is a will there is a way and we love the joy window visits bring to residents during lockdown.



Scrabble

There is always someone to spend time with at Oak Lodge. Our weekly board game afternoons continue to grow in popularity. Our residents have even started their own scrabble tournaments!

Staff News & Achievements



Well Wishes from Oak Lodge

Everyone at Oak Lodge hopes you enjoyed a very Merry Christmas and can look forward to happier times in 2022.

SHOUT OUT TO...

Rebecca, our newest Nursing Associate, who has just graduated from uni!



POOJA



ALEENA



BAL



PARBATI



BINA

YOU CAN DO IT!

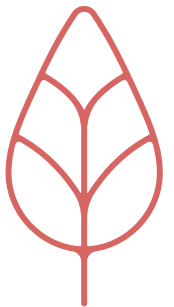
Good luck to Pooja Gurung, Aleena Rai, Bal Kumari Gurung and Parbati Thapa, who have all just starting their NVQ level 2 qualifications and Bina Pun who is starting her NVQ level 3!

Staff Profile

Val Strudwick



I am the Lead Activities Coordinator at Oak Lodge. I have worked in care for over 26 years now. During those years I have worked in domiciliary care in the community as well as for those living with special complex needs. I am happily married with 3 children and I have 4 beautiful grandchildren. I love my job and thoroughly enjoy working with my Activities Team and all the staff here at Oak Lodge. They are like my extended family, and the residents are so lovely. It's a joy being responsible for engaging them in activities everyday and getting to know them so we can tailor the activities to their personal interests and hobbies.



Feedback Corner

Did you know we have a 10/10 review score on carehome.co.uk!?
Thank you to everyone who has made this possible and to the staff who deserve the well earned reviews!



"My mum has been so well looked after since she moved to Oak Lodge in 2020. All the basics - care, food, cleanliness are dealt with in a highly professional way but Oak Lodge also has a sense of energy and liveliness which is far above the norm. Every time I visit the trust my mum has for each member of staff is clearly on show.

I'm so happy with the decision we made to move her to Oak Lodge."

Regulated by



Inspected and rated

Outstanding ★



YOU'RE INVITED TO REVIEW

Please visit
[carehome.co.uk](https://www.carehome.co.uk)
to leave a public review.



Chef's Seasonal Recipe Traditional Devon Cream Tea

Ingredients

900g Large
Strawberries halved
to serve
Clotted Cream

Strawberry Conserve

900g small
strawberries
900g sugar
1 lemon juiced

Scones

450g Self-Raising
Flour
1.4 Tsp Salt
100g cold butter in
cubes
70g caster sugar
300ml Buttermilk
1 Tsp Vanilla Essence

Method

Strawberry Conserve

Place strawberries with sugar into a bowl; add the lemon juice, cover and leave to stand overnight. Next day, transfer the fruit and sugar to a pan, bring slowly to the boil and simmer for 5 minutes. Pour back into the bowl, cover and leave again for another day.

Finally, transfer to a preserving pan, bring to the boil and simmer until setting point is reached - this takes about 10 minutes. Remove from the heat and leave to cool a little. Stir once more to distribute the fruit evenly and pour into prepared hot sterilised jars and cover immediately.

Scones

Preheat the oven to 220°C.

In a large bowl rub together the flour, salt and butter until you get a fine breadcrumb consistency. Stir in the caster sugar. Pour the buttermilk and vanilla in a microwaveable bowl and heat for 30 seconds then pour into the flour. Mix with a knife then bring together with your hands into a soft dough. Place the dough on a floured surface, shape into a round, about 4cm thick and stamp out 8 scones using a 4cm cutter.

Place the scones on the baking tray, glaze with milk and bake for 10 minutes.

Let the scones cool slightly before splitting the scones with your hands and serving with strawberry conserve and clotted cream.



ELM LODGE
FOREST CARE

Construction continues on Elm Lodge, the 5th Forest Care home. We hope to open the doors of the new luxury residential care home in Hartley Wintney in Spring 2023! Here is a sneak peek of the design.



Oak Lodge

Award-winning
Residential & Respite Care
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