



United in Christian Care

UPA Hunter Region Woodlands Lodge

Bulletin

Winter 2020

Inside this issue

Care Manager's Minute.....	3
Regional Manager's message	5
Your Say.....	6
Visiting Woodlands Lodge.....	8
The Leisure Report.....	10
Staff news	18
What's Cooking	20
Health Info	25
Queen's Birthday	26
Poetry and Affirmations.....	27
For Fun	30
European Vacation	42
Feedback form.....	47



UPA Values

Compassion

Respect

Kindness

Integrity

Inclusiveness



UPA Hunter Region Woodlands Lodge

Contact details

100 Lake Road,
Wallsend NSW 2287

Telephone: 02 4965 2200 (Option 2)

Web: www.upa.org.au

Email: admin.reception@upahunter.org.au

Staff

Regional Manager: Janelle Waters

Care Manager: Sheryl Basa

Retirement Village Manager: Kim Cunningham

Regional Accountant: Hugh Reedman

Accounts: Cecile Flood

Regional President

Mr. Ian Morante

Care Manager's Minute...

By Sheryl Basa, Care Manager



Hello to Everyone,


Over the past months we have all encountered an unprecedented challenge brought about by the COVID-19 (Coronavirus) pandemic.

During these challenges we're all required to adjust, implement and execute interventions as fast as possible as new developments and updates to prevent COVID-19 from spreading are received.

I am very happy to inform you that during these tough times, Woodlands residents and staff have effectively carried out measures to prevent and control any infection as our foremost strategy is keeping COVID-19 away from our facility. We aim to keep our residents and staff safe at all times.

In view of this, the interventions that we have implemented with guidance from UPA Head Office include:

- the front door is designated as the only entry into the facility to increase monitoring of all entry into the facility
- pre-screening via phone call on weekdays for anyone who wishes to book a visit with their loved ones (2 visitors per resident per day of less than 1 hour)
- evidence of flu vaccination required for anyone entering the facility as per government regulation from 1st May
- hand sanitising for anyone entering the facility
- screening questionnaire to be filled out and temperature to be checked on entering the facility
- increased cleaning twice a day in all areas of the facility
- increased number of hand sanitising stations
- regular audits and reordering of outbreak stocks
- social distancing being implemented at all times
- education provided to all staff in regards to COVID-19 prevention
- oxygen concentrator purchased as back up

- 
- local Outbreak Management Team formed
 - local, corporate and public health meetings attended by myself and delegates to keep facility up to date and roll out new interventions as they are received
 - heightened observation of anyone in the facility who has any symptoms and swabs taken as needed.

Whilst we have been implementing rigorous infection control, Woodlands has not forgotten to ensure that our resident and staffs' emotional needs are also looked after. Therefore, with the help of our wonderful and creative Recreational Activities Officers led by Angela and Elena, we've been keeping busy with activities such as "Window of Love" and high tea for Mother's Day, visit from the Easter Bunny and Woodland's Shop reopening. The Internet Hub has also restarted and staff have been assisting residents with Zoom calls to their family & friends.

Finally, thanks to everyone for your patience and ongoing support with the infection control measures in place here at Woodlands Lodge. Much appreciation to all staff for their efforts and team work in implementing these interventions as required.

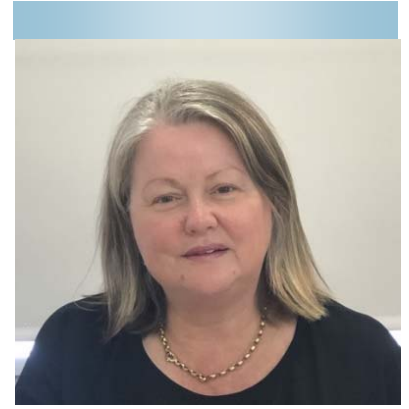
Please do not hesitate to contact me if you have any questions or concerns.

Best regards,

Sheryl

Regional Manager's Message...

By Janelle Waters, Regional Manager



Hello to everyone

Can you believe winter is upon us and we are almost half way through the year!

It is now eight weeks from the time I commenced as Regional Manager and I would like to thank all at UPA Hunter for a very warm welcome. It has been ten months since I moved to the region and I am thoroughly enjoying all the area has to offer. Prior to my re-location I was the Regional Manager of UPA's Central West Region.

A few things about me...I am the proud mother of three sons and nearly three granddaughters. I grew up in Western NSW and am now loving living on the east coast, close to the water. I am looking forward to catching up with you all in person when we are back in normal times ...after COVID-19!

We are in challenging times at the moment and I am sure with all of us working together we will get where we need to be and achieve what we need to do whilst remaining safe and healthy. I understand the isolation precautions required for safety at this time and not being able to visit loved ones freely has caused strain to many and I would like to thank everyone for your patience and cooperation.



Janelle's granddaughters

All is well at Woodlands and the renovation of the Valley View verandah is almost complete. We have had to postpone other planned refurbishments within Woodlands due to the COVID-19 precautions limiting contractors to the site.

Once again thank you for your support and cooperation.

Kind Regards
Janelle

Your say...



Working to ensure we continually improve the service we provide to UPA consumers is integral to our organisation. Your feedback helps us to do this.

Consumer Experience Surveys

You may have already had a visit from Zoe (Administration Assistant) to complete a Consumer Experience Survey. These surveys are used to help us understand what we are doing well and what we can improve on. Any suggestions you provide go into our Continuous Improvement Plan or may be followed up with you directly. If Zoe visits you with a short survey, please take a moment to complete the questions. The survey is voluntary.

Other ways to provide feedback

You are very welcome to complete a feedback form. There is one at the back of this Bulletin or you can find them in the Lodge lounge room any time.

If you'd prefer to provide feedback in person, you can always speak to a Team Leader or attend a Consumers' meeting held on the last Thursday of each month at 1.30pm in the Lodge loungeroom. You can also call the Care Manager on 4965 2200 (option 2) or the Regional Manager on 4965 2201.

I get quality care and services when I need them from people who are knowledgeable, capable and caring.

Standard 6

Consumer outcome

I feel safe and am encouraged and supported to give feedback and make complaints. I am engaged in processes to address my feedback and complaints, and appropriate action is taken.

Feedback and complaints

6 Consumer dignity and rights

5

Organisation's service environment

Standard 5

Should you require advice or information regarding your aged care rights from an independent organisation, OPAN, or Older Person's Advocacy Network, is there to help. Below is some information on the services they provide.

Supporting you to understand and exercise your aged care rights

1800 700 600
www.opan.com.au



The Older Persons Advocacy Network (OPAN) is made up of nine state and territory based service delivery organisations. OPAN organisations support you and your representatives to effectively access and interact with Commonwealth funded aged care services and have your rights protected.

ADVOCACY

We offer free, independent and confidential services to support you and your representatives to raise and address issues relating to accessing and interacting with Commonwealth funded aged care services.



INFORMATION

We provide free information about aged care service provision, referrals and the rights and responsibilities of consumers of Commonwealth funded aged care services, their carers, family members, service providers and members of the public.



EDUCATION

We deliver free information and education sessions to consumers and providers of Commonwealth funded aged care services.



1800 700 600

www.opan.com.au



Australian Government
Department of Health

OPAN service delivery organisations:



OPAN Acknowledges the Traditional Custodians of this land and pays respect to Elders past and present

Communique from UPA General Manager, Steve Walkerden, 4 May 2020

In this complex and often changing Covid19 pandemic once again we thank you for your support and patience.

The UPA visitor guidelines are in line with the Federal Government draft visitor access code that took effect on 11 May. The guidelines also fit within the rules set in place by the NSW Government.

We ask that you follow our guidance and keep visits to one hour or less for the next month. As you read these guidelines if you have any questions or concerns, please call – we will understand. We look forward to keeping everyone safe and to better days ahead.

Before you visit:

Please call Reception to arrange the visit on 4965 2200 (option 2). They will ask you some questions to help assess any risk factors. They are:

- a. During the last 14 days, have you had contact with a known or suspected case of Covid19?
- b. Are you suffering from any form of cold or flu like symptoms, either mild or more severe?
- c. Have you been given the flu vaccine? (We ask that you bring evidence of this on your visit). Persons who have not received the flu vaccination are not permitted to enter the home.
- d. Are you in an occupation that has regular contact with the general public?
- e. Have you been exposed to any higher risk environments such as public transport, shopping centres, medical practices, hospitals in the last week?
- f. Have you visited another aged care facility in the last week? If yes, where?
- g. Are you travelling from a Covid19 hotspot?

If you answer yes to either of questions a & b, you are in the highest risk group and you cannot visit in person. We can arrange a video or telephone call.

If you are otherwise well but have not had the flu vaccination you may not visit. We can arrange for you to meet outside the main entrance to the home weather permitting, or by video or telephone call.

If you are refused entry and want to have that decision reviewed, please ask that the Care Manager contact the Regional Manager for that to occur. If you are still unhappy with our decision you may want to contact the Older Persons Advocacy Network 1800 700 600 or the Aged Care Quality and Safety Commission 1800 951 822.

If you answer yes to any questions d, e, f, or g, the risk may be moderate and we will ask you to take precautions. For example, all our visiting doctors and allied health professionals fall into this group. They use personal protective equipment (PPE) to reduce the possibility they might unknowingly spread germs. We may ask you to wear a mask, use gloves, social distance, wait a few days or take another precaution. Some homes have designated meeting rooms near the entrance and all homes have additional cleaning.

If you answer no to questions a,b, and d,e,f,g and have had the flu vaccination you are low risk and we will ask you to complete the normal screening process as you enter the home for your visit.

Gifts or cards for your relative or friend can be dropped at reception or handed to them when you visit.

When you visit:

- Scheduled visiting hours are, Weekdays: 10.00am – 3.00pm or Weekends: 9.30am – 1.00pm. *If alternate times are a necessity over the next month, please speak with us.*
- For each resident, a maximum of two visitors, once a day.
- Entry to the home will only be via the front door.
- Visitors will be met by a staff member, or for our smaller services, please use the doorbell or call system to announce your visit.
- On entry, use hand sanitiser hygiene, complete the screening questionnaire, temperature check and if approved for a visit, sign in.
- Please follow the directions of our staff.
- Walk directly to the place where you will be meeting up and keep other conversations with staff to a minimum. If you need to speak at length with a member of staff, it is best to use the phone for the next month. If there are other residents that you might normally chat with, just a friendly wave will have to do for the moment.
- Social distancing of 1.5 metres must be maintained. We understand this is hard – but an air hug is much safer than a real hug in these difficult days.
- No children under the age of 16 are to visit, other than for end of life support.
- Visits must take place in the resident's room or other designated area for short periods of one hour or less.
- All visitors must use hand sanitiser hygiene when leaving the home.

The Leisure Report...

With precautionary lockdown measures in place over the past few months, many of us are missing catch-ups with family and friends more than ever. It has been great to see so many residents taking advantage of the wonders of technology to keep in touch with loved ones. Despite these challenging times, we've still managed to keep ourselves entertained and had a lot of fun!

Saint Patrick's Day...

Consumers and staff alike got right into Saint Patrick's day with costumes, decorations and even some Irish dancing.





Pancake Day...

We had a wonderful morning tea with freshly made pancakes, fresh fruit, cream and maple syrup. Our lovely resident Margaret Rutherford assisted with the cooking.



Easter...

The Easter Bunny was very busy when he visited Woodlands this year!





Wattle Grove residents
enjoying the sunshine
at Easter time.

ANZAC Day...

Consumers and staff commemorated ANZAC day at a small ceremony held on Friday 24 April.



Resident Profile

Born in Sussex, England, Alex White migrated to Australia at a young age. Alex trained for the Army at Dubbo. At the age of twenty he was sent to Malaysia to fight in WWII. Alex was captured in Singapore and was a prisoner of war for 3.5 years and was sent to build the Burma Railway. Alex and his fellow prisoners gathered bamboo to make their own little social space and they called it Reggie's Retreat. Alex returned to Australia and began working on a farm with his brother. Alex has been here at Woodlands for 5 years and will celebrate his 100th Birthday next year.

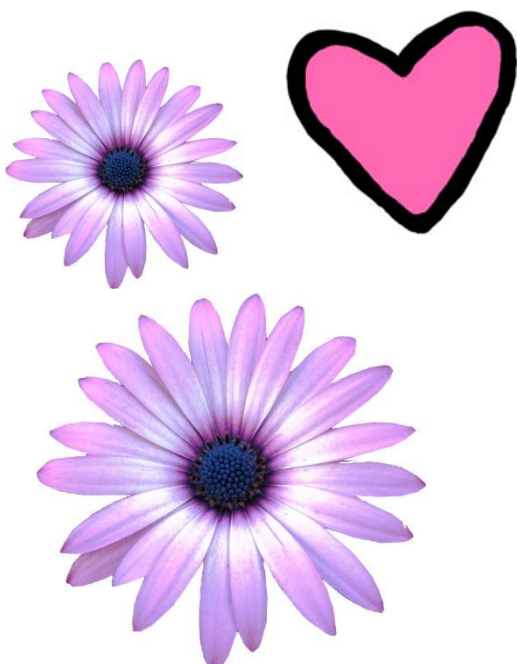


Mothers Day...

We celebrated Mother's Day in a very different style this year due to Covid 19 precautions. We decorated windows and gates with hearts, flowers and balloons to welcome visitors. Residents met with their loved ones at the "Window of Love".



Margaret at the Window of Love with her daughter Blair



Nancy at the Window of Love with her son Tony



International Nurses Day...

ISOLATION SURVIVAL KIT

SNICKERS: **Laughter is the best medicine**

MINTIE: **You are worth a mint!**

PEN: **List your blessings**

TEA BAG: **Relax and review your blessings**

PIECE OF STRING: **For when you get to the end of your rope**

GOLD THREAD: **Friendship is the golden thread that ties us together**

SMOOTH STONE: **A reminder that rough times smooth and polish**

STARBURST: **For that burst of energy**

GEM: **Because you are valuable**

SAFETY PIN: **Remember to be safe**

STARS: **Add some sparkle to your life**

HAPPY FACE: **Because we enjoy your smiles**



On International Nurses Day, 12 May, all of our amazing nurses and care staff received an Isolation Survival Kit with contents to remind them just how special they are.



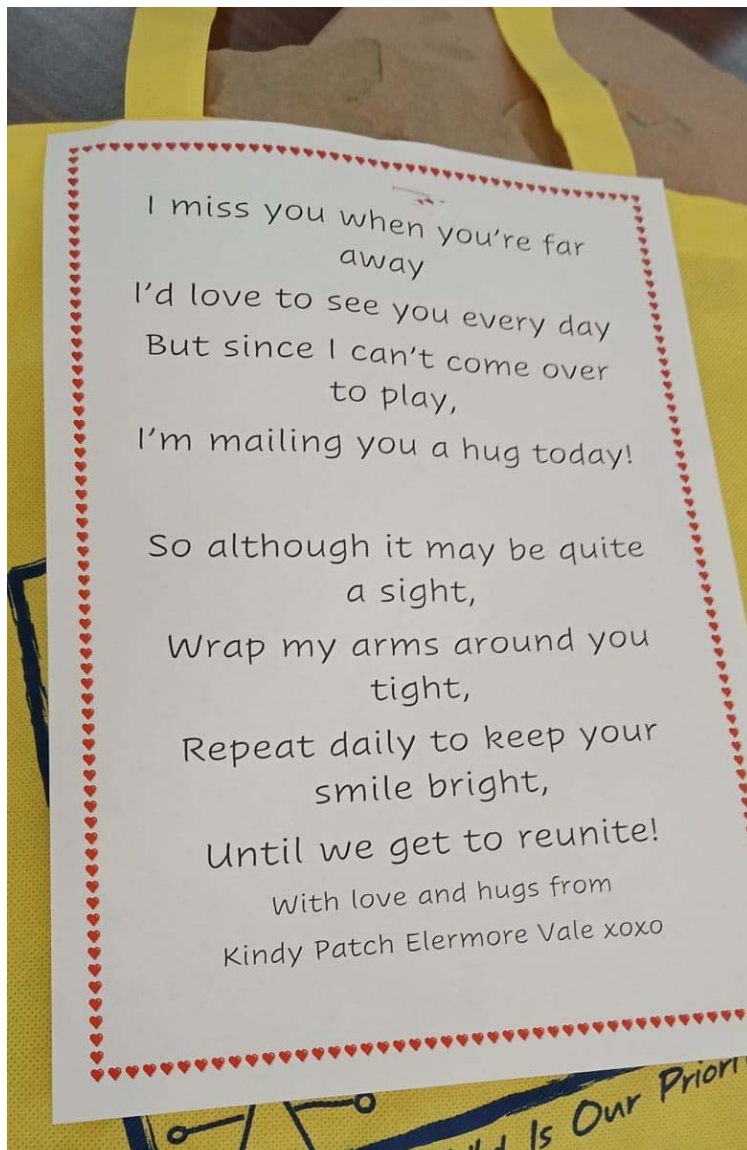
Staff dressed as super heroes to mark the occasion and enjoyed a BBQ lunch. Staff who were in later were treated to pizza for dinner. Consumers complimented the staff for their efforts and said they loved seeing the fun and laughter.

Being a NURSE Means...

You will never be bored.
You will always be frustrated.
You will be surrounded by challenges.
So much to do and so little time.
You will carry immense responsibility and very little authority.
You will step into people's lives and you will make a difference.
Some will bless you.
Some will curse you.
You will see people at their worst... and at their best.
You will never cease to be amazed at people's capacity for love, courage, and endurance.
You will see life begin...and end.
You will experience resounding triumphs And devastating failures.
You will cry a lot.
You will laugh a lot.
You will know what it is to be human and to be humane.

A Hug from Kindy Patch Elmore Vale

Our friends who regularly visit from Kindy Patch Elmore Vale have been missing us during lockdown. So they sent a heart warming message and a paper cut out to hug. We hope to see them again soon!



Upcoming events:

June

2nd Italian Day



10th Queen's Birthday
high tea



July

8th Naidoc Week



15th French Day



August

12th Korean Day



19th Daffodil
Day

Staff news...

New Faces

You may have noticed a few new faces around. In May we welcomed 5 new care staff members, Anita, Tracey, Eric, Noosha and Fiona. If you see them about, say hello!

We have also welcomed Karin de Vos who has been assisting us with clinical care over the past month or so. Karin writes:

Hi all,

Over the last few weeks you might have seen me (tall, short blond hair, Dutch accent) running around Woodlands Lodge and occasionally crossing over to the Woodlands House. For those who I haven't been introduced to, my name is Karin de Vos. I'm a Registered Nurse and employed by UPA Corporate. I visit all UPA nursing homes state-wide to advise and assist with clinical care. I'm not sure if it's because Woodlands likes me or I like Woodlands, but I seem to be staying a bit longer than normally. For now I will be staying until our new Clinical Nurse Specialist will start, on 8 June, and likely will work with her for another 2 weeks, before I slowly plan my exist. I'm sure I'll be back though, even if it's for 1 or 2 day visits. Over the last few weeks I really got to know residents and staff in Woodlands and they're such a lovely group of people.

For those that are interested:

I did my original nursing training in the Netherlands and graduated when I was 21. I have been nursing ever since (but of course I'm not going to reveal how many years that is). I relocated to Australia about 25 years ago and had to redo my nursing exam, which thankfully, I passed. I worked as a paediatric nurse and midwife in the Netherlands, but after passing my basic nursing exam, I was too lazy (and pregnant with our first child) to obtain the extra qualifications for paediatric nursing and midwifery again, so I left it. I rolled into aged care by default, but loved it from day one. This is now 25 years ago I have never looked back. I'm married with 2 gorgeous "adult" daughters (aged 19 and 22) and live in Sydney.

I love the beautiful nature and climate in Australia and I'm very happy that we made the move. Australia, for me, is the lucky country even though I miss my family overseas.

Making the most of it

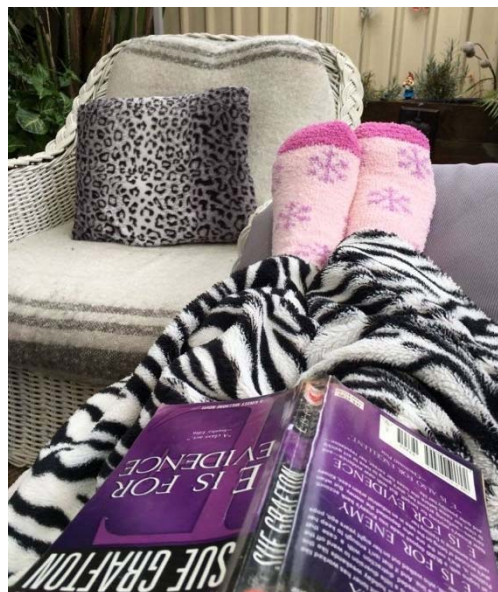
Life's been a little different since social distancing restrictions were put in place to protect us all. But that hasn't stopped Margo Rook, Team Leader, making the most of life. Margo shares some moments from her life over the past few months.



Margo celebrating her birthday on 19 April at a small, socially distanced party in the down stairs Valley View lounge. They also celebrated care staff member Karen Davison's birthday which was the week before.

Pictured: Margo with her mother-in-law Mavis from Wattle Grove.

Margo taking a well deserved break and reading on her back deck. With a good book, you can be anywhere in the world!



Margo and her husband Roger paid tribute to Margo's Grandfather Rawson Weatherall who was an ANZAC. They got up at 5:30 and stood in their driveway to commemorate Anzac day with their neighbourhood.

What's Cooking...

A Message from our Chef, Chris

Hi Everyone,

I hope everyone is coping with these unusual times we are currently in.

There is not too much to report from the kitchen end of things, things have been plodding along with a minimal amount of fuss.

We hope you're enjoying our new menu that started in May. There is a copy on the following pages for your reference. As always, if you have any suggestions please do not hesitate to pull me up in the corridors on my wonders around or attend one of our Food Focus Group meetings (see dates below). Your feedback including suggestions, compliments and complaints help us to do our job of bringing you the nicest food possible.

We have no new staff, but I will be looking at re-training some staff members in new sections, so if you see a new face in your section, please don't hesitate to come up and say hello.

Hope you are all well and your families are staying safe.

Thanks Guys, ☐

Chris and the Catering Industries crew.

Food Focus Group Meetings

There are Food Focus Group Meetings held on the last Thursday of each month in the Lodge Lounge Room. Upcoming meetings will be held on:

Thursday 25 June, 2pm

Thursday 30 July, 2pm

Thursday 27 August, 2pm



Woodlands Village

WINTER MENU 2020

Catering Industries



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONTINENTAL BREAKFAST	Daily: Assorted Cereals, Milk, Coffee, Tea, White, Wholemeal or Multigrain Bread, Margarine or Butter, Spreads, Yoghurt, Tinned Fruit, Orange Juice or Apple Juice.						
HOT BREAKFAST	Baked Beans	Scramble Eggs	English Muffins	Spaghetti	Grilled tomato and Cheese	Potato Gems	Poached Eggs and Bacon
MORNING TEA	Cookies	Banana Cake	Chocolate Muffins	Ham and cheese Croissants	Date Scones	Danishes	Cheese & Crackers
1st LUNCH MAIN CHOICE	Crumbed Chicken, Bacon and Cheese	Lamb and Vegetable Casserole	Silverside and White Sauce	Beef Rissoles with onion gravy	Crumbed Fish Fillet, lemon and Tartare Sauce	Beef Sausages and Onion Gravy	Roast Chicken & Herb Stuffing w Gravy
2nd LUNCH MAIN CHOICE	Pork Curried Sausages	Satay Chicken Fillets	Quiche Lorraine	Vegetarian Lasagne	Beef and onion pie	Vegetable patties tomato Relish	Beef Las
VEGETABLES	Chips, steamed Beans and mash pumpkin	Roasted Jacked Potatoes, Steamed carrots and Silverbeet	Mash Potato, Mash pumpkin and buttered Brussel sprouts	Potato Wedges, Sweet potato mash and buttered cabbage	Coleslaw & Chips	Creamy Mash potato, Spiced sweet potato and steamed peas	Roasted potato, Roasted Pumpkin, steamed Broccoli
DESSERT	Baked spiced pear with Custard.	Warm Butterscotch pudding and Caramel Sauce	Chocolate Mousse with Cream	Berry Cheesecake and Berry Syrup	Warm Baked Peaches and custard	Jelly and Custard	Pavlova and fruit salad
MODIFIED LUNCH	Curried Sausages	Satay Chicken Fillets	Quiche Lorraine	Vegetarian Lasagne	Beef and onion pie mix	Sausages and Gravy	Bol Mince
	A Plated Sandwich or Salad is available every day as an alternative to Lunch						
AFTERNOON TEA	A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents. (Valley View: A Selection of Cold Beverages & Ice Blocks)						
DINNER SOUP	Roasted Seasonal Vegetable	Potato and Leek	Pea and Ham	Roast Pumpkin Soup	Italian Tomato	Sweet potato	Potato and Bacon
DINNER MAIN CHOICE	Ham, tomato and cheese Toasties	Beef meat balls in BBQ sauce and Chips	Sweet and Sour Chicken Wings and Fried Rice	Cocktail fish with mash potato	Butter Chicken and Rice	Mini Spring rolls and sweet chilli sauce and chips	Cheese pasta bake with Garlic Bread
SANDWICH/ SALAD	Chicken, lettuce and cheese	Curried Egg & Lettuce	Ham and Tomato	Roast Beef and caramelised onion	Pink salmon and Lettuce	Silverside and Tomato relish	Salad and Cheese
DESSERT	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit
MODIFIED DINNER	Sausage, Mash and Gravy	Meatballs and Gravy	Sweet and Sour Chicken pieces with Mash potato	Steamed fish and white sauce	Butter Chicken and Rice	Savory Mince	Cheese pasta bake
SUPPER	A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents						
NOTE: Fresh fruit will be available at all meals							



Woodlands Village

WINTER MENU 2020

Catering Industries



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONTINENTAL BREAKFAST	Daily: Assorted Cereals, Milk, Coffee, Tea, White, Wholemeal or Multigrain Bread, Margarine or Butter, Spreads, Yoghurt, Tinned Fruit, Orange Juice or Apple Juice.						
HOT BREAKFAST	Baked Beans	Scramble Eggs	English Muffins	Spaghetti	Grilled tomato and Cheese	Potato Gems	Poached Eggs and Bacon
MORNING TEA	Cookies	Banana Cake	Chocolate Muffins	Ham and cheese Croissants	Date Scones	Danishes	Cheese & Crackers
1st LUNCH MAIN CHOICE	Crumbed Beef Parmigiana	Chicken and Vegetable Casserole	Roast lamb with mint gravy	BBQ DAY Sausage, Chicken Thigh & Caramelised Onion	Grilled Fish with a Lemon Pepper sauce.	Sheppard's Pie	Roast Beef with gravy
2nd LUNCH MAIN CHOICE	Salmon Pattie and white sauce.	Spinach and Ricotta Ravioli in a creamy bacon sauce	Roasted Vegetable Quiche		Chicken Kiev with white sauce	Lamb rissoles with rosemary gravy	Chicken and cheese meatloaf and gravy
VEGETABLES	Potato wedges, steamed peas, Honey Carrots	Roast Potato, mashed Sweet potato and Steamed Broccoli	Creamy Mash Potato, Mash pumpkin and Buttered Brussel sprouts.	potato and bacon bake and bread roll	Coleslaw and Chips	Hash brown, buttered spinach and steamed cauliflower	Roasted Potato, Roasted Sweet Potato & roasted Zucchini
DESSERT	Warm Baked Pears and custard	Caramel Mouse with Cream	Chocolate Cheesecake with chocolate syrup	Ice Cream & Topping	Sticky Date Pudding and Butterscotch sauce	Creamy rice pudding	Jelly, fruit salad & custard
MODIFIED LUNCH	Salmon Pattie and white sauce.	Chicken and Vegetable Casserole	Corned Beef with white sauce	BBQed meats and gravy	Chicken Kiev with white sauce	Sheppard's Pie	Chicken and cheese meatloaf and gravy
	A Plated Sandwich or Salad is available every day as an alternative to Lunch						
AFTERNOON TEA	A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents. (Valley View: A Selection of Cold Beverages & Ice Blocks)						
DINNER SOUP	Roasted Seasonal Vegetable	Potato and Leek	Pea and Ham	Roast Pumpkin Soup	Italian Tomato	Sweet potato	Potato and Bacon
DINNER MAIN CHOICE	Chicken, Cheese and BBQ sauce burger with Gems	Beef and Vegetable pasties with Sweet potato mash and gravy	Crumbed chicken wings with gravy and Mashed potato	Roast beef and Caramelised onion pizza	Battered pork in Sweet and Sour sauce with Rice	Mini Pies with Mushy peas mash potato and Gravy	Calamari Rings and Chips with Tomato sauce
SANDWICH/ SALAD	Salad and Cheese	Egg Lettuce and Mayo	Tomato and Cheese	Pink Salmon and cucumber	BLT	Silverside and tomato	Beetroot and Cheese
DESSERT	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit
MODIFIED DINNER	Chicken and Gravy	Savory Mince	Diced Chicken pieces	Roast beef and Gravy	Battered pork in Sweet and Sour sauce	Chicken Pieces with diced potato	Steamed Fish
SUPPER	A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents						
NOTE: Fresh fruit will be available at all meals							



Woodlands Village

WINTER Menu MENU 2020

Catering Industries



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONTINENTAL BREAKFAST	Daily: Assorted Cereals, Milk, Coffee, Tea, White, Wholemeal or Multigrain Bread, Margarine or Butter, Spreads, Yoghurt, Tinned Fruit, Orange Juice or Apple Juice.						
HOT BREAKFAST	Baked Beans	Scramble Eggs	English Muffins	Spaghetti	Grilled tomato and Cheese	Potato Gems	Poached Eggs and Bacon
MORNING TEA	Cookies	Banana Cake	Chocolate Muffins	Ham and cheese Croissants	Date Scones	Danishes	Cheese & Crackers
1st LUNCH MAIN CHOICE	Crumbed Chicken with a butter sauce (Hol Sc)	Beef stroganoff	Roast Pork with Gravy	Steak and kidney Pie	Battered Fish fillets with tarate sauce and lemon	Lamb and Rosemary rissoles with gravy	Silverside with White sauce
2nd LUNCH MAIN CHOICE	Macaroni Bolognaise with garlic bread	Honey Chicken Thigh fillets	Salmon patties with Caramelised Onion relish	Lamb sausages with Tomato Gravy	Mushroom Risotto	Zucchini Slice	Cocktail Fish and White sauce
VEGETABLES	Potato Gems, Mashed pumpkin and buttered beans	Creamy Mash Potato, Baked sweet potato and Steamed Zucchini	Roasted jacket potatoes, Honey Carrots, Broccoli	Potato bake, sweet potato mash and braised Cabbage	Coleslaw and Chips	Garlic mash potato, roasted carrots and buttered spinach	Roasted Potato, Roasted Pumpkin, brussels sprouts
DESSERT	Warm Apple crumble with Cream	Mixed berry mousse with berry syrup	Fruit salad with yoghurt	Baked Custard and caramel sauce	Ice-cream and Topping	Warm Baked Peaches and custard	Hot Bread & Butter Pudding
MODIFIED LUNCH	Crumbed Chicken with a butter sauce (Hol Sc)	Honey Chicken Thigh fillets	Roast Pork with Gravy	Pork sausages with Tomato Gravy	Mushroom Risotto	Lamb and Rosemary rissoles with gravy	Silverside with White sauce
	A Plated Sandwich or Salad is available every day as an alternative to Lunch						
AFTERNOON TEA	A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents. (Valley View: A Selection of Cold Beverages & Ice Blocks)						
DINNER SOUP	Roasted Seasonal Vegetable	Potato and Leek	Pea and Ham	Roast Pumpkin Soup	Italian Tomato	Sweet potato	Potato and Bacon
DINNER MAIN CHOICE	Beef and cheese burger, tomato sauce and Mustard with Chips	Dim Sims, potato wedges and sweet chill sauce	Citrus and Herb Chicken Wings with mash potato	Hot dog and Chips	Curried prawns and Fried Rice	Savory mince and Vegetables and Mash potato	Bacon, mushroom creamy pasta bake with garlic bread
SANDWICH/ SALAD	Egg and Bacon	Salmon and caramelised onion	Curried egg and lettuce	Roast beef and Sweet mustard pickle	Ham Cheese and Tomato	Chicken and Cheese	Chicken and Cheese
DESSERT	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit
MODIFIED DINNER	Beef patties and gravy	Fattah	Citrus and herb Chicken Pieces with Mash potato	Frankfort and tomato gravy	Curried prawns	Savory mince	Curried prawns and rice
SUPPER	A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents						
NOTE: Fresh fruit will be available at all meals							



Woodlands Village

WINTER MENU 2020

Catering Industries



WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONTINENTAL BREAKFAST	Daily: Assorted Cereals, Milk, Coffee, Tea, White, Wholemeal or Multigrain Bread, Margarine or Butter, Spreads, Yoghurt, Tinned Fruit, Orange Juice or Apple Juice.						
HOT BREAKFAST	Baked Beans	Scramble Eggs	English Muffins	Spaghetti	Grilled tomato and Cheese	Potato Gems	Poached Eggs and Bacon
MORNING TEA	Cookies	Banana Cake	Chocolate Muffins	Ham and cheese Croissants	Date Scones	Danishes	Cheese & Crackers
1st LUNCH MAIN CHOICE	Crumbed Beef with mushroom gravy	Creamy Chicken and leek pie	Beef and Mushroom casserole	Mixed Grill - Steak, lamb sausage, chicken thigh fillet fried egg with gravy	Grilled Fish with a Momay sauce	Chicken meatballs with a creamy bacon sauce	Roast Pork with gravy
2nd LUNCH MAIN CHOICE	Vegetable Patties with warm tomato sauce	Spring Rolls with garlic Mayonnaise	Lamb, Rosemary and Thyme meatloaf and gravy	Salmon Pattie with white sauce	Egg and Bacon pie	Lamb Sausage and rosemary gravy	Beef meatballs with gravy
VEGETABLES	Chips, Roast pumpkin, Buttered spinach	Garlic Mash Potato, Honey Carrots and buttered Peas	Potato Wedges, Spiced Sweet potato and roasted zucchini	Potato Gems, roasted mixed grilled vegetables	Coleslaw & Chips	Potato bake, mashed sweet potato & steamed Cauliflower	Roast potato, Roast pumpkin & Buttered brussels sprouts
DESSERT	Donut balls and chocolate sauce	Mango Mousse with cream	Vanilla Pancetta with Custard	Blueberry Cheesecake with cream	Ice-cream and topping	Vanilla Cheese cake with cream	Pavlova with cream and berry syrup
MODIFIED LUNCH	Beef Sausage with gravy	Creamy Chicken and leek pie mix	Beef and Mushroom casserole	Meats from Mixed grilled gravy and Mash potato	Steamed Fish	Chicken Meatballs	Roast Pork with Apple Sauce and Gravy
	A Plated Sandwich or Salad is available every day as an alternative to Lunch						
AFTERNOON TEA	A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents. (Valley View: A Selection of Cold Beverages & Ice Blocks)						
DINNER SOUP	Roasted Seasonal Vegetable	Potato and Leek	Pea and Ham	Roast Pumpkin Soup	Italian Tomato	Sweet potato	Potato and Bacon
DINNER MAIN CHOICE	Lamb and Bacon burger, BBQ sauce with chips	Crumbed prawn cutlets with Potato wedges and sweet chilli	Honey Soy Chicken wings with fried rice	Ham Cheese and Pineapple pizza	Bacon and cheese filled potato skins	Spring Rolls with Potato Gems	Chicken tenders, mash potato and gravy
SANDWICH/ SALAD	Silverside tomato relish and cheese	Egg and lettuce	Pink salmon and Cheese	Chicken cheese and Caesar dressing	BLT	Roast beef and tomato	Ham
DESSERT	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit
MODIFIED DINNER	Lamb Pattie, bacon and gravy	curried prawns	honey soy thigh fillets	Tomato Pasta topped with cheese	Sausage and gravy	Beef savory mince	Chicken Tenders
SUPPER	A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents						
NOTE: Fresh fruit will be available at all meals							

Health Info...

Foot Hygiene by Damian Mather, Podiatrist

Hand hygiene has been a hot topic lately but what about foot hygiene? Podiatrists constantly treat foot infections whether they be bacterial, fungal or viral. A good daily routine is to wash or soak your feet daily, being sure to clean between the toes. Dry the feet and apply a moisturiser to keep the skin healthy, but not between the toes as this is already an area that is often moist with sweat. If your toes sit close together this can lead to too much moisture which is the perfect environment for fungal infections (tinea). Applying methylated spirits between the toes daily can help control the excessive moisture as well as help kill any fungal or bacterial elements present.

It is recommended to always wear socks or sockettes when wearing shoes OR SLIPPERS. When we put our foot barefoot into shoes or slippers all the sweat and dead skin accumulates in them and builds up, again creating an environment for fungus and bacteria to thrive. Socks and sockettes on the other hand are washed daily. How many of us would wear the same pair of socks every day without washing them? Wearing shoes or slippers without socks or sockettes would have the same effect as not washing your socks.

The most common virus to find on a foot is a wart (or verruca), and most are found on the underside of the foot which we call the plantar side. Hence a plantar wart is simply a wart on the underside of the foot but is usually not a different strain to the ones found elsewhere. These are most commonly picked up walking barefoot around public pools or showers (which includes hotel and hospital showers). As such it is recommended to avoid having your bare feet touch the ground in public areas such as these where possible. Thongs may be a tripping risk, but you can get 'wet shoes' sold at camping stores which are enclosed with a rubber sole and are designed to be worn in pools.



A Message from Simply Pharmacy

Asthma

People with asthma have sensitive airways in their lungs which can make breathing difficult. Asthma affects more than two million Australians. It cannot be cured, but can be well controlled with medicines and lifestyle. This can allow you to live a normal and active life, free from symptoms.

Breathing becomes difficult when certain triggers cause the airways to become narrower. The airways narrow because:

- the lining of the airways becomes red and swollen (inflamed)
- the muscles around the airways tighten
- the airways produce extra mucus.

Symptoms

Symptoms of asthma can be:

- wheezing or a whistling sound with breathing
- a dry cough – mainly at night, early in the morning or with exercise and other activity
- feeling breathless (short of breath)
- feeling tight in the chest
- finding it hard to breathe.

Self care

- Always carry a reliever inhaler (usually blue or grey colour) with you. If you need to use a reliever more than two days a week (not counting before exercise), your asthma may not be very well controlled. Discuss with a doctor.
- Make sure you use your inhaler correctly. Ask your pharmacist to check your technique.
- Don't smoke and avoid other people's smoke. Ask a pharmacist for help with quitting.
- Find out what triggers your asthma and try to avoid it. If you get hay fever or reflux, have it treated as it may be triggering your asthma.
- Be aware of when your asthma starts to get worse and know how to use your Asthma Action Plan. Ask a doctor, pharmacist or asthma educator for advice.
- Exercise regularly. Always warm up and if needed, use your reliever inhaler before exercise.
- Check with your doctor or pharmacist before stopping or starting any medicines, even non-prescription medicines.
- Wear a bracelet or necklace (e.g. a *MedicAlert* bracelet), that says you have asthma

Queen's Birthday...

To celebrate the Queen's Birthday holiday coming up on 8 June, here are a few interesting facts about Queen Elizabeth II courtesy of National Geographic.

1. Queen Elizabeth II was born at 2.40am on 21 April 1926

To parents the Duke and Duchess of York, who later became King George VI and Queen Elizabeth (the Queen Mother).

2. She was crowned Queen on 2 June 1953

Watched by a TV audience of 20 million people.

3. She is the longest reigning monarch ever in Britain

Beating even Queen Victoria (her great-great-grandma).

4. As Queen, she has been served by 14 UK Prime Ministers

Including Winston Churchill, Margaret Thatcher and more recently, Boris Johnson.

5. Her favourite dogs are corgis

She even invented a new breed of dog when her corgi mated with a dachshund belonging to her sister, Princess Margaret, creating the "dorgi".

6. The Queen's birthplace is now a fancy Cantonese restaurant

Called Hakkasan, at 17 Bruton Street in Mayfair

7. The Queen first sent an email in 1976

... and published her first Instagram post in 2019!



8. The Queen has sent around 50,000 Christmas cards – and counting!

9. She owns an elephant, two giant turtles, a jaguar and a pair of sloths

Presents from other countries, all of which live in London Zoo.

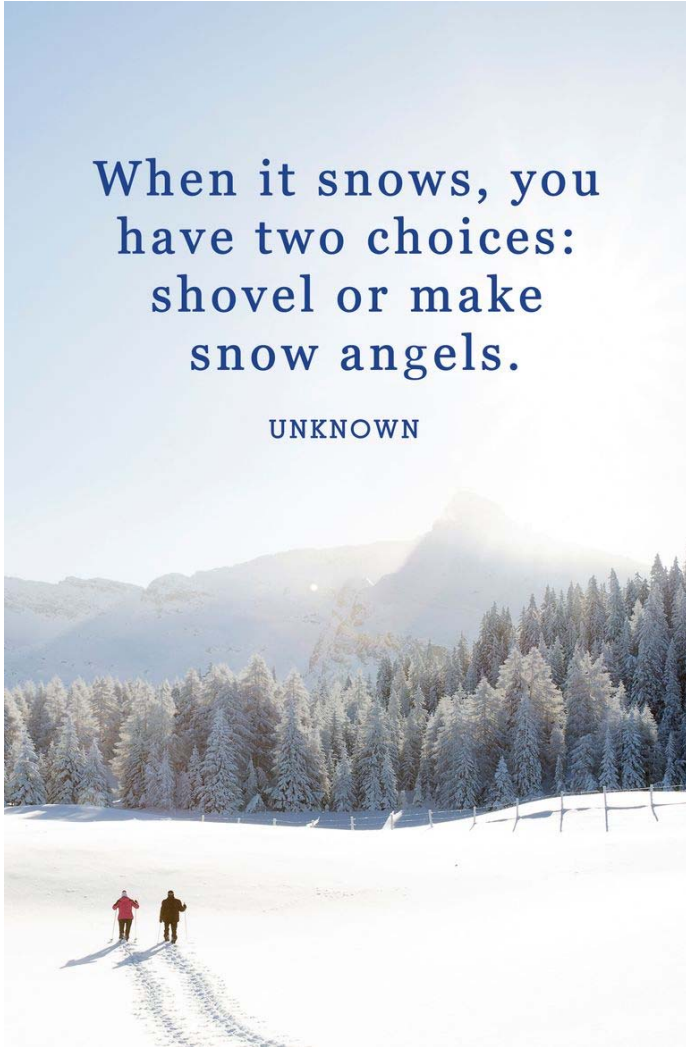
10. Princess Elizabeth made her first radio broadcast in October 1940

during the Second World War.

Poetry and Affirmations...

When it snows, you
have two choices:
shovel or make
snow angels.

UNKNOWN



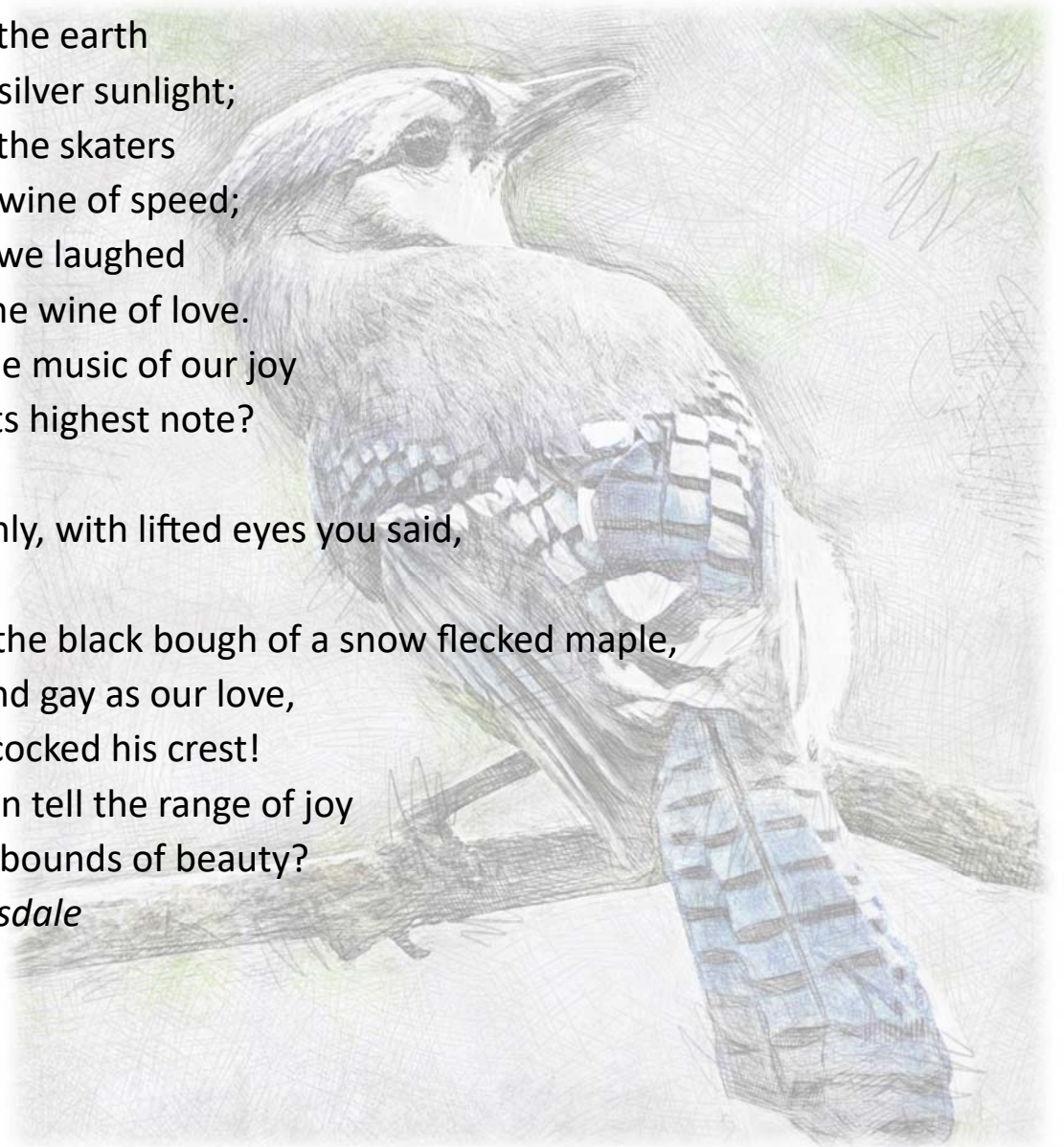
"A SNOWFLAKE IS ONE
OF GOD'S MOST
FRAGILE CREATIONS,
BUT LOOK WHAT THEY
CAN DO WHEN THEY
STICK TOGETHER!"

UNKNOWN



A Winter Bluejay

Crisply the bright snow whispered,
Crunching beneath our feet;
Behind us as we walked along the parkway,
Our shadows danced,
Fantastic shapes in vivid blue.
Across the lake the skaters
Flew to and fro,
With sharp turns weaving
A frail invisible net.
In ecstasy the earth
Drank the silver sunlight;
In ecstasy the skaters
Drank the wine of speed;
In ecstasy we laughed
Drinking the wine of love.
Had not the music of our joy
Sounded its highest note?
But no,
For suddenly, with lifted eyes you said,
"Oh look!"
There, on the black bough of a snow flecked maple,
Fearless and gay as our love,
A bluejay cocked his crest!
Oh who can tell the range of joy
Or set the bounds of beauty?
~ Sara Teasdale



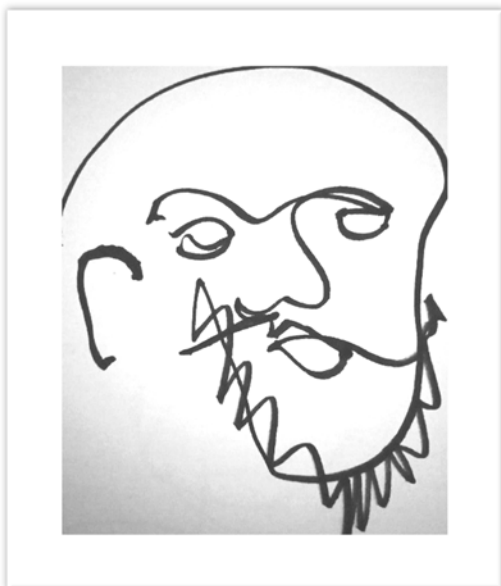
Get Arty

No Look Line Drawing Portraits

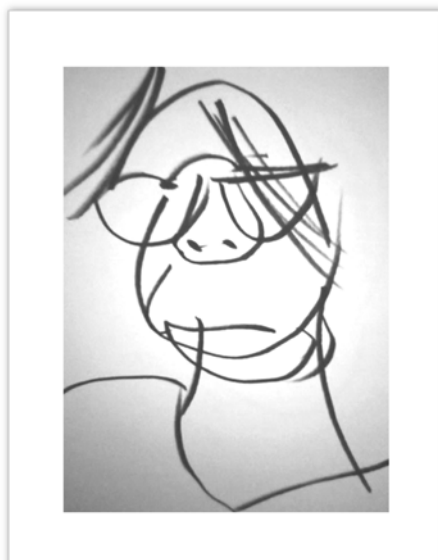
Here's a quick activity that will have you in stitches!

All you need is a friend, a pen and a piece of paper. Using the pen, look at your friend and try to draw them without looking at the paper (no peeking!). Try to do this quickly and freely. Now take a look at your creation, I bet it will have you and your friend laughing out loud.

Zoe, Administration Assistant, attempted this at home. Her drawings of her husband, Josef and son, Bill were pretty funny...



...but it was Josef's drawing of her that had them crying with laughter. When he showed her his masterpiece, Josef's mum Joan commented "you'd better stick to gardening".



No Look Line Drawing Portraits

Your turn to give it a go! Use this blank page to create your own “No Look Line Drawing Portrait”.

Shape Monsters

This is a fun activity to do on your own or with a friend. You'll need pen, paper and a dice (if you don't have a dice handy, put the numbers 1 to 6 on pieces of paper and draw them out of a container).

Take it in turns with your friend to draw parts of the monster's body following the list below. The body part will be the shape that corresponds to the number you role on the dice.

For example, player 1 roles a 1 so they draw a circle head. Player 2 roles a number 4 so they draw spiral eyes.

Body parts (follow this order)

1. Head
2. Eyes
3. Nose
4. Mouth
5. Torso
6. Arms
7. Hands
8. Legs
9. Feet Hair

Shape (role the dice to determine the shape)

1. Circle
2. Triangle
3. Square
4. Spiral
5. Squiggly line
6. Straight line

Zoe, Administration Assistant, and her 5 year old son Bill had fun creating this strange creature together.

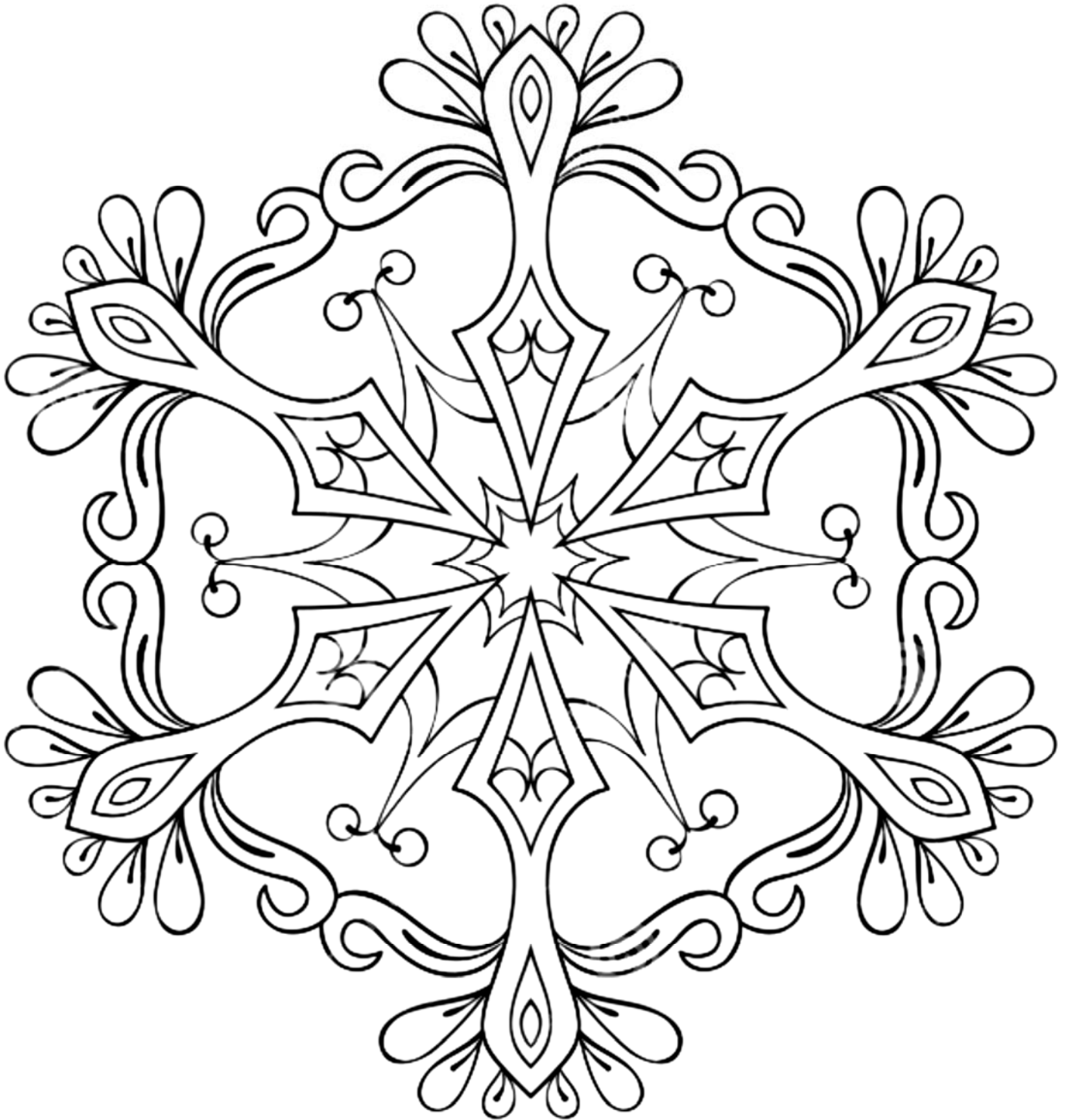




Shape Monsters

Your turn to give it a go! Use this blank page to create your own shape monster.

Colouring





Puzzles

Making Connections *(solutions on page 41)*

Fill in the word that connects with both words

For example – Break _ _ _ _ Ball

Answer is Fast – Breakfast and Fast Ball

1. Friend _ _ _ _ Wreck
2. Stage _ _ _ _ Overs
3. Poop _ _ _ _ Chairs
4. Drink _ _ _ Stairs
5. Tidal _ _ _ _ Length
6. Life _ _ _ _ Shoes
7. Hot _ _ _ _ House
8. Back _ _ _ _ Rat
9. Star _ _ _ _ House
10. Satellite _ _ _ _ Rag
11. Champagne _ _ _ _ Player
12. Buried _ _ _ _ Chest
13. Formal _ _ _ _ Rehearsal
14. Time _ _ _ _ Machine
15. House _ _ _ _ Width
16. Blue _ _ _ _ Shirt
17. Crushed _ _ _ _ Cream
18. Cocktail _ _ _ _ Folding
19. Over _ _ _ _ Time
20. Cup _ _ _ _ Tin
21. Black _ _ _ _ Mint
22. Peg _ _ _ _ Room
23. Lounge _ _ _ _ Man
24. Snow _ _ _ _ Cap
25. Straw _ _ _ _ Rack
26. Ship _ _ _ _ Up



Quiz *(solutions on page 41)*

1. Name 2 of the 5 oceans
2. What shape was the table used by King Arthur in Camelot?
3. What famous monster reptile is known as Gojira in Japan?
4. The pony express was formed in April 1860, but how many months did it last?
5. Who made the Lone Ranger's mask from his dead brother's vest?
6. Whose tag line is "What's up Doc?"?
7. Which famous duo's early stage names were Cleo and Caesar?
8. What was the name of Pocahontas' racoon friend in the animated film?
9. Who wrote the adventure novel featuring James Bond?
10. What kind of animals are found in a group called a gaggle?
11. Who's the bespectacled best friend of Bart Simpson?
12. Groucho, Chico, Harpo and Gummo were 4 of the Marx Brothers, but, who was the 5th?
13. In which year did G.I Joe first appear in comic strips?
14. Who is Christopher Robin's best friend?
15. Who was faster than a speeding bullet, more powerful than a locomotive and able to leap tall buildings in a single bound?

Sudoku 1 *(solutions on page 41)*

		6		9		1		
	4		1		2		8	
8			4		5			9
4		3				5		7
			6		3			
1		2				6		8
3			5		7			6
	1		2		9		4	
		9		4		8		

Sudoku 2 *(solutions on page 41)*

5		3	8		4	2		7
7								8
			1		9			
8		1		9		4		6
		5				8		
2		9		1		7		5
			5		1			
4								2
1		8	6		2	3		9

Weather

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

SUMMER
 BLIZZARD
 HOT
 FROSTY
 FALL
 WINDY
 COLD
 RAIN
 NIGHT
 WARNINGS
 HEATWAVE
 BLACKOUTS
 SNOW
 TORNADOS
 ICY
 HURRICANE
 STORMS
 HUMID
 FREEZING
 WARM

Sewing Basket

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

SNAPS
 MEASURING TAPE
 ELASTIC
 TRACING WHEEL
 INTERFACING
 SCRAPS
 PINS
 SEAM RIPPER
 BINDING
 SNIPS
 THIMBLE
 LACE
 BUTTONS
 PATTERNS
 BOBBINS
 RICKRACK
 NEEDLES
 THREAD
 BODKIN

Answers

Making Connections Solution

- | | | | | |
|---------|--------------|--------------|------------|-----------|
| 1. Ship | 7. Dog | 13. Dress | 19. Night | 25. Hat |
| 2. Left | 8. Pack | 14. Slot | 20. Cake | 26. Shape |
| 3. Deck | 9. Light | 15. Band | 21. Pepper | |
| 4. Up | 10. Dish | 16. Hawaiian | 22. Leg | |
| 5. Wave | 11. Flute | 17. Ice | 23. Chair | |
| 6. Boat | 12. Treasure | 18. Napkin | 24. White | |

Quiz Solution

- | | |
|---|---------------------|
| 1. Atlantic, Pacific, Indian, Arctic and Southern | 9. Ian Flemming |
| 2. Round | 10. Geese |
| 3. Godzilla | 11. Millhouse |
| 4. 18 months | 12. Zeppo |
| 5. Tonto | 13. 1942 |
| 6. Bugs Bunny | 14. Winnie the Pooh |
| 7. Sonny and Cher | 15. Superman |
| 8. Meeko | |

Sudoku 1 Solution

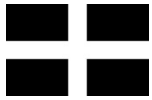
2	3	6	7	9	8	1	5	4
9	4	5	1	6	2	7	8	3
8	7	1	4	3	5	2	6	9
4	6	3	8	2	1	5	9	7
7	9	8	6	5	3	4	1	2
1	5	2	9	7	4	6	3	8
3	8	4	5	1	7	9	2	6
6	1	7	2	8	9	3	4	5
5	2	9	3	4	6	8	7	1

Sudoku 2 Solution

5	9	3	8	6	4	2	1	7
7	1	4	2	5	3	9	6	8
6	8	2	1	7	9	5	4	3
8	7	1	3	9	5	4	2	6
3	4	5	7	2	6	8	9	1
2	6	9	4	1	8	7	3	5
9	2	7	5	3	1	6	8	4
4	3	6	9	8	7	1	5	2
1	5	8	6	4	2	3	7	9

European Vacation Part 4...

By Hugh Reedman, Regional Accountant



Cornish Flag

In the couple of previous Bulletin's I gave you an insight into vibrant Portugal, colourful Spain and magical Ireland. This time we escape into the countryside and visit quaint Cornwall in the south-west of England, before heading back up to London to the Chelsea Flower Show. Then we travel north to Edinburgh via Newcastle-on-Tyne, finally flying out of Edinburgh to Doha, Qatar, in Arabia, and finally back to Sydney and on the train home to Newcastle.



The Flag of the United Kingdom



The Saltire – Flag of Scotland

Cornwall. Flying out of Dublin we landed in Gatwick Airport south of London. Fine, sunny and 13°C. If we thought Portugal, Spain and Dublin were busy, **Gatwick** was even busier again. We emerged from the airport and eventually found our way to the car hire depot and waited in line. We had booked a medium sized car but by the time we got served they had run out and our choice was a new enormous Volvo SUV or a brand new Mercedes C220 di. We took the Mercedes. Unlike Ireland where you have to pay extra for a car with onboard navigational capability, the Mercedes had everything. We also only had to fill up once every 900 kilometres which was amazing. We headed out of the airport and straight onto a major motorway. Because I was driving a hire car I was the only car on the road doing the speed limit and they have funny practices where even if you are in a left lane and someone faster comes up behind you and they have two lanes to the right to go around you, they sit behind you flashing their lights and honking their horn as apparently you have to get left into the truck lane and then come back right into your lane as the faster cars seem to have right of way and this becomes very dangerous when there are trucks travelling over 110 kph and you have to dodge in between them at such high speed or risk the car behind smacking into you. Different but fun. The speed signs are in Miles Per Hour so I had to keep checking constantly. The whole Motorway thing is really just a race to see who can go the fastest. They have Highway Patrol and Speed Cameras but these are few and far between and the locals know where they are and it's the only time they slow down. English country back roads are far more relaxing.

So past the picturesque **Stonehenge** on the Salisbury Plain heading West we headed to our first night at a beautiful little country 400 year old pub in the middle of nowhere surrounded by 20 foot high hedgerows, The Farmers Arms, at a place called Slough Hill, West Hatch, **Taunton** Essex. Great accommodation, quiet undisturbed peaceful

countryside location, terrific restaurant and local ales at the bar. Leaving Taunton the next morning, we travelled the 140 miles through Exeter and past Torquay and Plymouth to Kenrick Gate, **Falmouth**, Penryn, in central **Cornwall**. This was our base for the next few days. We visited historic **Truro**. Enjoyed the street buskers and an awesome lunch at Charlotte's Period Teahouse where the staff all wore 1800's period costume every day, fine teas in a great many flavours to choose from as well as sampling the locally made gins, and surrounded by vintage books like a first edition Dickens just to name one. Bit like travelling back in time actually or something out of Harry Potter. Being a big Poldark fan from the ABC TV series we visited **Truro Cathedral**, the **Poldark Tin Mine** and went underground and posted a letter home from the deepest underground post office in the world. We also visited one of the restored coastal traditional National Trust tin mines up on the cliffs of Botallack and Wheel Owles (strange names) and **Charlestown** Harbour with its old sailing ships where many of the scenes from the Poldark series were filmed. Once a thriving industry, now scattered with ruins everywhere you look, Cornwall was the largest tin and copper producing area in the world for several hundreds of years and all mining royalties go to the Dutchy of Cornwall who happens to be Prince Charles. We visited a surfing and mining history museum in a beautiful quaint little town of **St Agnes**. North Cornwall actually gets really good surf breaks, if you don't freeze to death first. We had afternoon coffee on the Harbour at **Penzance** in southern Cornwall (for any Gilbert & Sullivan fans) and went to **St Michael's Mount** to check the tides for crossing the causeway.

The next day we visited Pendennis Castle built in 1500 to 1542 by Henry the 8th to protect England against the French invaders and St Mawes on the other side of the bay with its big artillery block tower. We visited **Falmouth Harbour** which was the launching point for a flotilla of British Commandos who sailed across to Normandy to launch a raid on St Naraitz naval dry dock in German occupied France in 1942. The next day we travelled to **Marazion** at low tide and walked across the causeway out to the island castle of **St Michael's Mount**. Very steep and high. The view from the top of the castle on top of the Mount was 360° and spectacular. You certainly don't want to be afraid of heights on the mount and you have to come back before the tide comes back in. After making it back to Marazion we travelled to north Cornwall and stayed at a beautiful quiet little farm at **Boscastle**.

Boscastle was our base for the next couple of days. Boscastle is a quaint little fishing harbour and farming community. The Napoleon Inn is a very cosy traditional pub and the Cobweb great for food. We progressively visited **Port Wenn** (Port Isaac) and saw two days of shooting the latest Doc Martin series which has just finished airing on ABC (April, 2020). The town is exactly like on TV. They don't use props, they use the actual buildings, vehicles and everything that's in the village. The Chemist shop is just as it is, the pharmacist steps outside and Mrs Tishell comes in and they start filming. But the school in the series is

actually the old school which is now a Hotel, they just clear everyone out and fill it with children for the show. We visited nearby **Tintagel** Castle high on the sea cliff dating from the 5th century which is the site of **King Arthur's Camelot**. We also visited the very spiritual **Saint Nectan's Falls** a place of quiet reflection, water, woodland forest and natural beauty.

I totally enjoyed Cornwall. Simply brilliant. Next day we travelled back into London to go to the **Chelsea Flower Show** in the grounds and to raise money for the Royal Military Hospital. The Flower Show is a really big deal and has its own TV show each night the Show is running. Huge pavilions and judged landscaped architectural displays. Even one from Australia. We saw Princess Kate's garden which was very creative made for childhood fascination. So many people, absolutely packed in everywhere and lots of queues for everything but every different type of flower, perfectly displayed, just a wonderland of nature. Very hot long day but an absolute blast. If you like gardening a day at the Chelsea Flower Show is a life highlight. I was in the minority because I wasn't wearing a suit and drinking Pimms as I wandered around the exhibitions as I didn't know you dress like it's raceday.

We then left **Croydon** where we were staying and headed North to **Newcastle**. Visited Newcastle Castle. Right to the top. Again, you don't want to be afraid of heights and it was blowing a gale. Fantastic view for miles and miles. Our Newcastle is named after it because it was also a coal port for shipping. After Newcastle we headed further North to Edinburgh the capital of Scotland. The first day in Edinburgh was cool but fine, however the next couple of days we were greeted with typical Scottish weather with cold and pouring rain. We did all of the shops from one end of The Royal Mile to the other, Edinburgh Castle where the Tattoo is held each year, and had a guided tour of the inside of Scottish Parliament in Queensbury House (where they trained the boxers, Queensbury Rules and all that) now a very architecturally converted modern Parliament building, and Holyrood Palace where the Queen stays each summer before heading to Balmoral in the Highlands. We also visited the barge locks at Denny, Stirling Castle and travelled back in the rain to the Edinburgh Flower Show in a big paddock near the airport which is a smaller version of Chelsea. After our few days in Scotland to finish our trip, we handed the trusty Mercedes hire car back and flew out of Edinburgh to Doha in Arabia and then to Sydney and then trained it back to Newcastle. It was an absolutely awesome trip and I hope you have enjoyed reading about the places I've been to and seen. I might save up and go again sometime and hopefully it won't take me 26 years next time.

Regards, Hugh.





Feedback form...

If you have any feedback on the service you receive here at Woodlands Lodge, we'd like to hear from you. Please detach this form from your Bulletin and fill in the details below. You can submit a form to a staff member or by placing it in the feedback box in the Lodge lounge room.

Please select from the following options

☐

Good news is uplifting, it reassures us we are doing things right.

☐

Suggestions and ideas encourage us to keep looking for new ways to enhance our service.

☐

We are sorry if we have disappointed you. We would like to know why, so we can give you better service in the future.

Date:.....

Your name:

Phone number:.....

Comments:

.....

.....

.....

.....

☐

Please tick if you would like us to contact you regarding your feedback.



UPA Mission Statement

Our Mission is to offer care of the highest possible standard consistent with the UPA's Christian commitment and the expectations of society.

UPA Values

Compassion Respect Kindness Integrity Inclusiveness

Our Philosophy of Care

The United Protestant Association (UPA), is a Christian organisation that aims to provide quality service and care. We believe that every person that we care for has the right to live in peace with dignity, respect and security. That right does not diminish, irrespective of age.

We welcome people from all religious and cultural backgrounds. We convey compassion, kindness, respect and honesty in our work. Our staff and volunteers encourage and empower those we care for to choose their own path. Mindful of how we ourselves would like to be treated, we aim to provide a caring atmosphere of Christian love and understanding.

When we have failed to live up to our Mission, Values and Philosophy of Care we will seek to make amends.

Get Involved

This is **your** bulletin. We'd love to receive your contributions. Maybe you've written a short story or been practicing your poetry. Maybe you've got creative little family members who'd like to see their drawing published. If you have something you'd like to share, please take it to reception with a note saying "Attention Zoe: for the Bulletin". Also include your name on your submission.

We look forward to receiving your contributions for the Spring Bulletin by 31 July 2020!

