

# SHAKTI LODGE

## NEWS



July 2023—Summer Issue



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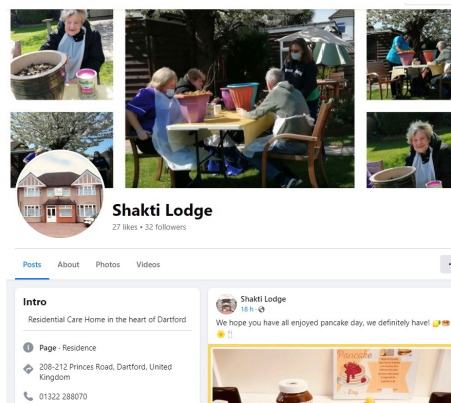
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## Shakti Lodge

Care in the heart of Dartford

Providing respectful, kind and genuine care in a safe and homely environment.

Interact with us on Facebook!  
Please search **Shakti Lodge**



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# What we have been up to

Since our spring newsletter issue we have enjoyed many different events and had lots of fun. We have celebrated Easter, St George's Day, International Women's Day, Care-givers Appreciation Day, Mothers Day, Father's Day & more!

We recently enjoyed a wonderful visit from Jambs Owls on Tuesday 4th April 2023. The staff from Jambs Owls brought along several beautiful owls to visit us in our very own home at Shakti Lodge. Our staff and residents had the opportunity to hold and pet the owls and learn many interesting facts about them. Our visit from Jambs Owls was a huge success and brought lots of smiles and laughter.

Because of this we decided to visit Jambs Owls ourselves on Friday 7th July 2023 at Hall Place in Bexley where they are located. Our residents thoroughly enjoyed interacting with the owls again and a great day was had by all in attendance.



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# Coronation Party

On Friday 5th May 2023, we held our very own party for the coronation of King Charles III. All families and friends were invited and a splendid time was had by all. Pj & Rose performed their retro jazz music and we made sure to wave our flags high for 'God save our King'.

We would like to take this opportunity to thank everyone who came and celebrated with us, making the day extra special for all.

On Saturday 6th May 2023, whilst the King's Coronation played live on TV, we all sat round together to watch, with a lovely buffet. Everyone enjoyed a weekend full of celebrations!



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# A trip to the beach

A trip to the beach is a favourite outing for us all here at Shakti Lodge and is always much requested at our residents meetings. On Monday 22nd May 2023, we enjoyed a trip to Herne Bay. A group of us travelled down in our mini bus to the seafront where we enjoyed a stroll along the beach, some fresh seaside air and of course an obligatory fish and chips!

Whilst there we took in the local history and took a moment to enjoy the statue on the promenade of Amy Johnson, paying homage to a world– record– setting aviator who disappeared under mysterious circumstances!



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# Celebrating Excellence: ACHG's Manager, Nicola Murphy, Achieves Level 5 NVQ with a Distinction

**Article written by Rajan Madlani, Partner in Shakti Lodge.**

We are thrilled to announce and celebrate the outstanding achievement of our very own Nicola Murphy, who has recently attained a Level 5 NVQ in Operations/ Departmental Management with a distinction! As an esteemed member of our team, Nicola has continuously demonstrated remarkable dedication, skill, and a relentless pursuit of personal and professional growth.

The Level 5 NVQ, a prestigious qualification recognised for its rigor and comprehensive assessment, is a testament to Nicola's exceptional abilities and unwavering commitment to excellence. Nicola's remarkable work ethic has propelled her to reach new heights in her career, making us incredibly proud.

Throughout her journey, Nicola has displayed remarkable leadership, expertise, and a passion for continuous improvement. Nicola's outstanding performance has not only contributed to the success of our home but has also inspired her colleagues to strive for greatness. Nicola's dedication to supporting and guiding others shows her as a true role model and valuable asset to our team.

We firmly believe that Nicola's achievement is just the beginning of an extraordinary career trajectory.

On behalf of the entire ACHG family, we extend our warmest congratulations and admiration to Nicola. We take immense pride in her achievement and eagerly anticipate witnessing her continued growth and success.

As an organisation, we are committed to providing our staff with the necessary support and resources to further excel in their career. We wholeheartedly believe in fostering an environment that nurtures and empowers our employees to reach their full potential.



# Project Garden

Our garden looks beautiful this summer. We have worked very hard to create separate themed zones around the garden, which we are all really pleased with.

We now have our very own animal corner, featuring lots of different animal statues to admire from the seating area beside it.

We have also created a new bird bath station with beautiful flowers surrounding it. Our bird baths were hand made by a member of staff using recycled wood from our very own tree!

Lots of new plants have been planted too, including our very own tomatoes which we look forward to including on our menu!



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# Scrabble Club

At Shakti Lodge we have recently introduced our very own scrabble club. After some of our residents expressed a keen interest in scrabble, we helped to form a new club and we are pleased to say it has been a success! Not only does the scrabble club offer lots of games, some healthy competition and fun, some great friendships have been made!

On Wednesday mornings anyone who would like to take part in the scrabble club meets in our smaller, quieter lounge where several games of scrabble are played & often other games such as cards and board games too! Those who like to take part, often then choose to play up until lunch time and have their lunch altogether after.



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# Top tips to keep cool this summer

We have been researching into some of the best ways to keep cool using websites such as the NHS. Below we share our top tips to keeping cool this summer!

1. Keep windows closed when the temperature indoors is cooler than the temperate outdoors. Open windows at night once the temperature outdoors has dropped.
2. Stay out of the heat and sun, especially if experiencing a heatwave! Wear sun protection when in the sun, for example, glasses, hat, sun cream etc.
3. Have cool showers or baths to keep your body temperature down. Wear loose-fitting, light clothing, preferably cotton.
4. If possible, reduce sunlight coming in through the windows using shutters or pale in colour curtains/materials. Darker colours may attract more heat and bring the temperature in the room up.
5. Most importantly... drink plenty of fluids! Keeping hydrated is always important but even more so during warmer weather. Look online to see the guidelines for the recommended water intake per adult daily.



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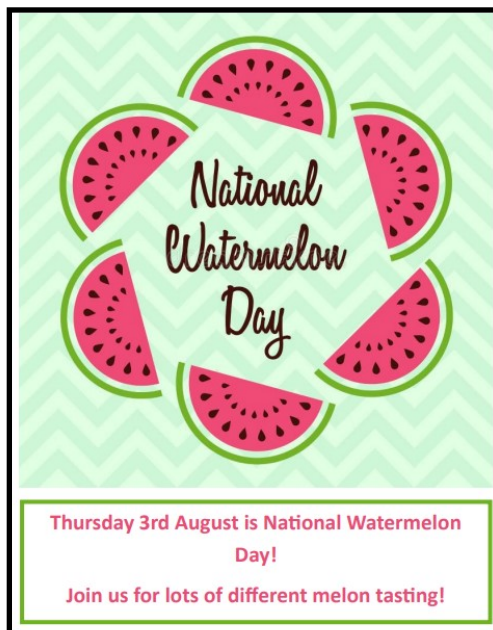
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# What we have to look forward to



# What we have to look forward to

## Women's World Cup 2023 Upcoming England Games:



SAT 22ND JULY	ENGLAND		10:30		HAITI
FRI 28TH JULY	ENGLAND		09:30		DENMARK
TUES 1ST AUG	CHINA		12:00		ENGLAND

To celebrate the women's world cup, we have decided to arrange some fun taste testing from around the world. We will be enjoying foods from different countries that are competing in the world cup. Such as, chocolate from Switzerland, Veggie spring rolls and chow mien from China & patties from Jamaica!

We will be making sure to tune into as many games as we can, we have listed above some upcoming England games in July & August.

As well as this our residents are invited to take part in a free sweepstake, where the winner will receive a prize!




On Monday 3rd July 2023, Wimbledon will be commencing. The final will be held on Sunday 16th July & on this day, we will be enjoying a Wimbledon tradition of fresh strawberries & cream whilst tuning in to watch.



## TIPPLE TUESDAY!

ON TUESDAY 8TH AUGUST, WE WILL BE ENJOYING TIPPLE TUESDAY. JOIN US FOR YOUR FAVOURITE TIPPLE!

### WHAT'S YOUR TIPPLE?



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# What we have to look forward to




**National  
Granny  
Square Day**  
**Monday 14th August 2023**  
We will be knitting our own squares  
to make a blanket



**BLUEBERRY MUFFIN**  
**NATIONAL DAY**  
**JULY 11**

National Blueberry Muffin Day is on Tuesday 11th July.  
Blueberry muffins will be available for all to enjoy.



**National  
Coloring  
Book Day**  
**Wednesday 2nd August  
2023**



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# Reminders

Following on from our March newsletter, here are some gentle reminders

- **Lunch with your loved one**—Here at Shakti Lodge, we offer a ‘lunch with your loved ones’ service. This is a new activity we are setting up to provide friends and family with the opportunity to come into Shakti Lodge and join your loved one for lunch, on us! Our cooks prepare tasty, home cooked meals for our residents each day and the invitation has now been extended to you to join us! These lunches will be free of charge to start. If you would like to book in to join your loved one for lunch, please contact the home, providing a day notice so that our cooks can prepare. We look forward to welcoming you all!
- **Coffee & Tea Afternoons with the manager**— On every first Tuesday of the month, our Manager Nicola, will be hosting open coffee & tea afternoons for residents friends and family. These afternoons have been organised, to provide our family and friends with an open, continuous opportunity to catch up with the Manager over some hot drinks and biscuits, without the need of having to schedule a meeting. The coffee afternoons will be from **2pm until 5pm** and all of our friends and family are welcome to pop in for a general catch up—No need to book, just turn up! The next coffee & tea afternoon will be on Tuesday 1st August 2023.
- **Carehome.co.uk**—We are extremely proud to share with you all that as of February 2023, our over all review score on carehome.co.uk is now a 9.9 out of 10! Thank you to everyone who has taken the time to submit a positive review on our lovely home. If you would like to submit a review please head to [www.carehome.co.uk](http://www.carehome.co.uk)



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# Puzzle time

## Summer Word Search

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



AUGUST  
 BARBECUE  
 BEACH  
 BUNNY  
 FAMILY  
 FLIP FLOPS  
 FUN  
 HOT

ICE CREAM  
 ICE POP  
 JULY  
 JUNE  
 OCEAN  
 PICNIC  
 POOL  
 RELAX

SHORTS  
 SPRINKLER  
 SUMMER  
 SUNGLASSES  
 SUNSCREEN  
 SUNSHINE  
 SWIMSUIT  
 VACATION



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