

SHAKTI LODGE

NEWS



March 2024—Spring Issue

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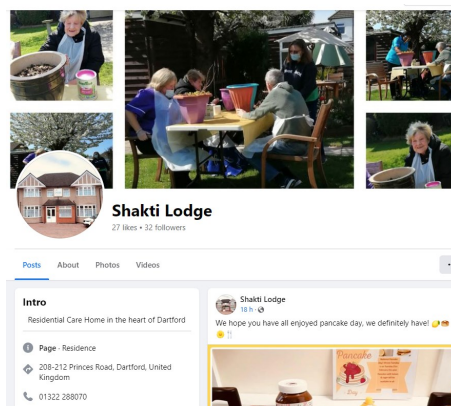
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Shakti Lodge

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Shakti Lodge

Care in the heart of Dartford

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



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Christmas 2023

We had a wonderful Christmas here at Shakti Lodge last year and took part in lots of fun, festive activities in the lead up to Christmas day.

We are very thankful for the number of friends and family who also visited us too!
We had a great time celebrating with our loved ones.

On Christmas Day & Boxing Day, our Chef done a wonderful job at making a delicious feast that was enjoyed by us all!

We hope you all had a very merry Christmas and a great start to the new year too!



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Christmas Outing—Ruxley

In December we took a trip out to Ruxley garden centre. Inside we found lots of wonderful Christmas lights and beautiful decorations that we all enjoyed having a look at. Whilst there we enjoyed a stop at the Mulberry Tree restaurant on site where we all enjoyed a delicious meal and drinks!



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Burns Day

On Thursday 25th January 2024, we enjoyed Burns Day. Burns Day is a celebration of the life and poetry of the famous Scottish poet, Robert Burns. We celebrated by enjoying some Scottish treats such as shortbread, whiskey and ginger ale and we even had some haggis, for those who wished to try it!



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National Chocolate Cake Day

On Saturday 27th January 2024, we held our very own tea party at Shakti Lodge. With it being national chocolate cake day, we was not going to miss out on the fun! A chocolate themed tea party was organised where plenty of delicious chocolatey items were available, including of course... a very large chocolate cake!



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Valentines Day 2024

We celebrated Valentines Day this year with a delicious afternoon tea party. Our home was decorated with beautiful fresh red roses and lots of valentines treats were available throughout the day, including a lovely home made valentines cake by our chef.



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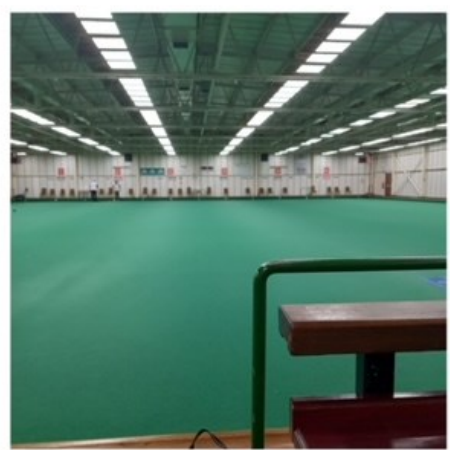
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Indoor Bowls

We visited Stone Lodge on Tuesday 5th March where we took part in some indoors bowls. We had so much fun on our visit and cant wait to go again. For some of us, bowls was a sport we previously enjoyed and so it was a nice to relive some of the fun! We are looking forward to hopefully visiting again soon!



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Boxercise with Mark

If you caught the last issue of our newsletter, then you'll know that the initial interest for taking part in some boxing at Shakti Lodge, was actually a suggestion raised at one of our residents meetings from a few of our residents who enjoyed boxing previously. Since that meeting, we found Mark, who has now visited us a handful of times to deliver boxercise workshops at Shakti Lodge.

Mark has done an absolutely fantastic job at getting us all involved in the sport and creating lots of laughter and fun! For some this has been time well spent reminiscing, of some very fond memories and for others it has been a great way to exercise and have fun in a group setting with friends!

Due to the huge success of these boxercise sessions, we are delighted to say that we have now pre-booked our sessions in for the rest of 2024. Mark will be continuing to visit us once and sometimes twice a month!



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More of what we have been up to

Baking Cupcakes



Gardening



Chocolate covered Strawberries



A visit from Reverend Alex



Making apricot pastries



Hot Chocolate Station



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Staff at Shakti Lodge

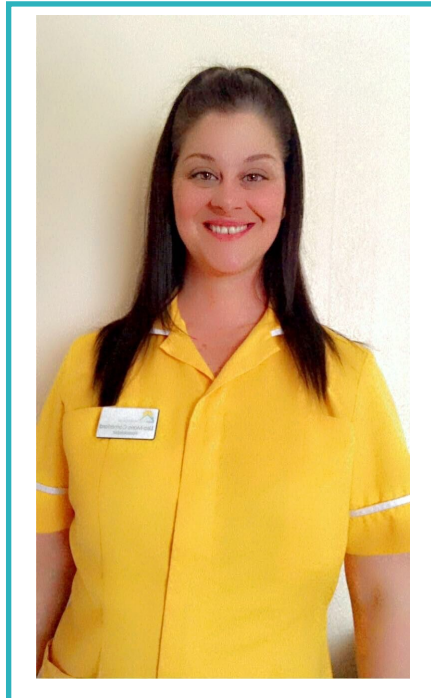
In each issue of our newsletter, we like to include a page about our wonderful staff at Shakti Lodge.

We hope this gives everyone a chance to get to know the team working here, from night staff to day staff and individuals working in all different departments.

Please welcome Lisa-Marie. Lisa has recently joined our team as a Housekeeper.

Here is what Lisa had to say about working here:

“Since working at Shakti Lodge, I’ve had the pleasure of meeting and working with not only staff, but a team that works together and are truly genuine, lovely people.”



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Shakti Lodge

What we have to look forward to



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What we have to look forward to



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What we have to look forward to



On Sunday 7th April it is National Beer Day! A variety of beer and pub snacks such as crisps, nuts, pork scratchings and more will be available for all to enjoy.



On Friday 12th April it is National Liquorice Day. Our retro sweet trolley will be set up with all of the favourite pick and mix items to chose from!



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Shakti Lodge

What we have to look forward to



Wooden Spoons at the ready!

National Raisin & Spice Day & National Caramel Day both land on Friday 5th April 2024.

We're looking forward to a day of baking here at Shakti Lodge.



On Saturday 27th April, it is National Sense of Smell Day.

To celebrate this occasion we are looking forward to having our very own sensory day here at Shakti Lodge where we will have a variety of things to smell and touch.



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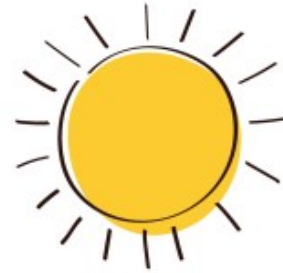
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Shakti Lodge

Spring Garden Party

Garden Party
Shakti Lodge



Join us on Friday 31st May
2024 for our Spring Garden
Party at Shakti Lodge!

Time to be confirmed.

With live entertainment from
the Two Bows, lots to eat
and drink, we hope to see you
all there!



CQC

The Care Quality Commission (CQC) is the independent regulator of health and adult social care in England. Shakti Lodge is registered with the CQC.

Their role is to make sure health and social care services provide people with safe, effective, compassionate, high-quality care and encourage care services to improve when needed. They monitor, inspect, and regulate services and publish what they find.

They have recently changed how they will be doing this. We are looking forward to our first CQC inspection and assessment under their new framework. If you would like to read more about the changes they have made, please follow the following links.

<https://www.cqc.org.uk/guidance-regulation/providers/assessment/single-assessment-framework>

https://www.cqc.org.uk/sites/default/files/CQC_Strategy_2021_Easy_Read.pdf

You may be aware we have recently been sending out surveys for residents and staff. We will shortly be sending out surveys for our friends and family and we would be grateful for any feedback to help us prepare for this.

Carehome.co.uk review score



THIS IS TO CERTIFY THAT

Shakti Lodge

HAS A CAREHOME.CO.UK
REVIEW SCORE OF



March 2024

Maximum Review Score is 10, and the
Score was calculated from 10 Reviews made
by residents or family/friends of residents.

Please take a moment to Review Us
Scan the QR code or visit
carehome.co.uk/submitreview



**We are delighted to share
with you all our current
carehome.co.uk review
score of 9.9!**

Thank you to everyone who
has taken the time to
complete such kind, positive
reviews.

If you would like to leave us a
review, please visit ...
carehome.co.uk and search
for Shakti Lodge.

Thank you.



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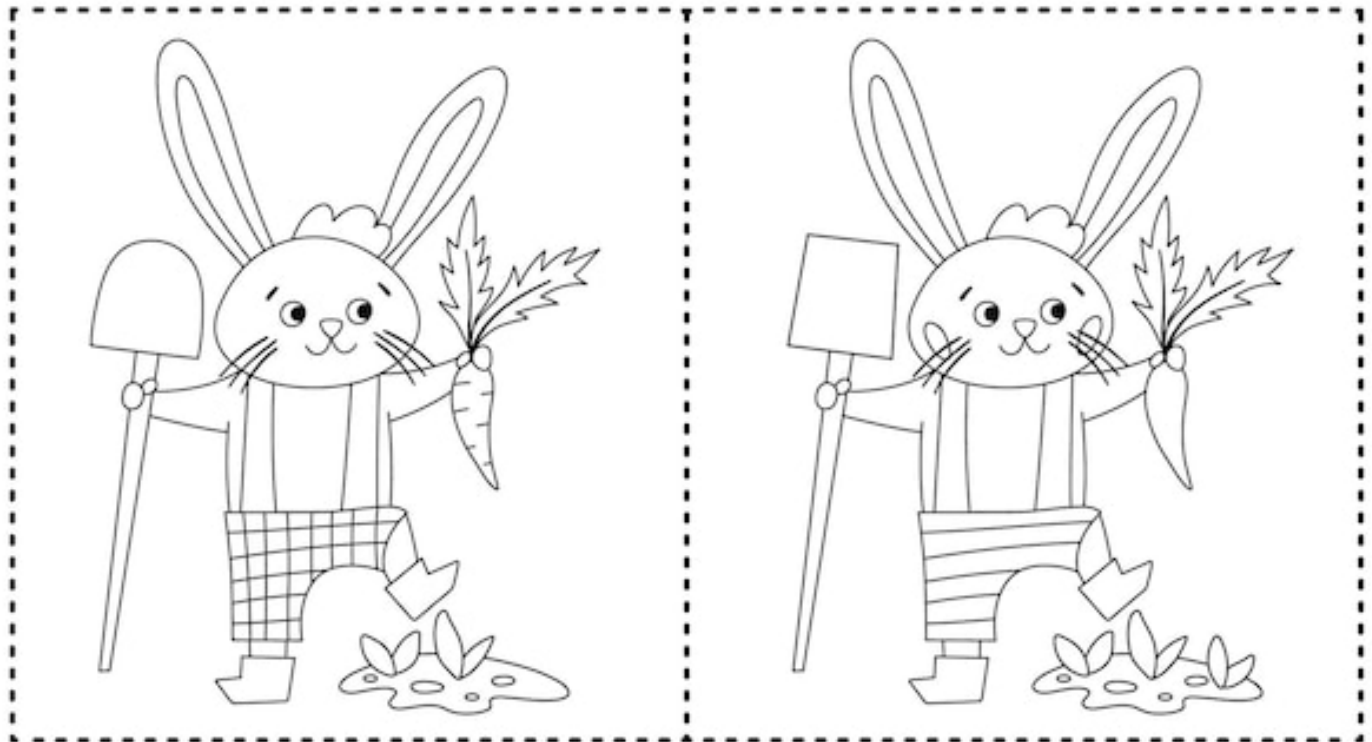
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Shakti Lodge

Easter Puzzle—Spot the difference

Spot five differences!



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