

# SHAKTI LODGE NEWSLETTER



October 2024—Autumn Issue



## Shakti Lodge

Care in the heart of Dartford

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

### REVIEW US!

Using your phone camera, scan the  
QR code below.



### Inside this issue:

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- \* Homegrown fruit & veg
  - \* Ellenor
- \* Live opticians
- \* Recent trips out
- \* Thirty Under 30
- \* Get to know our staff
- \* Halloween party 2024
- \* What we have to look forward to
- \* Carehome.co.uk review score
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Shakti Lodge on Facebook

# What we have been up to

Since the last issue of our newsletter back in July, we have been having a wonderful time celebrating the summer months. When the weather has been kind we have made the most of our garden and its freshly laid patio and when not so kind, we have enjoyed lots of fun indoor based activities. Take a look at some photos below to see what we have been up to!





# Home grown fruit & veg

We were very pleased with our attempts this year at growing our own fruit and vegetables. We managed to successfully grown our own strawberries, tomatoes, carrots and green beans. Even though our carrots were a bit wonky, we managed to bake a delicious home made carrot cake using them and the other items we grew have been used at meal times by our chefs, ensuring no waste.

We would like to take this opportunity to thank everyone for their garden equipment donations and kindly ask for your generosity and support again when we commence next years planting!



# Ellenor

We work very closely with the Ellenor and they often come to visit us to see some of our residents at Shakti Lodge. Below you will see their new carers support leaflet which contains information on how they can offer support. If you would like a copy of this leaflet, please pop into the office at Shakti Lodge where we have a few printed.


**Caring for a loved one can lead to pressure and emotional strain for families and carers.**

Carers often face feelings of stress, isolation, loneliness and anxiety as they navigate the challenges of providing care.

Reaching out for support can provide carers with the tools, resources and emotional assistance they need to navigate their roles effectively and sustainably.

**We offer many services which can provide you with different types of support:**

- 1:1 Counselling
- Family Support
- Carers' Cuppa
- Carers' Course
- Wellbeing Activity Groups
- Music for Wellbeing
- Complementary Therapy
- Support for Carers and Families with Young Children



**How to make a comment, compliment or complaint**

ellenor recognises that comments, compliments and complaints are an important part of customer feedback.

We are committed to ensuring that our work is of the highest quality. We believe that through effective management and investigation of comments, compliments and complaints we can identify learning to achieve high quality work and continuous improvement of our services.


If you would like to raise a concern with us please email: [feedback@ellenor.org](mailto:feedback@ellenor.org) or visit our website: [www.ellenor.org](http://www.ellenor.org) to give us your feedback.

**CARERS' SUPPORT**

Holistic support to families and carers



ellenor provides support to nurture your physical, emotional, social, spiritual, educational and financial wellbeing.




**HOW TO CONTACT US:**

To make a referral to our services:

TEL: [clinical-admin@nhs.net](mailto:clinical-admin@nhs.net)

01474 320007 [ellenor.org](http://ellenor.org)



Scan the QR code to make referral using our online form

Coldharbour Road, Northfleet, Gravesend, Kent, DA11 7HQ

[f](#) [i](#) [x](#) [in](#) @ellenorcharity

ellenor is a charity registered in England and Wales (1121561) and a company limited by guarantee (502132). Registered Office: Coldharbour Road, Gravesend, Kent, DA11 7HQ.

## OUR CARERS' SERVICES

### Counselling

The Counselling Service offers support to carers through 1-to-1 counselling sessions over a period of 12 weeks. Counselling provides you with a safe space to speak about your thoughts and feelings, without judgement or expectation. The benefits of support include exploring your identity and the emotional impact that caring responsibilities may be having on you and how to manage and cope with this.



### Carers' Course

Join our Carers' Course and learn how to manage your caring role. We cover everything from: practicalities, IT equipment, moving and handling, nutrition, how to cope with reduced appetite, financial support, medication and the dying process.



### Carers' Cuppa

As a carer, do you often put your own health and wellbeing last? If you are caring for a family member or friend with a life limiting condition, ellenor are here to support you in putting you first. Join us at our Carers' Cuppa, for a couple of hours where you can meet other carers and have some time for yourself.



### Family Support

The Family Support Service offers a safe space to carers, either in person or over the phone, to help carers navigate a range of heightened emotions during difficult times. We make you the focus of our support, ensuring that you feel heard and your feelings validated.



### Wellbeing Activity Groups

Wellbeing Activity Groups provide a range of activities that are designed to promote function, independence and participation in meaningful activities that lead to a sense of accomplishment, fulfilment, and empowerment. These include but are not limited to: Arts and Crafts, Needles and Knits, Green Shoots Gardening, Music for Wellbeing and Fun and Games.



### Complementary Therapy

We offer massage, aromatherapy, reflexology and reiki to family members who are caring for people with life limiting illnesses who are under the care of ellenor.

Carers find themselves giving so much time and energy to looking after their loved ones that they forget to look after themselves. These therapy sessions help to ease stress, anxiety and exhaustion along with numerous other symptoms. These sessions also allow the carer to have some well-deserved time to themselves, to re-charge their batteries and to help release tension that comes with caring for their loved one.



# Live Opticians

We have recently made the decision to work with a new opticians at Shakti Lodge and we would like to take this opportunity to introduce them to you all both staff, families and residents.

“Hello,

We are delighted to introduce ourselves as the new visiting opticians at Shakti Lodge care home.

We are a local and friendly business based in Sevenoaks, who is proud to offer a personable mobile eye service. We pride ourselves on being transparent, caring, and professional. Communication and working with you, your care team and if appropriate a family member/friend is central to achieving this.

We hope you will see our visit as an opportunity to discuss any concerns that you may have about your eye health or at least, as a reassurance that all is stable.

Since we are NHS registered, our service honours all NHS discounts, including free sight tests for residents and NHS discounts on glasses where they apply.

It is the way in which we work collaboratively, as well as the fact that we have invested in portable retinal imaging and have a team experienced in mobile optics that has seen our partnerships work successfully.

We welcome you to contact us directly should you have any further questions.

Warm regards,

Sonia Rattu  
Managing Director.”

01689 471007 [www.liveopticians.co.uk](http://www.liveopticians.co.uk)



## Recent trips out

In July 2024, we visited the Fen Bell Inn Zoo. This Zoo is a favourite of ours and we all really enjoy our visits here. In our residents meetings, we often vote to return to the Fen Bell Inn again and again! We also visited Notcutts garden centre in Maidstone. See below some photos from our most recent trip. We are hoping to organise another trip for October 2024, where we will visit Stanhill Farm to do some pumpkin picking!





# Thirty Under 30

\* ***Insert from the Care Show Awards Website***

\* ***“The Care Show is delighted to announce an initiative dedicated to fostering young talent in the care sector today.***

***The Care Show Thirty Under 30 celebrates tomorrow’s leaders and their successes, together as a community.”***

We would like to take this opportunity to congratulate our very own, Nicola Murphy, Home Manager of Shakti Lodge Care Home.

Nicola was recently nominated into the thirty under 30 care show awards for the second year in a row and we are thrilled to announce that Nicola made the class of winners for both 2023 & 2024!

Well done Nicola!



# Get to know our staff

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

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.

We are delighted to introduce you to Vishal Vyas in this issue. Vishal works in our Accounts department, based at Head Office and has been with the company for over 1 year.

Here is what Vishal had to say about working for Amba Care Homes Group:

***“I have been working for Amba Care Homes Group since February 2023. I really enjoy my role in accounts and interacting with my colleagues and clients. One of the best parts of my job, is the opportunity to constantly learn and grow, whilst being faced with new challenges.”***





# Halloween party 2024

Join us if you dare...

SHAKTI LODGE GARE  
HOME



## HALLOWEEN PARTY

30TH OCTOBER  
3PM - 4:30PM

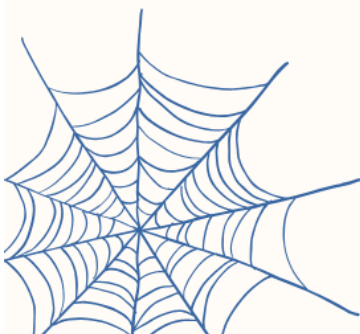
ENTERTAINMENT FROM  
CLASSIC SINATRA

DRINKS & BUFFET FOOD

EVERYONE IS  
WELCOME.

PLEASE INFORM US IF  
YOU WILL BE  
ATTENDING.

THANK YOU.



# What we have to look forward to

## MAD HATTERS TEA PARTY

we are looking forward to celebrating Mad Hatters Day on Sunday 6th October !



## NATIONAL BLUE CHEESE DAY

To celebrate National Blue Cheese Day. We have decided to enjoy a cheese and wine tasting trolley!



WEDNESDAY 9TH OCTOBER

FUNKY DAY

ENJOY A  
DRINK OF  
YOUR  
CHOICE

FROM OUR  
DRINKS TROLLEY

FRIDAY 4TH OCTOBER



## I LOVE YARN DAY


SATURDAY 12TH  
OCTOBER

KNITTING ACTIVITIES AT  
SHAKTI LODGE





# What we have to look forward to



## Jambs Owls

The team from Jambs Owls will be visiting us again on Thursday 10th October. We can't wait to welcome them back to Shakti Lodge and we're looking forward to interacting with the beautiful owls.

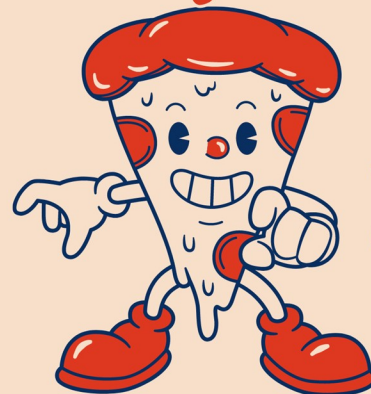
## NATIONAL CHOCOLATE DAY

Monday 28th October 2024  
Chocolate fountain & variety of fruit to dip!



SHAKTI LODGE

## PIZZA Sausage Pizza Day



*Join in the fun!*

**FRIDAY 11TH OCTOBER 2024**

WE WILL BE MAKING OUR VERY OWN PIZZAS! CHOOSE FROM A VARIETY OF TOPPINGS!

**DELICIOUS!**

*It's Coffee Time*

Enjoy your coffee.



Monday 14th  
October is  
National | Love  
Coffee Day!

Shakti  
Lodge

# What we have to look forward to



## APPLE PIE DAY

Sunday 20th October 2024  
Baking at Shakti Lodge

SHAKTI LODGE



## DRINKS Trolley

16TH OCT 2024

NATIONAL LIQUOR  
DAY

WHAT IS YOUR TIPPLE OF CHOICE?

SHAKTI LODGE

## NATIONAL BREAST CANCER AWARENESS DAY

On Thursday 17th October, we are raising awareness for Breast Cancer.

Everyone invited to wear pink!

Tea party & games.

**TOGETHER WE ARE STRONGER!**





# What we have to look forward to

## SHAKTI LODGE 2024 FIREWORKS CELEBRATION WEEKEND

SATURDAY 2ND &  
SUNDAY 3RD  
NOVEMBER 2024

SPARKLERS, LOTS OF FUN ACTIVITIES, HOT  
CHOCOLATE, & MORE!



POPPIES BLOOM WHERE  
PEACE IS SOWN

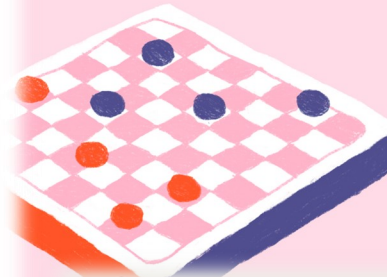
POPPY MAKING ACTIVITY  
FRIDAY 8TH NOVEMBER

## Great British Game Week!

*Shakti Lodge!*

Great British Game Week  
starts on Monday 4th  
November.

Fancy a game?



SHAKTI LODGE  
**LEST WE  
FORGET**  
10.11.2024

Never forgotten. Always  
remembered. Let us give thanks.

# Carehome.co.uk

## Online reviews



### PLEASE TAKE A MOMENT TO REVIEW US

Scan the QR code below and enter  
your review on **carehome.co.uk** for  
Shakti Lodge



Alternatively, visit [carehome.co.uk/submitreview](https://carehome.co.uk/submitreview)  
or pick up a carehome.co.uk review card



# Your Say Matters

At Shakti Lodge, we encourage feedback from both staff, visitors, and our residents. Your say matters to us and helps us to continue to strive for excellence.

Did you know we have a suggestions & reviews box in the entranceway of our home? This box was recently installed earlier this year, to give our visitors the chance to have their say. When we receive suggestions in this box, our Home Manager collects, reviews and acts on them. Please feel free to pop a review slip or suggestion into the box when you next come to visit us!

Lastly, our newsletter is made for the benefit of our residents, staff, visitors and families. Is there something you would like to see included in our newsletter?

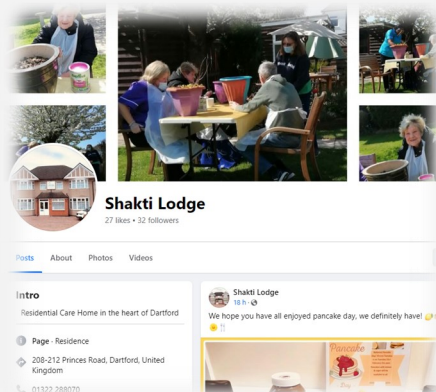
Please email [admin.shakti@achg.co.uk](mailto:admin.shakti@achg.co.uk).

You can also find our newsletter in the porch when entering our home and online on our website at [www.achg.co.uk](http://www.achg.co.uk).



Interact with us on Facebook!

Please search **Shakti Lodge**



# Autumn Word Search

## Autumn Word Search

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

ACORN  
APPLE CIDER  
AUTUMN  
BONFIRE

FAMILY  
HAYRIDE  
LEAVES  
PUMPKIN

SCARECROW  
SMORES  
TURKEY  
THANKS