



NEWS LETTER

September Newsletter of
Bellavista Nursing Home Cardiff



Hello and welcome to our September Newsletter. Our residents have been doing many fun and meaningful activities. This month's front cover is of Alan taking care of the garden.

Autumn is now creeping in and the weather is getting cooler but the atmosphere in the home is still warm and happy with our staff working hard to ensure our residents remain happy and healthy and continue to keep in contact with their loved ones

WHAT'S IN THIS ISSUE

ACTIVITY LIFE IN BELLAVISTA

SERVICE UPDATE



Keep in touch



Email: Activitycardiff@Bellavistanursinghome.com

Phone: 02920 494447

Skype: Bellavista Cardiff Activity

Facebook: Bellavista Nursing Home

Post: Bellavista Nursing Home

2 Harrowby place

Cardiff

CF10 5GB



To get the latest news and find out
more about upcoming events



https://twitter.com/home_bellavista?lang=en



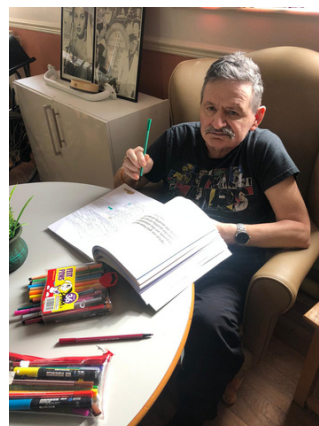
<https://www.facebook.com/bellavistanursinghome/>

All Our Nursing Homes Offer; Respite, Nursing, Dementia and Palliative care

For more information please telephone 02920 49447 or visit our website at www.bellavistanursinghome.com

ART THERAPY

Art therapy is a great way of improving mood and keeping the mind stimulated as well as promoting creativity, here is Steven relaxing and making some lovely pictures



Balloon games

Balloon games with some upbeat music is a fun way for our residents to exercise and keep fit and healthy



DOMINOES



Gardening

Here is Alan enjoying the fresh air and attending to the garden



Keeping in touch

Lockdown has meant adjusting to many things and one of the biggest is technology. Here is Elsie using Skype to keep in regular contact with her family



MAGAZINE READING



MACMILLAN COFFEE MORNING

Our residents and staff enjoyed a trolley full of hot drinks and delicious cakes for Macmillan coffee morning



MUSIC THERAPY



Painting



Pamper



BIRTHDAY CELEBRATION

Congratulations to all the residents, those that celebrated their birthday last month :



Brian Osmon 14/9/20

John Peters 17/9/20

Tom Bird 26/9/20

Janice Williams 26/9/20

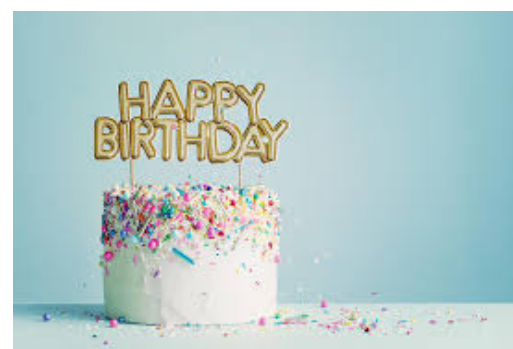


Upcoming birthdays

Ronald Speakmen 2/10/20

Margaret Jones 4/10/20

Gordon Huggins 14/10/20



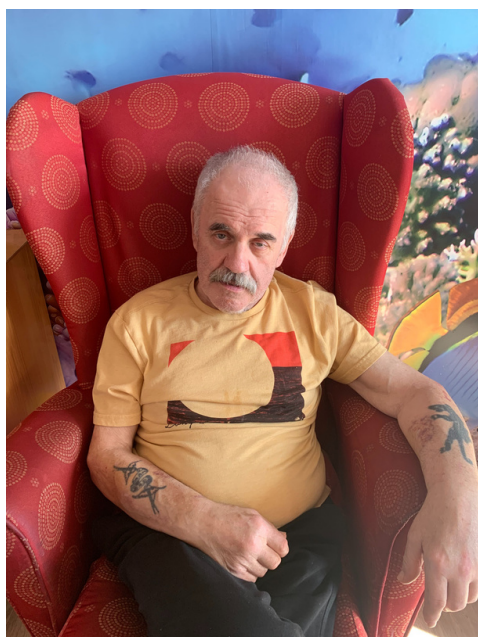
We would like to welcome the
following residents to
Bellavista Nursing Home Cardiff

Ewa Glaza
Mohammed Nasir
Nicholas May



Also a big welcome to all
our new staff that have
joined the Bellavista
Cardiff family

If you have any feedback or ideas for our resident's
activities, please email Stacey
activitycardiff@bellavistanursinghome.com



Upcoming Activities

1/10/20 - NEWSPAPER READING - 11AM

2/10/20 - BALLOON TENNIS - 11AM

5/10/20 - SHOP TROLLEY - 11AM

6/10/20 - COFFEE TROLLEY - 11AM

7/10/20 - BOARD GAMES - 11AM

8/10/20 - QUIZ - 11AM

9/10/20 - TARGET GAME - 11AM

12/10/20 - POOL - 11AM

13/10/20 - MUSICAL MORNING - 11AM

14/10/20 - MEDLEY MORNING - 11AM

15/10/20 - KNIT AND NATTER - 11AM

16/10/20 - SING ALONG - 11AM

19/10/20 - REMINISCENCE THERAPY 2:30PM

20/10/20 - BIRD FEEDER MAKING - 11AM

21/10/20 - PAPER GAMES - 11AM

22/10/20 - ARTS AND CRAFTS - 11AM

23/10/20 - PINK TREAT TROLLEY - 2:30PM

26/10/20 - HALLOWEEN DECORATING - 11AM

27/10/20 - CREEPY COFFEE AFTERNOON - 2:30PM

28/10/20 - PUMPKIN CARVING - 11AM

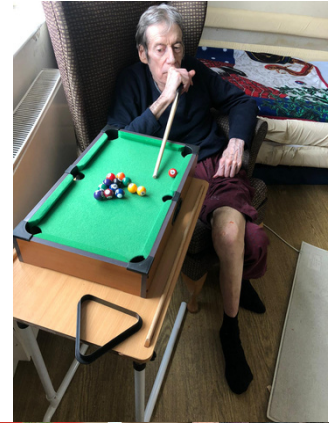
30/10/20 - HALLOWEEN SWEET MAKING - 11AM

We also do spontaneous activities and one to one activities
on daily basis according to resident's like

Social distancing is practiced in all of our activities, these activities are for
residents only as our home remains closed to visitors. Thank you for your
support and understanding during this time



Here's what else we got up to this month



Bellavista Nursing Home continues to take the coronavirus situation very seriously and follow guidance from the Welsh Government (WG), Public Health Wales (PHW) and Cardiff Council. Temporary suspension of outdoor visits have been extended by a further week. This decision was not made lightly but to protect our residents and staff from harm given the increasing trend of lockdowns including Cardiff as well as the number of cases rising in Cardiff. The Second wave of the outbreak appears to have started and it is only correct that we do everything within our power to protect everyone living and working in the home. A review with regard to visitation will be conducted on 5th October and we will communicate with you further. We will be taking this time to look into further measures to make the outdoor visiting more feasible during the winter months and to upgrade our Gazebo Visiting Point. Please rest assured we have still not had a positive case within the home but we cannot afford to be complacent, our staff are still tested fortnightly and residents if Symptomatic. We will keep you updated as and when we make changes to our visiting policy. Special arrangements will however be made for indoor visits with full PPE in certain end of life care and extenuating situations. Please feel free to contact us if you wish to discuss or have any concerns. Thank you for your continued support and understanding during this time.