



# NEWSLETTER

July Newsletter  
Bellavista Nursing Home Cardiff



Hello and welcome to our July edition of the Bellavista Cardiff Newsletter. We have had a very busy month with lots of indoor and outdoor fun activities. We have done plenty of relaxing in the garden listening to singalong songs and enjoying a cold drink with an ice lolly. We managed to do a couple of visits to Cardiff bay this month to enjoy a coffee and ice cream which went down a treat - the weather was amazing for it. Our favourite day this month has got to be 'World Chocolate Day'. We ensured that we had many chocolatey delights to offer everyone, many residents commented on how expensive Freddo's are now, and we couldn't agree more!

This month we had a visit from Tess the therapy dog again who loved her time at the home giving all of our residents (and staff) cuddles to help them through the day - she puts a smile on everyone's face and we can't wait until she is back to visit next month. As you know, we had some very very hot weather this month where keeping our residents and staff cool was a main priority, to help with this, Bellavista had an ice cream van drop by the home which boosted everyone's mood on the hottest day of the year. Finally, we had a great afternoon making pizzas and putting many toppings on them including; pepperoni, onion, peppers and sweetcorn, they tasted amazing!

In August we have quite few events and trips coming up starting with our Cosmeston Lake trip on the 5th, pet therapy with Tess on the 12th, and to keep our residents fit and healthy we have a 'G-Fitness class' on the 24th. Finally we are looking forward to seeing you on the 15th August for our BBQ party, also our Family fun day is on the 25th August.

## WHAT'S IN THIS ISSUE

ACTIVITY LIFE IN BELLAVISTA

SERVICE UPDATE

## KEEP IN TOUCH

Email: [Activitycardiff@Bellavistanursinghome.com](mailto: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://twitter.com/home_bellavista?lang=en)



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

For more information please telephone 02920 494447 or visit our website at [www.bellavistanursinghome.com](http://www.bellavistanursinghome.com)





# World Chocolate day

We celebrated world chocolate day where our residents loved having chocolate covered strawberries, chocolate milkshakes and cakes



## ICE CREAM VAN

This month we had a ice cream van come to the home to help the residents and staff to cool off during the heatwave





# Outing in the Cardiff bay

We were lucky enough that the weather remained warm and dry this month and that we could take Betti, Alwyn, Margaret, Peter, Ethel and Edward out for a lovely walk, coffee and ice cream. They enjoyed looking at the boats at the changes made to the bay in recent years





# Pet therapy

**Pet therapy is the best medicine for our residents, the love snuggling with Tess as she is so calm - it also sparks many memories from when they or family members had dogs during their lifetime.**





# Pizza making

This month Residents enjoyed being involved in making their own pizza with their favourite toppings including; pepperoni, mushrooms, peppers and onions - They were delicious and cheesy!



# Family meal time

We have started 'Family meal time with your loved one', once a month. This is where Bellavista Cardiff will invite family members of 3 residents and host a formal dinner for everyone together. We will pick completely at random each month and send invitations out in the post so keep an eye out!





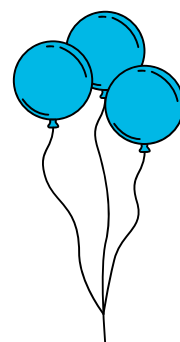
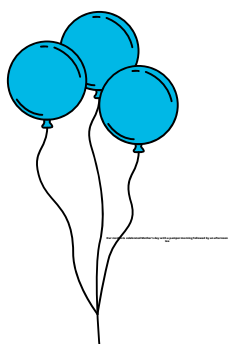
# Reminiscing and sensory therapy

Residents enjoy reading 'Cardiff yesterday' books and looking at where they grew up, where they went to their local shops or even what church they got married in.

Along with a cat and a dog we also have a bunny sensory pet which is great for residents who cannot support a bigger animal on their lap.



## Balloon games



## Coffee morning and silver stories

We are still continuing our involvement with Thornhill primary school where the school children from Year 4 enjoy telling our residents a story, joke or poem over zoom. Our residents love listening to the children and hearing how their reading is coming along. We will continue these zooms after the children's school holiday





# Bingo

Every Friday morning residents join us for Bingo, they get very competitive with each other competing for some chocolate prizes!



# Daily activities





# BIRTHDAY CELEBRATIONS



**July Birthday's:**  
**Barbara Wilkins**  
**Lorraine Clarke**  
**Frank Rankmore**  
**Monica Person**  
**Dennis Griffin**



## Upcoming birthdays

Brian Fettah  
Brenda Nipper  
Yvonne Marth  
Keith Dennison  
Frances Eason



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



Gerald Williams  
Susan Dordain  
Michael Polycarpou  
Cynthia Jacob  
Terence Olwn

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 Khadiza at (activitycardiff@bellavistanursinghome.com)



# Upcoming Activities

1/8/22 - Spa and relaxing morning -11am / Sensory therapy - 2pm

2/8/22- Coffee morning - 11am/Dominos - 2pm

3/8/22 - Wheelchair Zumba - 11am / Board games -2pm

4/8/22 - Targets games - 11 am / Karaoke 2pm

5/8/22 - Trip to Cosmeston lake -11am/ one to one music - 2pm

8/8/22 - Spa and relaxing morning -11am / Fun water game- 2pm

9/8/22 - Coffee morning - 11am / Magic table - 2pm

10/8/22 -Wheel chair Zumba - 11am/Skittles -2pm

11/8/22 - Household Chores -11am/ Reminiscence- 2pm

12/8/22 - Bingo - 11am / Movie and snacks -2pm

15/8/22 - BBQ Party -11am / Music concert in the garden - 2pm

16/8/22 - Coffee morning -11am / Skittles - 2pm

17/8/22 - Targets game -11am/ Garden time- 2pm

18/8/22 - Baking -11am / Word search- 2pm

19/8/22 - Bingo -11am / Shop trolley -2PM

22/8/22 - Knit and Nutter -11am / Table snookers - 2pm

23/8/22 - Coffee morning -11am / Reminiscing -2pm

24/8/22- Wheel chair Zumba -11am/ Painting -2pm

25/8/22- Family Fun day 12pm - 4pm

26/8/22- Bingo -11am /Movie and snacks -2pm

29/8/22- Music and dance -11am/ outing to the bay -2pm

30/8/22 - Coffee morning -11am / Colouring -2pm

31/8/22 Balloon games -11am/ Board games -2pm

We also do spontaneous activities and one to one activities on a daily basis according to our resident's hobbies and interests