

FCC NEWSLETTER



Folkestone Care Centre

We endeavour to deliver the highest quality of care to improve, sustain and enhance our resident's quality of life.

HAPPY NEW YEAR

It's been a fun and busy festive period in the home. The manager would like to wish all residents, team, families and friends a very Happy New Year. Wishing you all a Healthy & Happy 2020.



Our Journey so far....

Folkestone Care Centre was privately commissioned, built and is now managed by medical professionals who understand the changing needs and personal care of the elderly.

The home opened in the middle of November 2018 and since then our professional team has developed and grown bigger and stronger with the needs of residential, nursing and dementia care being provided at the highest quality.

It's an amazing feeling being able to provide a home with so much warmth and comfort

Spending time with the residents and their family and friends has been inspirational and being able to offer loving care in a comfortable, safe and enjoyable atmosphere creates a perfectly relaxed homely feel.

Our residents are now settling into our home environment and we have been able to share our life stories, interests and experiences as we travel on this new adventure with Opus Care Ltd.

It's an amazing feeling being able to provide a home with so much warmth and comfort but one of the main things we are benefiting from as a team is the overall feedback in relation to the care, structure and needs of our residents.



General Managers
Message

Welcome to the very first edition of the newsletter.



Follow us on Twitter

If you wish to see our daily news and updates, please follow us on twitter @CareFolkestone.

This will provide you a daily blog of information on the latest and upcoming events, news and innovative research.

GETTING TO KNOW YOU - CHARLOTTE CHART



Above - Charlotte and her friends as she skydived from 12,000ft, which raised over £2643.00 for Alzheimer's Research UK.

When did you join the team and what is your job role?

I joined Opus Care in November 2018 as the Business Coordinator. My job involves meeting with residents and relatives on a daily basis & showing people around our wonderful home. I am also involved in event planning and marketing.

Please tell us about a special memory.

The charity sky-dive which I took part in back in 2018. It was a life changing experience and something that was always on my bucket list. It really was one of the best days of my life and a day I will never forget. Those that are close to me understand the impact it had on my personal life and

I feel so much stronger and confident since completing it. I really did feel the fear and done it anyway 😊

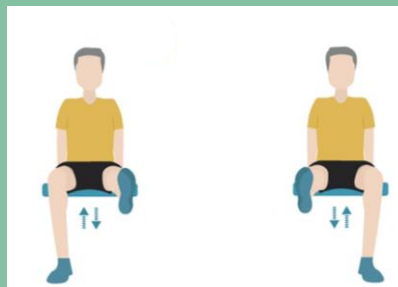
Why did you choose to work at Folkestone Care Centre?

I was offered an amazing opportunity to continue working with a fantastic manager. It was a great chance to explore a lot of new opportunities and ideas and I'm very much looking forward to the year ahead.

What is your favourite thing to do outside of work?

I love watching sport on TV and in person at live events, particularly boxing, which I go quite often. I also enjoy travel, music and interior design

Leg Extensions



Method of the Month

Sit comfortably on a chair. Keep your back straight. Your feet on the floor, hands on each side of the chair seat. Keep your upper body still while you extend and straighten your right leg. Hold, lower, then swap to the other leg.

EVENTS AND CHARITIES

Would you like to become a Dementia Friend?

Dementia Friends is an information session delivered at the home that is about learning more about dementia and the small ways you can help.



Next Session: 10.30am 14th January 2020

Hat Day @ Folkestone Care Centre

Wear your wildest & brightest hat at FCC. A prize will be awarded @ 1400 for the best hat. Make sure you are camera ready.

Session: 15th January – all day

Unforgettable Nat King Cole-Creative talk by Ann Finney

Music & discussion on one of the most elegant trailblazers in history.

Session: 2.30pm 16th January 2020



Burns Weeks

Join us on 23rd January at 2pm when the Faraway Singers treat us to songs and tunes from Scotland. In addition, on Saturday 25th January there will be a Residents themed Burns Night Supper.

Session: 2pm 23rd January / Supper time 25th January