

A very warm welcome to our latest edition of Alban Manor Gazette. It is published on a seasonal basis to keep you updated with our news and events, so please keep a look-out in the reception area and on our website and Facebook.

What We Have to Offer

I know many of you are already familiar with, and very much part of the family here, about what is on offer at Alban Manor. A warm welcome to our regular readers and of course, a special welcome to those of you who have joined us recently. I would like to mention to you some of the facilities we have available here. The Home offers inviting and comfortable drawing rooms, Dickens Lounge and Austen Lounge. Our dining rooms are The George, Bar and Bistro, and The Victoria, Tearooms. We have the Olde Post Office, which is like a local general store, stocking many everyday items such as birthday cards, writing paper, sweets etc. Please let us know what you would like to see stocked in the shop. The Film-house, The Zen Wellness Centre, and The Orangery, all provide a different setting, for our residents to choose how and where to spend their day. We have beautiful secluded mature gardens, The Courtyard and The Cloisters, including a herb garden and an allotment. There are two salons for hairdressing and grooming needs, The Mayfair Salon on the ground floor, and The Chelsea Salon on the first floor. Please let Reception staff know of your grooming needs who will do their best to arrange it for you. Our medical facilities are dealt from The Faraday Pharmacy, and The Nightingale Pharmacy on the ground and first floor respectively. We have our beautiful resident dog Tokyo who provides lots of love and fun for the residents.

Recruitment



We are a growing community in terms of our residents and relatives. We have an ongoing recruitment campaign to expand our team to provide exceptional care to our residents. We have recruited an excellent core team that has a wealth of knowledge and experience, and we are continually adding to it. If you, or anyone you know, is interested in joining us, please contact Matron/Admin to find out about our current vacancies.

To all our Staff at Alban Manor





Word Quiz

SFCRA JULIAN JUL
SAOENS 21 3 13
SVEHOL (SC)
ESASTK 19 3
SEDL 4 12 19 20
SIGLEH BSLEL SIGLEH BSLEL
NSOFEAWLK A
SONNWMA SONNWMA
SORONMTWS 2 27 14 17 23
8 22 24 16 25
1 2 3 4 5 6 7 8 9 10 7 11 12 13 14 15 16 17
10 19 16 20 21 22 5 23 24 25 10 26 27 20 24 29 30

Busy Social Calendar

Magic is in the air and Christmas is here, it is the most wonderful time of year. Bring in the nostalgia and make as many memories as you can for years to come. A special time to reflect and make resolutions, with beliefs of doing better and making a difference. We have lots of things to look forward to with the Advent, Elf Day, International Day of People with Disabilities, Christmas Jumper Day, Bodhi Day, Human Rights Day, Hanukkah, Yule & Winter Solstice, Christmas, Kwanzaa and New Years. We shall be celebrating however we can and appreciating all those we have the opportunity of sharing these events with.



<u>Last issues</u> riddle answer...

Time



In-House Activities

We have lots of activities in-house too. We have on offer the following: yoga, sing-a-longs, garden club, book club, film society, arts & crafts, current affairs, quizzes/ puzzles, bingo, religious services, mobile library etc. We have various professional entertainers coming to the Home too. Of course, no social calendar is complete without visits to our local sights such as our very own beautiful Cathedral in St Albans, local pubs, parks, and other places of interest, which we hope to visit whenever we can. We are always happy to receive suggestions for our social programme and will do our best to arrange anything you wish to see included. We also use our fantastic activities platform Oomph.

We would like to proudly announce that Alban Manor has won the Residential Care Team of the Year at Hertfordshire Care Awards 2023. This recognition is highly appreciated by our team who work hard to provide a great service to our residents.



I will honor Christmas in my heart, and try to keep it all the year. I will live in the Past, the Present, and the Future. The spirits of all three shall strive within me. I will not shut out the lessons that they teach.

Charles Dickens

