

Brook House Newsletter



We are already over half way through the year and what a year it's been. In the midst of a Coronavirus pandemic we are trying our best to restore normality and routine in our home and the outside world is slowly catching up behind us. With lockdown slowly lifting people are returning to their normal working day life, pubs gyms and beauty salons are re-opening as well as many retail outlets.

How has the pandemic impacted you? There have been feelings of uncertainty, confusion and general anxiety, but we as a home have worked together and stuck together as a team because as we know team work always makes the dream work.

Reflections

Last week we had Jennifer come in and sing for us, she sang a nice range of 50's, 60's and 70's and it was a nice warm afternoon so we opened up the barn doors for everyone.

Brook House by the seaside was also a splendid afternoon, we had a fish and chip supper followed by games in the garden, ice creams, paddling pool and even a sandpit.

We also raised £105 for our Pie Smash! Thank you to everyone who donated, we had a right blast!





Brook House

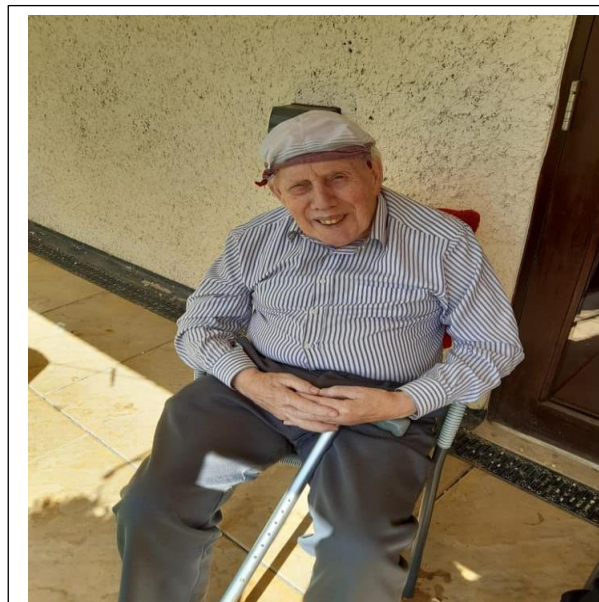
Caribbean Afternoon

AUGUST 4th 2PM

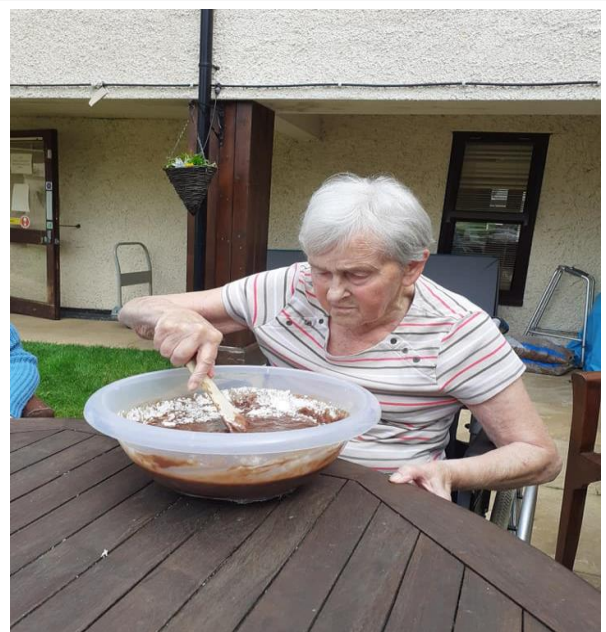
**Refreshments and
Entertainment**

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@ I N S T A G R A M



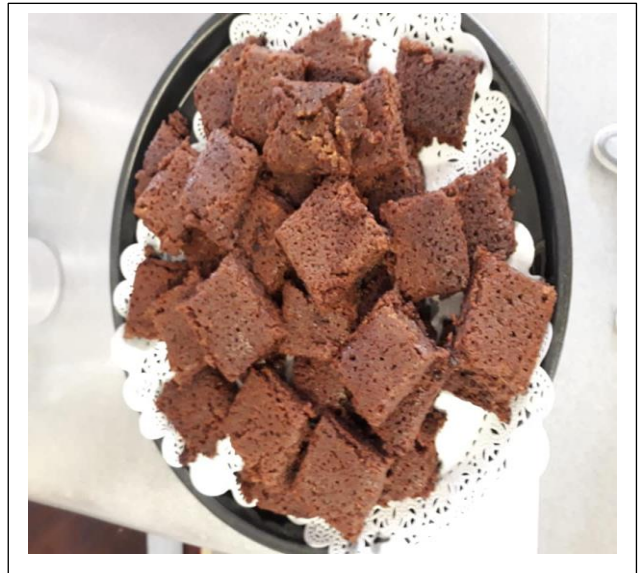
Sam Farrington Alison Maas Kerry Clarke



Sam Farrington Alison Maas Kerry Clarke

Brook House Baking Club

Every Thursday we run a baking club in the afternoon, we are always open to ideas if anyone has anything they would like to try or specialty recipes! Here are some of the cakes we've made over the past few months.



Resident of the Month

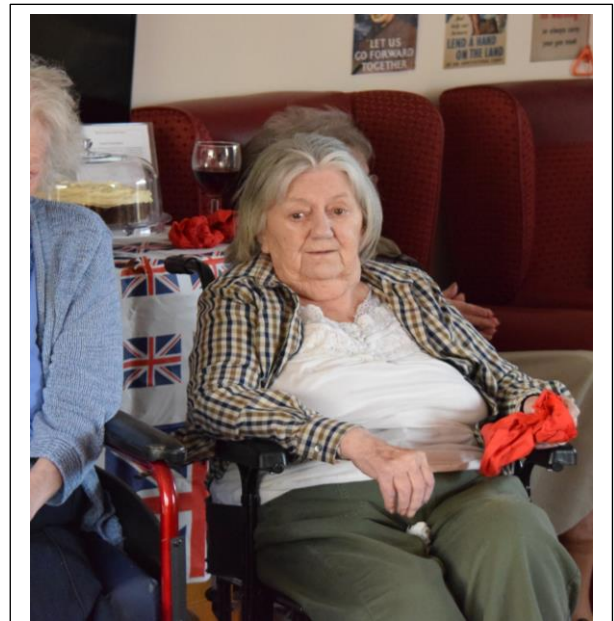
Joan Hayes

Joan was born at home in Countesthorpe on the 16th July 1934 to Lucy and Gregory. Joan also had another sister called Diana who was born on the 3rd September 1931. Joan went to Countesthorpe Junior school and then onto Woodbank private school in Leicester. Joan then went on to do a design course at Leicester college of Art.

Joan became a designer at a factory in Hinckley and married Gerald at St Andrews church in Countesthorpe.

They had three children Timothy, Elizabeth and Gregory. Her daughter Elizabeth had children making Joan a grandma.

Joan enjoyed keeping sheep and she often took them to shows sometimes winning prizes.



Sam Farrington Alison Maas Kerry Clarke



A collection of various colorful pills and capsules, including red, yellow, green, orange, and blue ones, scattered on a white background.

Many of us are deficient in vitamins and minerals and require a top up via a tablet... having the essential vitamins and minerals in our system is important to maintain general well-being. However for various reasons some of these cannot be absorbed through foods.

When we get a tablet prescribed by our doctor this will be to treat a condition you may have and to help you live as pain-free and happy as possible



Summer Recipe

Perfect Pavlova

For the meringue

4 egg whites

250g caster sugar

1 tsp white wine
vinegar

1 tsp cornflour

1 tsp vanilla extract

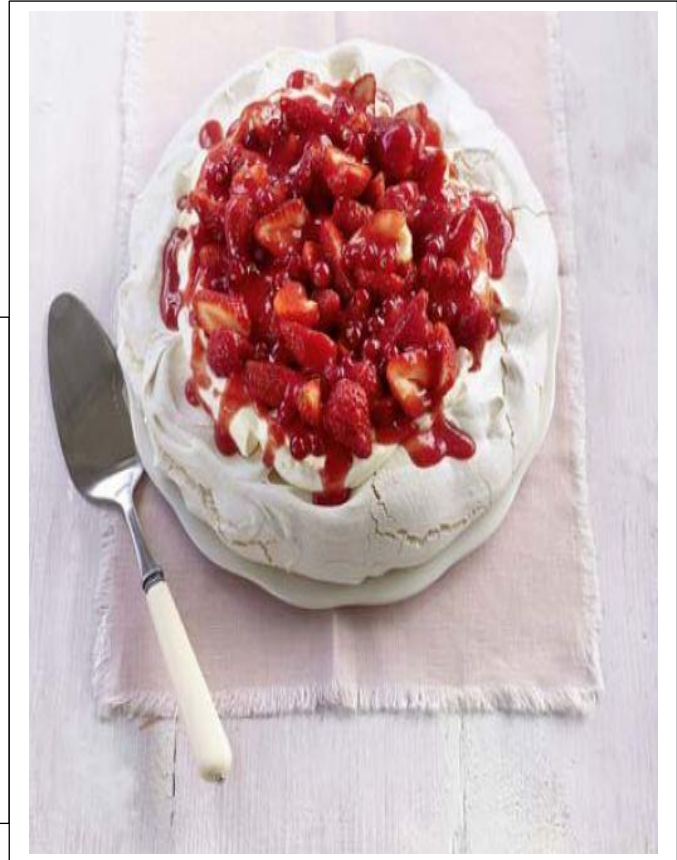
For the topping

500g strawberries

200g redcurrants

3 tbsp icing sugar

350ml double cream



Method

1. Heat oven to 150C/130C fan/gas 2.
2. Using a pencil, mark out the circumference of a dinner plate on baking parchment.
3. Whisk 4 egg whites with a hand mixer until they form stiff peaks, then whisk in 250g caster sugar, 1 tbsp at a time, until the meringue looks glossy.
4. Whisk in 1 tsp white wine vinegar, 1 tsp cornflour and 1 tsp vanilla extract.
5. Spread the meringue inside the circle, creating a crater by making the sides a little higher than the middle.
6. Bake for 1 hr, then turn off the heat and let the Pavlova cool completely inside the oven.
7. When the meringue is cool, chop 100g of the hulled strawberries. Mix them with 100g of the redcurrants and 2 tbsp icing sugar.
8. Place in a food processor, blitz until smooth, then push the fruit mixture through a sieve.
9. Whip 350ml double cream with the remaining 1 tbsp icing sugar and spread it over the meringue. Put the remaining 400g hulled and halved strawberries and 100g redcurrants on the cream and finally pour the sauce over the whole lot.



'Avin a Laugh'



"Hospital Regulations"

Hospital rules state that patients checking out must have a wheelchair.

One day a newly graduated nurse assistant came into the room to find an elderly man fully dressed. He was sitting on the bedside chair, with a piece of packed luggage at his side, all ready to go.

When he was shown the wheelchair, he was adamant that he was fully capable of walking himself to the parking lot.

But the assistant told him rules were rules, so he relented and let her wheel him out.

In the elevator, the assistant asked the elderly man if his wife was coming to meet him.

"I don't think so," he replied. "It takes her awhile to change her clothes, so she's probably still upstairs in the bathroom taking off of her hospital gown and getting dressed."



General Knowledge Quiz

1. If someone is descending are they going up or down?
2. What is the Italian word for pie?
3. By what title is the Bishop of Rome known as?
4. Who wrote the Wind in the Willows?
5. What does a Frogman wear on his feet?
6. What is the name of the largest castle in the capital of Scotland?
7. What is the name of the sweet liquid collected by Bees?
8. What 3 letter word is the name of a fox's home?
9. Do Reptiles have cold or warm blood?

- 10. What sea creature has 3 hearts and 8 arms?**
- 11. What is the national flower of Wales?**
- 12. How many teeth does an Aardvark have?**
- 13. Name the largest member of the cat family.**
- 14. How many humps does a Bactrian Camel have?**
- 15. What part of the body is treated by an Optician?**
- 16. The star sign of Leo is what animal?**
- 17. Nag is a slang word for what animal?**
- 18. What are the tall poles carved by Native American Indians called?**
- 19. Which alcoholic drink is also the name given to the left side of a ship?**
- 20. What type of weapon is a Cutlass?**
- 21. In the nursery rhyme who lost her sheep?**

22. What type of food is a Cock-a-leekie?

23. What kind of animal was Disney's Dumbo?

24. In the fairytale who climbed the beanstalk and fought with a giant?



Quiz Answers

1. Down
2. Pizza
3. The Pope
4. Kenneth Grahame
5. Flippers
6. Edinburgh Castle
7. Nectar
8. Den
9. Cold
10. An Octopus
11. Daffodil
12. None
13. Tiger
14. 2
15. Eyes
16. Lion
17. A Horse
18. Totem Poles
19. Port
20. A short-curved sword
21. Little Bo-peep
22. Soup
23. Elephant
24. Jack



Colour In.... 





Birthday Celebration



Keith Arnold 22nd August

Congratulations to Kim and Lydia on their
New job roles as Care Lead and Deputy Manager.

**KEEP
CALM
EVERYONE
ITS MY
BIRTHDAY !**

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Horoscopes



Leo July 23rd- August 22nd

Kind and big-hearted. The Lions are always admired for their kindness and helpful nature. Energetic, since they are ruled by Sun, the source of infinite energy, the Leo are energetic individuals, and spread the positive vibes around.

Virgo August 23rd – September 22nd

Virgos have many great personality traits, but sometimes, and over extortion of these astrological personality traits cause them to have a negative effect on the Virgo. These negative traits include the need to over analyze situations and hold a very critical eye on themselves along with everyone else in their life.

