



Exceptional
Excellence



Brook House Newsletter



February approaching can only mean one thing...love is in the air! Prepare for chocolates and roses from the ones we love this month!

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 Valentines!	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

Please tear and keep this page for your monthly
Calendar!

Reflections

January has been a busy month with New Beginnings, Resolutions, minibus trips, and much more!



One highlight of the month would be when we all celebrated the New Year together! We made new years resolutions and toasted to another amazing year!

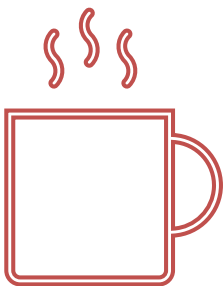
Baking

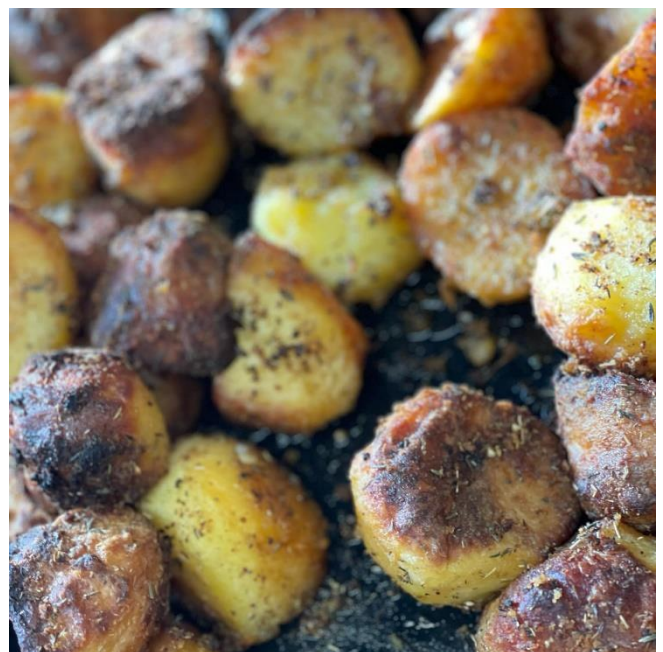
We have been loving getting hands on when baking after lunchtime. We have been experimenting with some different treats and so far, we thought our Scones was our favourite!



Mini Bus trips!

The residents love our little trips out to various places!
Recently we have visited our local Garden Centres, and a
few more of our usual spots!





A handful of our amazing meals this month!

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Coming up this month...

These are just a handful of things the activities team have planned for you, so you can look forward to a fun-filled month!

Monday 3rd Feb – Minibus Trip

Tuesday 4th Feb – Baking Club

Monday 10th Feb – Minibus Trip

Tuesday 11th Feb – Baking Club

Wednesday 12th Feb – Trombone Player

Friday 14th Feb – Valentines Day

Monday 17th Feb – Minibus Trip

Tuesday 18th Feb – Boogie Beatz

Monday 24th Feb – Minibus Trip

Tuesday 25th Feb – School Visiting

Wednesday 26th Feb – Tony Vicar

Facts I bet you didn't know!...

1. Oranges were originally green.

The first oranges ever imported to the West were from Southeast Asia and were tangerine-pomelo hybrids that were green in color. In fact, oranges grown in warmer parts of the world, such as Vietnam and Thailand, stay green throughout their lifetime.

2. Broccoli is a “man-made” food.

Broccoli only came about after years and years of selective breeding between wild cabbage plants that started around the 6th century BC. In fact, the word “broccoli” comes from the Italian word for “the flowering crest of a cabbage.”

3. High heels were originally men's shoes.

High heels came into circulation on the shoe circuit in roughly 10 BC. They were worn by men of the Persian Cavalry to help their boots stay in their stirrups when riding horses.

4. The letter ‘E’ is the most common letter in the English language.

It appears in roughly 11% of all words used in the English language and is used 12 times in this very sentence alone!

5. Natural bananas contain seeds inside of them.

The reason your store-bought bananas are nice, soft, and seedless is that they have been specially bred over generations so that they do not form mature seeds.

6. An ant can't die from falling.

Because of their incredibly small weight and rock-hard exoskeleton, an ant's terminal velocity isn't enough to harm it upon impact. Simply put, they could survive being dropped from heights like the Empire State Building and walk away unscathed.

7. People spend roughly 13% of their lives zoned out.

According to the same study, this figure can increase to 26% when you're intoxicated!

8. Avocados never ripen on trees.

Because of this, farmers often use avocado trees as a form of storage to keep their fruit fresh until they are ready to pick and sell it!

Happy Birthday

Dorothy Lilly 23rd February

Relatives and friends are welcome to
come and celebrate these special
days with us!



Remembering...

Taffy Owen 1924-2024

David Thomas 1944-2024

Malcolm Tanser 1935-2025



The 3ab Care

REFERRAL PROGRAMME

Do you know someone seeking a Residential Home for a loved one? Refer them to Brook House, and if they come to live in our home, you will receive a reward!

EARN £250 IF THE RESIDENT YOU REFER COMES TO OUR HOME FOR RESPITE

EARN £500 IF THE RESIDENT YOU REFER COMES TO OUR HOME PERMANENTLY

Call Brook House for more information on
01858 880 247

Respite stays minimum of 4 days, Permanent stays minimum of 4 weeks.