

# BCC NEWSLETTER



## Brabourne 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.



### New Year Celebrations

To celebrate the New Year in style, Ricky La Rue came to sing and entertain the residents. He had us all singing and laughing, even enticing visitors and the activity team to join in with the dancing. We then enjoyed refreshments and cheese & biscuits. Thanks to the kitchen team for all their assistance during this event.



### All shook up at Christmas....

Once again, the Christmas party was a great success. After being entertained by our popular guest, Elvis Presley, we also had the pleasure of shaking hands with Father Christmas, who then drew the raffle for us.

We're delighted to inform you that we raised £261 for the resident's welfare fund. A huge Thank You to the kitchen for the food produced for the event, and to the activities team for the work they do in raising funds for the residents.

### THANK YOU

We wish to extend our thanks to residents, families and friends for your patience & understanding whilst we are in the process of our refurbishment works to the home.

We're delighted to inform you that we have raised £261 for the resident's welfare fund.

*Bobbie – Lifestyles Team*



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 @BrabourneCare

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

## GETTING TO KNOW YOU – BASUN RAI



Above – Basun Rai, who has worked as a Housekeeper at Brabourne Care Centre since 2011.

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

I joined Opus Care in 2011 at Brabourne Care Centre in the position of housekeeper.



Huge thanks to Eva Long Productions who performed the fabulous Jack and the Beanstalk pantomime for our residents to enjoy. We all sang along to the carols and enjoyed refreshments and a buffet..... *It's behind you.*

### Please tell us about a special memory.

My eldest daughter, Bandana, achieved her Dentistry Degree in Bangladesh in 2009. She came to the UK in 2010, relocated to Scotland and started working as a Dentist in Scotland in 2014.

It is a special memory for me because she is my first child and I am extremely proud of my daughter and what she has been able to achieve in 33 years.

She is a very good role model for her other 3 younger siblings who are following in her footsteps and working towards their own degrees.

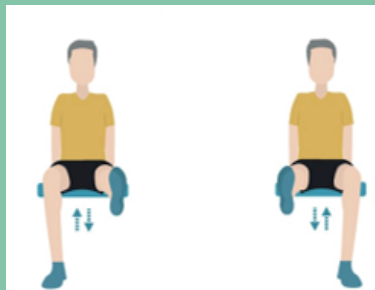
### Why did you choose to work at Brabourne Care Centre?

I chose to work here because I am very family focused and Brabourne Care Centre feels like a big family, from staff to residents. I have continued working at Brabourne for all these years because I have formed strong bonds with my colleagues and the residents. I am very passionate about my work and I like to make sure everything is done to the best of my ability.

### What is your favourite thing to do outside of work?

I do work within the Sagarmatha Gurkha Nepalese Community in Ashford. I am a chairperson and I support Nepalese people who are in need, we also hold charity fund raisers for example we held an event to raise money for Nepal after the earthquake.

### 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

### Community Coffee Morning

Join us for coffee, pastries and a chance for you to meet with the team and get to know other families and friends of Brabourne Care Centre



Next Session: 30<sup>th</sup> January at 10.30am

### Michael Lack is in town

Singing sensation Michael Lack join us for music and singing afternoon. Inspired by his grandfather, Kenny Lack, Michael was encouraged to learn the saxophone too.



Next Session: 30<sup>th</sup> January at 2.30pm