

Bethesda Eventide Times

April 2024

www.bethesdaeventidehomes.co.uk

Issue 45

Hello and welcome to our newsletter for April 2024!

We apologise this issue is a little later than usual, we can blame the editor (Tom) for taking annual leave as the newsletter is usually getting put together!

Its been a very busy month for the Homes, with lots going on. We have begun to enjoy the warmer weather, with lots of time preparing our garden spaces and the continuation of our "gardening club". We were also able to enjoy these spaces for our Easter event, which we were pleased so many guests were able to join us for!

Lots is happening within the Homes too, we have had our new call bell system installed, having a redecorate in reception and the construction of a sheltered pergola has commenced outside the quiet lounge.

We continue to have plenty planned for April, please see the theme days to the right. You would be welcome to join us for any of these activities, and we hope to see you soon!

We hope you enjoy April's newsletter!

From all at Bethesda Eventide Homes

April Dates

April 4th
National Carrot Day

April 5th
Fitness with Luke

April 11th
Pet Day

April 12th
A Day at the Races

April 16th
Wear your Pyjamas to Work Day

April 19th
Campfire Party

April 29th
International Dance Day





Green Fingers

We have been enjoying the milder weather, and have spent a lot of time preparing the garden areas ready for the spring. We have a gardening club who get together every Wednesday, and are looking forward to getting lots planted





If you know of anyone who may like to receive our newsletter, please get in touch with the home so we can add them to our mailing list. Thank you!



Chef's CORNER



We all enjoyed our St Patricks Day celebrations, particularly the treats that the kitchen prepared for us all! One of our favourites is the Chocolate Guinness Cake that June prepared for us! We are sure you would enjoy the opportunity to make it for yourself too!

June's Chocolate Guinness Cake

You will need:

- 100g Unsalted Butter
- 75g Dark Chocolate
- 200ml Guinness
- 200g Plain Flour
- 20g Cocoa Powder
- 1 tsp Baking Powder
- 2 Large Eggs
- 200g Golden Caster Sugar
- 3 tbsp Sour Cream
- 200g Icing Sugar



1. Melt the butter and chocolate in a dish, let it cool to room temperature.
2. Stir in the Guinness, don't worry if it splits or seizes, it will be fine!
3. In a separate bowl mix the flour, cocoa and baking powder until combined.
4. In a third bowl, beat the eggs and sugar for about 3 minutes until fluffy.
5. Combine the 3 mixtures and beat the mixture thoroughly.
6. Pour into your cake tin and bake at 180°C for 40 - 45 minutes.
7. Take the cake out, cool, and transfer to a wire rack.
8. Beat the sour cream and icing sugar until smooth, then stir in 2 tbsl of Guinness. If it becomes too runny, add more icing sugar.
9. Spread on top of the cake and enjoy!



Easter Event

We all enjoyed our first Easter event, and were joined by many. We held an Easter Egg hunt, made our own Easter nests and then enjoyed some light refreshments. All of this was followed by Fish and Chips! A big thank you to all who volunteered their time to help with the event, and to the kitchen for providing the lovely tea!





Carehome.co.uk is an excellent tool for supporting people in choosing a care home. If you would be willing to leave a review on this site, this would be most welcome.



carehome.co.uk

<https://www.carehome.co.uk/carehome.cfm/searchazref/10001515BETZ>

Out and About...

As the weather is improving we are supporting everyone to pop out for some fresh air, whether it's across to the park, or on one of Shirley's outings, many have enjoyed the slightly milder weather, and everyone is very much looking forward to spring!



Kiddleydivey

Our activities team are always encouraging everyone to keep active. We have daily armchair exercise sessions, and then other active entertainment such as seated Zumba and Kiddleydivey. Gunni from Kiddleydivey visited us on red nose day - as you will see we had rather a lot of fun!





If you see a photo in our newsletter of a loved one and would like a copy of it, please get in touch with the home so we can provide you with the original.



We know April is the fourth month of the year, but that's only by the Gregorian calendar that we adhere to now. It was previously the fifth month in the earlier Julian calendar.

April also only had 29 days, but a 30th day was added when Julius Caesar established the Julian calendar.

No one is sure how the month ended up with its name, but we do know the Romans named it "Aprillis."

The etymology behind the word "April" comes from the verb "aperire," which means "to open." It's commonly believed that the word refers to the season of trees and flowers beginning to "open" or bloom.

Of course, one of the most well-known dates of April, is April Fools' Day on the 1st of the month. No one is sure where this originated from, but some believe it to be inspired by Geoffrey Chaucer's story in "Canterbury Tales" called "Nun's Priest's Tale."

On April 11, 1970, Apollo 13 was launched and ran into difficulties about two days later. It was then that the famous line "Houston, we've had a problem here" was said, and is today usually misquoted.

After a 1,500 year break, the first Olympics of the modern era took place on April 6, 1896, in Athens.



We have a Homes Facebook page! We will post regular updates regarding activities within the home etc. and we hope it will enable people to have further insight into the day to days occurrences at Bethesda Eventide. Please feel free to join the page and invite others also.

Mother's Day

We were pleased to celebrate Mother's day with many guests. The kitchen provided a lovely 3 course meal and we enjoyed sharing memories of our residents Mother's as well as celebrating many of our residents own motherhood too.





St Patricks Day



It is with great sadness that we include the news of the passing of Joan Boston and Marjorie Gull since our last newsletter. They were both with us for a long time having joined us in 2021 and both will be very dearly missed.

Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?" **John 11 v 25 & 26**

In March we have enjoyed celebrating Phyllis, Pat, Faith and Audrey's birthdays with them. Pat and Audrey escaped the camera, but all had a lovely time celebrating their birthdays.

In April we look forward to celebrating Herbie's birthday. We hope to be able to share photos of his celebrations in our next newsletter!



Bethesda Eventide Homes

Home Manager - Tom Horrex
Business Manager - Karen Bannister
Deputy Manager - Claire Cates

Bethesda Eventide Homes
59a Henley Road,
Ipswich
IP1 3SN

01473 211431

seniorteam@bethesdaeventidehomes.co.uk