

Welcome to the first newsletter of 2022!
We hope that this year brings loads to look forward to!

As we reflect on the last year, the Wellbeing Team would love to thank all of you for your continued support. Between our long-awaited re-opening and celebrating Christmas with you all it has been so lovely to see you!

As we head into 2022, we're excited by the exciting opportunities this will (hopefully!) bring and we hope you are there to see them with us!

We now introduce our "Hybrid Wellbeing Timetable"! While we're working on being more face-to-face with you all, many of our groups are still incorporating both a physical and virtual attendance. If you wish to find out more or want to attend, please check out the ellenor website or call the Wellbeing team on 01474 320007.

Monday	Tuesday	Wednesday	Thursday	Friday
Mindfulness and relaxation Group 11am-12noon <i>(Online, referral only)</i>	Seated Exercise Group 11am-12noon	Music for Wellbeing Session 11am -12pm	Hybrid Seated Exercise Session https://www.facebook.com/ellenorcharity 11am - 12noon	Social Drop In 10am-12noon
Floristry 1.30pm-3pm		Therapies for the Senses 3pm-4.30pm <i>(Online, referral only)</i>	Legal Advice Clinic 11am-12noon	
		Book Club (1 st Wednesday of the month) 1.30pm-3pm		
		Green Shoots Gardening 1.30pm-2.45pm		
	Activity Group 1.30pm-3pm	Activity Group 1.30pm-3pm	Activity Group 1.30pm-3pm	

New Group Alert!!

Green Shoots Gardening group has recently started!

Do you have green fingers? Have an interest in gardening, or just simply want to learn more?

Then come along to our Green Shoots group every Wednesday with Horticultural Therapist, Katie Gardner.

This is an opportunity to gain advice around plant care both indoor and outdoor.

So, take it or leaf it!



The richness of our lives...

A few words from Maria Hughes about just how rich we really are...

A lot of us, as we get older, think about how much less off we are now that we are not working. But money isn't everything. Our lives can be rich in other ways, so let's revel in them and enjoy them...

I am rich

I have silver in my hair,
Gold in my teeth,
Crystals in my kidneys
Sugar in my blood
Stones in my gall bladder
Lead in my legs
Iron in my arteries
Stye in my eye

And unlimited amounts of natural gas and fat.

I never thought that I would ever be so well off.



Truth is, I only have Pies for you, **Valentine**

Follow our Wednesday Living Well group who were decorating Valentines themed cakes this February....

With just a ball of coloured icing, a cupcake and Carol's wonderful cake decorating equipment, our Living Well patients were able to create beautiful cupcakes to the theme of Valentine's Day.

The session started with Carol demonstrating a beautiful heart and floral design on a small cupcake. The patients watched very closely to Carol's light work with the view for them to recreate it...

And then they were off!

Here are some photos of the Wednesday group's beautiful designs.

Thank you, Carol, for this Valentine's fun!!



I donut
KNOW WHAT I'D
DO WITHOUT YOU

Bird watching with Malcolm

Malcolm Males shares how he found a Sparrow hawk in his garden...



On the 10th January, Malcolm's son found this sparrow hawk in his garden.

As you can see in the photos (on the right) the sparrow hawk had caught and killed a sparrow and was stood on top of it.



Sparrow hawks are small, broad-winged raptors with long tails and long, thin yellow legs.

Adult males have slate-grey upperparts and fine rufous barring underneath.

Females have brownish-grey upperparts and less rufous barring than the male.

Sparrow hawks also have a prominent white line above the eye.



Types of bird

U	K	P	S	S	T	A	R	L	I	N	G	V	O
S	A	E	O	O	B	P	E	N	G	U	I	N	T
P	L	L	S	O	I	N	R	L	E	V	O	D	S
A	B	I	R	P	G	P	O	R	I	C	A	R	I
R	A	C	E	O	W	N	B	G	K	V	K	I	R
R	T	A	O	T	A	T	I	G	I	R	O	B	S
O	R	N	E	O	E	I	N	M	O	O	W	G	K
W	O	O	H	O	C	A	M	T	A	O	L	N	S
H	S	O	E	R	O	P	S	R	T	L	N	I	W
A	S	K	R	E	C	S	L	L	U	G	F	M	I
W	O	C	O	G	R	O	A	U	B	K	G	M	F
K	A	U	N	L	A	P	I	G	E	O	N	U	T
H	S	C	E	A	N	G	O	N	H	N	E	H	R
W	O	R	S	M	E	R	S	N	B	I	S	I	A

Pigeon
Dove
Crane
Hummingbird
Potoo
Sparrow hawk

Stork
Flamingo
Pelican
Robin
Cuckoo
Heron

Swift
Albatross
Gulls
Starling
Owl
Penguin

Good news story: Steve Irwin's family have saved over 90,000 animals

The Irwin family have helped to rescue more than 90,000 animals since opening Australia's Wildlife Hospital.



The 90,000th patient was a platypus rescued from a wildfire.

The orphaned platypus named 'Ollie' is currently receiving around the clock care until he is well enough to be released back into the wild.



In 2004, Steve Irwin and his wife Terri opened the Australia Zoo's Wildlife Hospital.

Two years later, Steve died after being injured by a stingray on the Great Barrier Reef.

Today, Terri and their children (Bindi and Robert) continue to own and work on the 700-acre wildlife hospital of which has employed well over 500 people.

Every year, the facility rescues, rehabilitates and releases over 7,000 native Australian animals each year.



This time in history... April

We would like to wish a very happy birthday to...

- Heather H
- Colin T
- Michael C
- Anne C
- John H

And a happy birthday in May to...

- Ivan M
- Gloria G
- Terence D
- Pearl W
- Brenda C



1st April 1918 –
The Royal Airforce is founded.

4th April 1906 –
Mount Vesuvius erupted.

7th April 1978 –
The World Health Organisation
was established.

10th April 1970 –
The Beatles break up.

Don't stop retrieving!!

We have a woof-tastic PAT (Pets as Therapy) dog called Suzi who visits the Living Well Group every Wednesday!

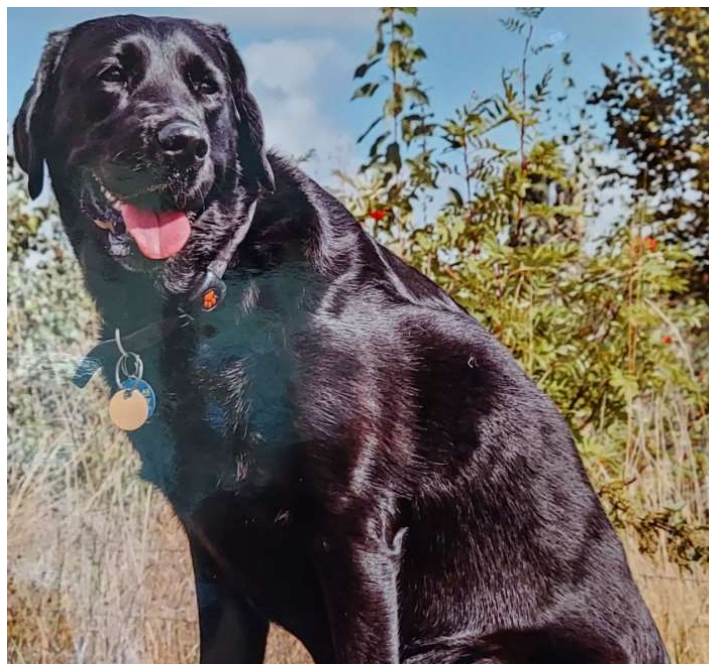
Just when you thought our Wednesday group couldn't get any better, Suzi appeared!!

Suzi (see right) is our lovable PAT dog, who comes into the Hospice along with her human Stephen, to share some time with us every Wednesday.

Suzi brings smiles and happiness to all that are with her, including the staff!

Currently Suzi is in Buxton on holiday with her sister Lydia, she regularly sends us postcards to keep us updated on all her travels!

(See right)



We hope that you have enjoyed the first 2022 edition of our Living Well Newsletter, keeping you updated on all things ellenor!

If you have anything that you would be willing to share with us to go in future editions, we would be very grateful! All we require is a few words about what it is that you have done, or send us the song, poem, recipe, etc.

Please don't forget that the Wellbeing team is here to support you and your families.

Website: <https://ellenor.org/>

Twitter: <https://twitter.com/ellenorcharity>

Facebook: <https://facebook.com/ellenorcharity>