

# Brabourne Newsletter

We support and enrich resident's lives throughout your stay with us.



## THIS ISSUE

Christmas update  
Latest news  
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MERRY CHRISTMAS  
FROM GENEVIEVE AND  
ALL THE CARE TEAM

Friends and family can follow our news and events on our Facebook page  
[@brabournecarecentreKent](#)

## Latest News

We're getting our home beautifully dressed for Christmas, our chefs are in overdrive planning festive delights and we are excited that we'll see the festive season in the company of family and friends again.

Our well-being team are busy organising lots of activities and we hope you'll enjoy the festive spirit in our home this year.

In January we'll be asking you what you'd like more of in our newsletters. Put your thinking caps on while you enjoy the festive season.

## Welcoming new staff to our Opus Care family

Recently joining us at Brabourne Care Centre we welcome:

Usha Limbu – Healthcare  
Christabel Omoga -  
Healthcare

## COMPETITION

Hand your answers into reception and our winner will receive a Christmas hamper.

**What is the second line in the song “Silent Night”?**

**In what town was Jesus born?**

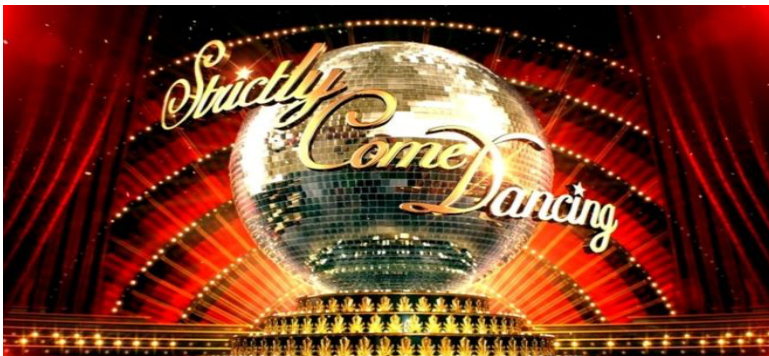
**Santa’s beard is said to be as white as?**

**Name the nine reindeer?**

**In the song “The twelve days of Christmas” how many maids were milking?**

**What surprise coin was known to be found in the Christmas pudding?**

## STRICTLY FINAL FAST APPROACHING



A clear favourite to win Strictly Come Dancing 2021 is EastEnders actress Rose Ayling-Ellis, with bookies backing her to lift the Glitterball trophy this year.

As soon as the line-up for the new series was announced in full, experts put Rose, Strictly's first ever deaf contestant, second favourite, just behind McFly star Tom Fletcher.

But, after she and partner Giovanni Pernice have put in some very impressive performances on the dancefloor, Rose is now the front runner to take the 2021 title.

Talking about British Sign Language on twitter, Rose says “I cannot believe the Google search for learning sign-language has increased by 488% AMAZING”.

Is Rose your favourite to win?

We’d like to wish all the contestants good luck in the final weeks of the competition.

## THE HUMBLE SPROUT – A FRIEND TO US ALL



Sprouts are a fantastic source of important vitamins and minerals. They are especially rich in vitamin K, which is necessary for blood clotting and bone health.

They're also high in vitamin C, an antioxidant that helps promote iron absorption and is involved in tissue repair and immune function.

What's more, their high fibre content helps support regularity and gut health.

## BEST/WORST CRACKER JOKES



*What does santa suffer from if he gets stuck in the chimney?*

Claustrophobia 😊

*What happens to elves when they are naughty?*

Santa gives them the sack 😊

*What do snowmen eat for lunch?*

Iceburgers 😊

*What do you call an old snowman?*

Water 😊

## SANTA CLAUS IS COMING TO TOWN

We are looking forward to a busy Christmas. Thank you to Tina and Bobbi for putting this program together and look out for more things coming over the next few weeks.

2 December

Church service with Carols for Christmas

10 December

Christmas Jumper Day in aid of Save the Children

17 December

Nigel Dawson will be joining us with his presentation on the theme of old-time musicals and movies for Christmas

21 December

Jasmine will be joining us with her Classic Christmas Party show

24 December

Hang up your stocking and say your prayers

25 December

Festive feast provided by our fabulous in-house kitchen team for all to enjoy

31 December

New Year's Celebration with Richy LaRue

Look out for our Christmas Cookie decorating event with the chef, the Booze Hamper raffle and your all-important shopping trip dates!



## It's beginning to look a lot like Christmas ....



Decorating our home with greenery is a Christmas tradition we all love. The Christmas tree is, of course, the most well-known, but it is hard to imagine Christmas without wreaths, holly and mistletoe. But when and why did such traditions emerge?

The English Heritage website delves into the history of Christmas greenery...

Holly and Ivy can date back to the late Middle Ages almost all surviving church records include entries for the purchase of holly and ivy in the winter. For Christians evergreens symbolised eternal life and the promise of the return of life in the spring. The carol 'Deck the Halls with Boughs of Holly' originated in Wales in the 16th century, showing the continued use of holly within Christmas decorations.

Advent wreaths may have been first used by Lutherans in Germany in the 16<sup>th</sup> century. Although it was during the 19<sup>th</sup> century that wreaths were made to hang on the front door. These wreaths were also known as 'welcome rings' and usually consisted of holly, ivy, pine cones and ribbons.

In the Georgian period, tradition says that gentlemen could pluck a berry from the bough and kiss a lady on the cheek. When there were no more berries, no more kisses could be given. This may be where the tradition of kissing under the mistletoe comes from.

Prince Albert, Queen Victoria's consort, is usually credited with having introduced the Christmas tree into England in 1840. However, it was actually 'good Queen Charlotte', the German wife of George III, who set up the first known tree at Queen's Lodge, Windsor, in December 1800.

Christmas trees became very popular with the upper classes, and In December 1840, Prince Albert imported several spruce firs from his native Coburg, in Germany, to serve as Christmas trees. But it was not until a few years later that the custom of setting up trees in homes really caught on amongst the general public in England.

It's lovely to see our home looking so beautiful and festive at this magical time of year.

Enjoy the festive season from all at your Opus Care team.