

Fairseat Foundation



Fairseat News – 18th July 2020

- **Resident News** – we had a very successful lunch to celebrate our 31st Foundation Day at Fairseat on Tuesday. Thank you very much to Gladys and her kitchen staff, ably assisted by Fiona, and everyone enjoyed the day very much. Thank you also to Delphine and another anonymous resident who supplied us with assorted chocolates to go with our coffee. Unfortunately, Burns & John, plus our two newest residents, Lisbe and Nigel B., were all in isolation and could not join us on the day. It will give us a suitable excuse to get together later in the month and formally welcome to the Fairseat community.
- **Isolation** - Residents in isolation at the moment include John (day 1 of 7), Nigel & Lisbe (12/14). **Andy & Debonnaire** are going to the optician on Monday for eye tests & new glasses and **will be in isolation for 14 days** following that. So please be aware, help us all maintain responsible behaviour and keep safe. Can I please remind them to wear reflective vests (get from the nurses) if they wish to exercise, always maintain 5 feet distance & no social visits, boules or golf. In the staff isolation we have Sarah Njeri, Marcella Nyamoita, Mary Ndutu & Peter Kamau all into their 12th day of 14. Our nurses, Beatrice and Alice, are back from leave and 14-day isolation which allows nurses Agnes & Lucy to get away for a well-earned break.
- **Visitors** – residents have been allowed to receive visitors which has proved to be a popular move and our staff have been very busy supervising & assisting to make the visits safe and easy for everyone. If Tuesday/Thursday from 10.30am to 12.30pm is not convenient then please let us know but definitely no visits starting later than 3.30pm.
- **Staff** – All our staff have been in lockdown since early April. We are now implementing a rotational system that will permit staff to go home for a period before returning to work after a 14-day isolation period. The first week of the rotation will start on Monday, 27th July. This means that most residents will be receiving less contact time with their carers than they are accustomed to. We will have to accept that our residences may not be maintained in the usual fashion but it will enable us to maintain a safer environment for our demographic over the medium term whilst we see how the Covid-19 pandemic develops and behaves in Kenya. Ben & Fiona are going away next weekend, leaving early on Friday morning and will be returning late on Monday afternoon. They will then be self-isolating for 14 days.
- **Clock Golf** – this has definitely been a most popular event for both residents and staff. Pat has bought out her clubs & is regularly seen practicing into the gloom of the evening. Age has been no barrier with Yvonne M-S leading a number of nonagenarians, and even centenarians, heading up the leaders' board. The staff are getting better with every week and on Saturday we have the third round of The Fairseat Clock Golf Championship with Staff and Residents each having won one round each.
- **Pub Nite** - there will be no Pub Nite this week and the next one will be scheduled for Wednesday evening, **29th July @ 5.30pm. It will be held in the Widgery Rm.** with Neil, ~~Andy & Debs~~ and Mike because Andy & Debs will still be in isolation.
- **Films** – “**Doc Martin**” series will continue on Tuesday afternoons. On Thursdays we will have “**Pretty Woman**” on 24/7 & then Attenborough’s “**Blue Planet**” series starting 30/7
- **Monthly Speaker** – Thank you to Joe who gave a very interesting and informative address on the subject of “Sleep” at the beginning of the month.

- **Quiz night – will be delayed to August with questions to be set by Joe.** This is due to issues with isolation. Sorry about that and exact details to follow but we are hoping for 14th August.
- **Resident Birthdays** – In July we have no birthdays at all. In August we will have 4 residents celebrating starting with Brenda on who turns 98 on 7th, John G. (13/8), Micky (22/8) and then Tony on 22/8. Then followed by 8 more birthdays in September. I can sense a party brewing.
- **Past residents** – July is a big month for remembering past residents with no less than five to mention. **Vivien Horwood**, who lived here before donating the land for Fairseat, died 19/7/89, **Jeanette Chubb** on 20/7/17, **Liz Fowler** on 24/7/17, **Tobina Cole** on 27/7/16 and **Libo Barton** on 30/7/17.
- **Copacabana** – I am hopeful that our next event will be on Friday, 7th August at 11am in the Widgey Rm. Unfortunately, delayed because John has been & will be in isolation.
- **Fairseat Rainfall**
 - Jan – June - 1053mm over 90 days Vs Average of 625mm over 50.7 days
 - July to date – 7.5 mm over 3 days Vs Average of 20 mm over 3.6 days
 - Year to date – 1060.75mm (41.75”) over 93 days Vs Ave of 644.5mm over 54.3 days.
- **Saturday, 18th July @ 5pm – The Fairseat Clock Golf Championship Round 3 - Staff Vs Residents**
- **Sunday, 19th July – remembering Vivian Horwood** who died on this day in 1989.
- **Sunday, 19th July @ 11.00am - Clock Golf with Mike** under the Terminalia Tree
- **Monday, 20th July – remembering Jeanette Chubb** who died on this day in 2017
- **Monday, 20th July – Nigel Brierley & Lisbe Stewart come out of isolation**
- **Monday 20th July @ 11 am - Crossword with Shirley** at B&F's
- **Monday 20th July @ 11 am - Boules with Anja** on the Big Lawn
- **Monday 20th July @ 3 pm - Scrabble with Shirley** in the Widgey Rm
- **Monday 20th July @ 5 pm - Clock Golf for staff with Mike** under the Terminalia Tree
- **Monday 20th July @ 5 pm - Croquet with Debonnaire** on the Top Acre lawn
- **Tuesday 21st July @ 11 am - Exercises with John**, in isolation but keeping social distance
- **Tuesday, 21st July @ 4.30 pm – Video “Doc Martin” with Debs** in Widgey Rm
- **Wednesday, 22nd July @ 10.30am - Bingo with Jane** in the Widgey Room.
- **Wednesday, 22nd July @ 11am - Clock Golf with Mike** under the Terminalia Tree
- **Wednesday, 22nd July @ 3 pm - Bridge Lessons with Fiona** at the manager's house.
- **Thursday 23rd July @ 11 am - Exercises with Yvonne** on the Big Lawn
- **Thursday, 23rd July @ 4.30 pm - Video “Pretty Woman”**
- **Thursday 23rd July @ 5 pm – Boules for staff** on the Big Lawn
- **Friday, 24th July – remembering Liz Fowler** who died on this day in 2017
- **Friday, 24th July – Ben & Fiona away early**, back late afternoon on Monday.
- **Friday, 24th July – ~~No maths' problems~~** with John G. as he will be in isolation.
- **Friday, 24th July 11 am – Boules with Anja** on the Big Lawn
- **Saturday, 25th July @ 10.30 am - ~~No Bridge with Fiona~~ – Fiona will be away**
- **Sunday, 26th July @ 11.00am - Clock Golf with Mike** under the Terminalia Tree
- **Monday, 27th July – remembering Tobina Cole** who died on this day in 2016
- **Monday, 27th July – Ben & Fiona back in the evening.**
- **Wednesday, 29th July @ 5.30pm – Pub Nite with Neil & Mike** in the Widgey Rm
- **Thursday, 30th July – remembering Libo Barton** who died on this day in 2017
- **Friday, 1st August – remembering Ruth Rabb** who died on this day in 2017