



PHEW December 2023 Newsletter

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As 2023 comes to a close, we hope that all is well with you and your family. We wanted to update you on some of the many things that have been happening at PHEW since our last newsletter in October. So pour yourself a 'cuppa' and enjoy catching up on all the great things that have been going on.



HAPPY BIRTHDAY DONNA! 🎂

In November one of our guests Donna celebrated her birthday. The guests made a birthday banner and had much fun that day including time with Samantha, our Music Therapist. We love to make our guests' birthdays special when they are with us at PHEW.

SAMANTHA, our Music Therapist 🎸

Samantha comes in every Tuesday to do the Music sessions with our guests. All the guests are invited to join in by playing an instrument or enjoy singing along with Samantha (or both).

The feedback from our guests is that they love these sessions and think they are great! We are currently looking into ways that we can be offering Music sessions for our weekend guests in 2024.



Bunny and Co 🐰

This month we had a visit from 'Bunny and Co' at PHEW. They bring in a selection of animals for the guests to see and get close to, if they want to. They have bunnies, guinea pigs, ducks, hamsters and a hen that wanders about. The hen nearly laid an egg while it was here, but she changed her mind in the end!! As you can see from these happy faces, it is an activity that is very much enjoyed here by our guests.

Bonfire night fun with the guests 🔥

What a fun time the guests had on bonfire night this year. Our own PHEW 'guy' was created and each of the guests made a firework picture which was displayed on the wall. The guests enjoyed hot chocolate and hotdogs and had fun watching the staff play with sparklers in the garden.



Health and Wellbeing

Our guests, Carers and staff are giving great feedback about their Aromatherapy sessions with Jenny. Here are some quotes from the guests. "I loved it! I love the room, it is so calm", "beautiful!" and from our Carers; "I feel my sessions enhance my mood and contribute positively towards my mental health, reducing stress and pain" and "I feel more energised and less pain after my session with Jenny".

COFFEE MORNINGS ☕

Each month we have loved seeing more of our PHEW community and their friends coming along and connecting in with each other at our Coffee Mornings. We have also really appreciated our friends from other partner agencies coming along. **NLDF (North Lanarkshire Disability Forum)** and **'Making life Easier' team from NHS Health and Social Care** have come along to our last 2 mornings, each setting up a table to share how they can support you and/or refer you on for further support. We are looking forward to our next one which will be on **Wednesday 10th January 10am-12 noon**. We are looking to develop a 'Coffee Morning team' to help with the welcome, setup etc. If you would like to help please contact Jenny jennydewar@pnewrespice.org.uk The more the merrier to help would be great!



PHEW AGM

On the 15th of November we had our AGM, which was such an encouraging morning hearing from the members of the Board at PHEW, our Accountant and also from Jenny, our new Development Officer. We were hearing about all the feedback that we have received so far about our services and what the plans look like for developing things going forward in 2024. There is a lot to look forward to!



PHEW Carer Feedback and Focus groups

Over the last 2 months Jenny our Development Officer has had some good helpful times chatting with some of our Carers in our PHEW community. Going forward Jenny will continue to connect with further families to listen to what the PHEW Community are looking for and develop the service out of this feedback. If you haven't yet given your feedback, please note we have forms that are available at the reception desk in PHEW or they can be sent out to you either by email or post. If you'd prefer a chat with Jenny that can definitely be arranged.

CHRISTMAS AT PHEW 🎅

The excitement is mounting here at PHEW for all things Christmassy! Our guests are having great fun getting into the Christmas Spirit with trips to see the Lanark Christmas Lights being switched on, making festive cards, helping decorate the trees here at PHEW and they are *absolutely* buzzing for the Christmas Fayre on Saturday 2nd December. The Fayre is shaping up to be a great day with lots of great prizes to win and stalls to visit, Santa is even going to be there too! We have our special Christmas Lunch on Thursday the 21st December for our guests and there is also a trip to the Pantomime for the guests who are booked in with us on the 29th of December.

We want to take this moment to wish you and your families a very Merry Christmas and a Happy New Year. We look forward to seeing you in the new year ❤️



