

# STRATTON COURT VILLAGE

THE OFFICIAL NEWSLETTER FOR BOURTON AND BILBURY LODGE



STRATTON COURT  
CIRENCESTER



## MARCH'S NEWS

SPRING IS ON THE HORIZON! We are really excited to finally be in March. Not only is it the month where we feel like spring is actually arriving, but we also have the hope of lockdown lifting and can begin to look forward to happier times. Don't forget, the first day of spring is the 20<sup>th</sup> March and the clocks go forward on the 28<sup>th</sup> March.

## A NOTE FROM SACHIN

"I am so relieved and hopeful that we are enroute to getting some normality back to our wonderful Village. With the Roadmap that the Government has set out, we hope to open our Village once more, and create events which lay within the guidelines.

I am really positive that we can begin to use our facilities to their maximum potential soon and look forward to some fun events in the near future.

Our kitchen to door food delivery service is now available and we are looking forward to introducing our new tea and cocktail trolley. A new book club has now been launched and books distributed for you to review (should you wish to). Sadly, we are still awaiting information as to when the GP surgery is returning to complete everyone's covid-19 vaccinations but as soon as we are informed of a date, we will let you know.

As always, we value you opinions and input, so please feel free to feedback on ways we can improve our wonderful Village."

## STAFF UPDATE

We are glad to welcome three wonderful additions to our Aura Care Living Team.

Mary joins us as our Village Sales Advisor. She has some exciting ideas planned to help welcome new residents to our Village. Kathryn has joined as our Hospitality Manager. While her responsibilities predominantly lay within the Care Home, she is also going to be ensuring our facilities are used to their maximum potential. Zoltan has joined as part of the maintenance team and will be assisting Stoyan for anything needed around the Village.

Stefan has joined our kitchen team following Lory sadly having to leave for personal reasons.

IF ANYONE HAS ANY  
QUESTIONS ABOUT THE  
LOCKDOWN AND THE  
RULES, PLEASE DO NOT  
HESITATE TO CONTACT US  
AT RECEPTION



## A NOTE FROM STEFAN AND THE KITCHEN TEAM

Sadly, due to current government guidelines, we have been unable to welcome you to the restaurant as initially planned. This has also affected our ability to continue the fun activities we had planned.

We await another update from the government, we can offer our special takeaway service which is fabulous for birthdays, anniversaries or just a special treat so please don't hesitate to phone reception (with 24 hours notice and dietary requirements) to place your order for a special cake, an afternoon tea box or pastries and scones with additions of jam and cream of course!

Please also find attached our seasonal menu. This is going to be available from March 1<sup>st</sup> on **pre-order** and our Stag Menu which is available everyday.

## SCHEDULE OF ACTIVITIES

This month we are launching our monthly "This is your life" competition. We ask for you to share a story from your life with us: whether it be poignant, personal or just down right funny, and email these to

[david.ible@auracareliving.com](mailto:david.ible@auracareliving.com).

Please try to stay under 250 words.

This, we hope, will open the door to some amazing conversations, sharing of memories and increasing overall happiness of positive life events.

Please send all entries by the 12<sup>th</sup> March and the winner will be chosen at random by the 15<sup>th</sup> March. The winner's story will be published in next month's newsletter!



## A NOTE FROM ANDREW

Happy March and Happy Spring!

We wanted to update everyone to let them know we have reinstated a new pathway to the Dog Poop bin. This should mean a safe and easy pathway to all who need the bin.

Joan has a new lovely pathway to her beautiful bird table and Anthea's memorial bench to her husband is now available for those to sit and use in his memory.

I am sure you have noticed the spectacular display of natural crocuses interspaced with snowdrops and winter aconites. For those with their eyes on our displays you may have also spotted the daffodils that were planted by Jim and myself on the right hand side of the site as you exit. Grass cutting has also started for the first time this year, which is a really exciting project as it means warmer weather is officially here and we can begin to look forward to the summer with beautiful flowers and sunny days.

## MEET MARY!

Mary McDonald, the new Village Sales Advisor. She joined officially on the 15<sup>th</sup> February. She is bringing her experience from our biggest competitors to help welcome new sales to our wonderful Village. We are sure you will be seeing much more of her in the upcoming weeks and months.

Mary is also going to be the host of the monthly book club (for which you should have received your book packs this week). She has a passion for reading so is the perfect fit to host such an activity. We aim for the first book club to be on 29<sup>th</sup> March, please let us know if this is convenient.

In her short time here, we are pleased to say Mary has already secured one reservation for the Village with an anticipated move for April. When lockdown allows, we will be hosting a coffee morning to welcome our new resident.

Mary is also launching her first event, Men are from Mars, Women are from Venus. Carol Smith, a regular host on cruise ships on this subject, will be joining to present her witty talk which we are sure will be welcomed following lockdown. As soon as we have solidified the date for this event we will let you know. Her email is [mary.mcdonal@auracareliving.com](mailto:mary.mcdonal@auracareliving.com)



## WHO'S WHO AT AURA

In light of your feedback and requests, we have prepared a "Who's Who" of Aura Care Living so you have everyone's details and also understand who we are and what we do.

Sachin Rajkumarsingh [Sachin.rajkumarising@auracareliving.com](mailto:Sachin.rajkumarising@auracareliving.com)  
07502348378

Sachin is the General Manager at Stratton Court and has been in the care industry for nearly 18 years. He has exceptional experience in his field and we were delighted to welcome him last August. A passionate traveller, he is really looking forward to being able to travel again as the world returns to "normal".

Dr Bala Raju - [bala.raju@auracareliving.com](mailto:bala.raju@auracareliving.com)  
07925292623

Dr Bala is our much loved clinical lead. He has been vital in Aura Care maintaining some level of normality during such unprecedented times. When Covid-19 is finally over, he is really excited to visit his family in India once more.

Kathryn Green - [Kathryn.green@auracareliving.com](mailto:Kathryn.green@auracareliving.com)  
Kathryn is a new addition this month and as mentioned earlier in this newsletter, is playing a role predominantly within the Care Home. However, she is also going to be responsible for ensuring that we use all of our facilities as best as we can once the lockdown is finally over. She is looking forward to being able to travel once more and being able to visit friends and family scattered around the UK.

David Ible - [david.ible@auracareliving.com](mailto:david.ible@auracareliving.com)  
07508432501

David is the activities lead for the Care Home and responsible for all the fun things we have coming up this year. He has truly had his work cut out for him in the past year with lockdown, meaning he had often do one-on-one activities, but his bright spirit and can-do attitude came to the rescue! He was a key player in the success of the amazing Wishing Tree and we are lucky to have him as part of our care home team. David has twin boys and a daughter and has recently celebrated his engagement to his partner Orsolya.

Emma Cusden

[emma.breedon@auracareliving.com](mailto:emma.breedon@auracareliving.com)

Emma is our Communications Manager and has been with us for around 4 years. Originally a consultant to our business, we eventually managed to secure her as a much loved member of our team. She works remotely due to her two small children, Freddy and Sailor, but visits us at our Camberley and Cirencester sites regularly. She is most excited to travel to her family who live in the mountains of British Columbia, Canada, once lockdown is over (who are yet to meet her daughter Sailor!)

Libby Messenger

[Liberty.messenger@auracareliving.com](mailto:Liberty.messenger@auracareliving.com)

Libby has been one of our all-star apprentices who has been with us for over four years. We have loved watching her grow and learn with us. She now serves as our Front of House Manager and is generally the first face you see when you walk into our reception area. Her welcoming smile is certainly not to be missed! When lockdown is over, she is really excited to head out and play football again with her teammates. She works Tuesday – Saturday.

Szczepan Talar

[Szczepan.talar@auracareliving.com](mailto:Szczepan.talar@auracareliving.com)

Szczepan (pronounced Stefan) has been working as a chef for 15 years. Originally from Poland, he has two children, Frank and Susana. His passion for food began as a young boy and over the years he has become a highly commended chef including being the proud winner of the Great British Care Awards Nutrition and Hydration award in 2015. His speciality is Italian Cuisine and he is excited to share with you his signature pudding of Tiramisu.

Mownika Sanapala

[Mownika.sanapala@auracareliving.com](mailto:Mownika.sanapala@auracareliving.com)

Mownika is the smiling face you will see on the reception on Sundays and Mondays while Libby is off. Mownika works as a carer during the week for Aura Care and is also Dr Bala's lovely wife! Much like Bala, Mownika is really excited to travel back to India to see her family when lockdown is over.

SUN	MON	TUE	WED	THU	FRI	SAT
	1	At Home Quiz Night	Movie night - DVD to your door		Cocktail trolley Feature drink - mojito	
	8		Movie night - DVD to your door	Send in your entry for "This Is Your Life"	Cocktail trolley Feature drink - Margarita	
	15	Cheese and Wine Club Trolley	Movie night - DVD to your door	Residents' Meeting	Cocktail trolley Feature drink - Mai Tai	First Day of Spring
	22		Movie night - DVD to your door		Cocktail trolley Feature drink - Bloody Mary	
Clocks go forward	29	At Home Quiz Night	Movie night - DVD to your door			

## THE MONTH AHEAD

While we are not out of lockdown yet, we have put together some more evenings for you to look forward to. Once out of lockdown our events will be regularly as follows:

### Monday

Coffee and Catch-ups – 10am

Enjoy a bacon roll on the first and third Monday of each month where we will be ready to discuss the news and current events.

### Tuesday

Entertainment evening - 17:30pm

Tuesday evenings will rotate between four events: cheese & wine night, quiz night, music night, and poetry & punctuation night. This is unable to start until lockdown has lifted, so for March we will be beginning our quiz at home night and the cheese & wine nights in a more distanced manner!

### Wednesday

Cake Trolley – 3pm

Enjoy a lovely slice of cake from our tea trolley every Wednesday from 3pm.

Movie Night – 17:30pm

Our movie nights will be usually held in our cinema with freshly popped popcorn and treats, however, with lockdown we are unable to do this so we are going to be bringing a library of DVD's to your door to pick for the upcoming week ahead.

### Friday

Cocktail night – 17:30pm

A fun filled cocktail evening which will feature some lively music and wonderful cocktails! Due to lockdown, we are doing this as a cocktail trolley and will have a feature cocktail from around the globe so you can try something new or rediscover a cocktail you may not have had in some time.

**Please note, activities and events are limited due to lockdown and government guidelines.**

**\*\*\*EVENTS ARE SUBJECT TO CHANGE DUE TO LOCKDOWN PROCEDURES\*\*\***



**THE ROADMAP OUT OF LOCKDOWN**  
COVID-19 Regulations

### Key Dates to look forward to

- 8th March - recreation in an outdoor public spaces will be allowed between two people
- 29th March - Outdoor gatherings of 6 people or two households will be allowed including in private gardens.
- 12th April - Non-essential retail, pools and gyms can open
- 17th May - Outdoor most social contact rules lighten, 6 people or two households can meet indoors, indoor hospitality can open
- 21st June - All legal limits on social contact removed

## COVID-19 UPDATE

Despite the recent announcement from the Government, we are not quite back to life as normal. We're working closely with local authorities to ensure that we are working safely to protect our residents and staff and will be available should you have any questions as to what the rules of lockdown mean.

As mentioned earlier in our newsletter, as soon as we have an update on the second stage of vaccines, we will be updating you



**AURA CARE LIVING GUIDELINES**  
COVID-19 Regulations

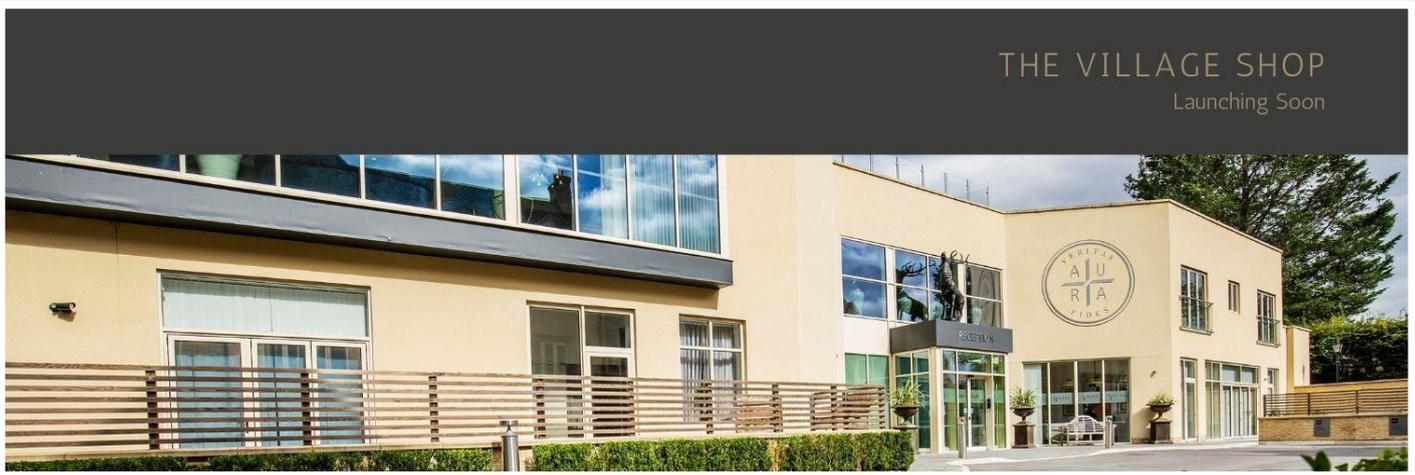
### Keep our community a safe and clean space for all!

- Wash your hands frequently
- Wear a mask at all times when outside your apartment
- Observe social distancing



COVID-19 Symptoms SOURCE: NHS

If you have fever, new continuous cough or a loss or change of your sense of taste or smell please call us at reception immediately.



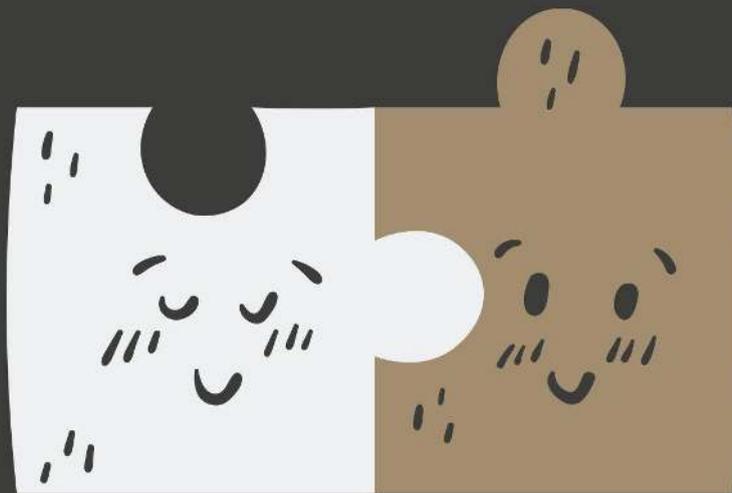
## THE VILLAGE SHOP

Our shop will be officially opening on the 18<sup>th</sup> March and we look forward to offering conveniences for you. While this cannot include fresh produce, we are looking for feedback on the list provided to yourselves. Please do think about what you may need both during lockdown but also when things are open again and you are enjoying visitors either planned or popping by. We will explore the option of providing fresh produce such as warm breakfasts and fresh pastries, but these will be evaluated on an ongoing basis based on uptake.

Please let us know what you would like to see in our shop by either dropping us a note, or emailing Libby on [libberty.messenger@auracareliving.com](mailto:libberty.messenger@auracareliving.com).

## HAIRDRESSER

As mentioned in our February update, we have a new Hairdresser joining us every Wednesday from next week. She is fully vaccinated so we are able to welcome her prior to lockdown fully lifting. While our other hairdresser is still going to be coming once lockdown had lifted, due to her limited availability and being unable to commit to regular weekly days, Sarah was found so that we could offer you hairdressing services. If you need another copy of her prices, please ask at reception.



# Aura Puzzle Page

## JANUARY'S ANSWERS

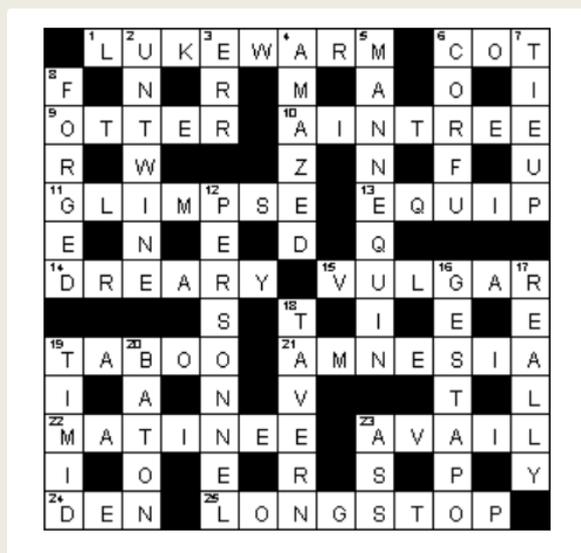
Q: Can you write down eight eights, so that they add up to one thousand?

A:  $888 + 88 + 8 + 8 + 8 = 1000$

Q: What is significant about 3661 seconds past midnight on 1<sup>st</sup> January 2001?

A: At the 3,661<sup>st</sup> second, the time and date can be written as 01:01:01 01/01/01

January's Crossword Answers are:

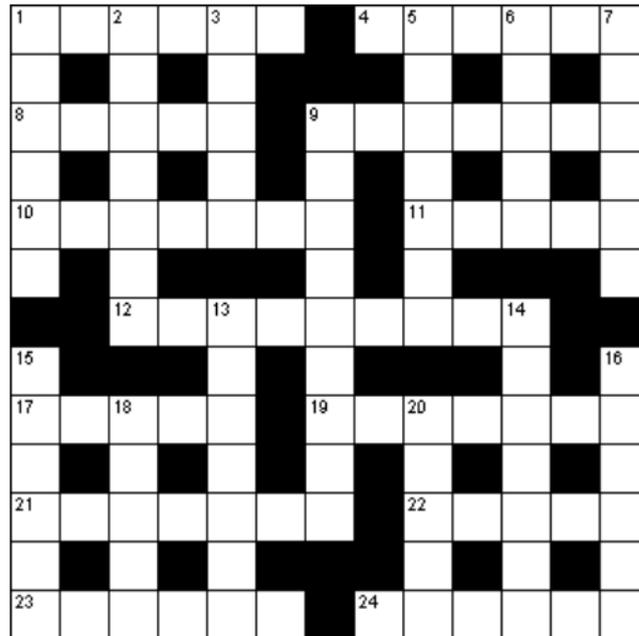


# FEBRUARY'S PUZZLING CHALLENGES

Q: How many times can you subtract the number 5 from 25?

Riddle:

I am not found on any ground,  
 But always in the air;  
 Though charged each cloud with thunder loud,  
 You cannot find me there.  
 Now if from France you choose to dance  
 Your Way just into Spain,  
 I there am seen, and near the queen,  
 In hail and mist and rain.  
 What am I?



**Across**

- 1 Thinly scattered (6)
- 4 Each one (6)
- 8 Precise (5)
- 9 Side by side (7)
- 10 News (7)
- 11 Sheep noise (5)
- 12 Remiss (9)
- 17 Reside (5)
- 19 Circus performer (7)
- 21 Draw back (7)
- 22 Hit (5)
- 23 Scarcity (6)
- 24 Card game for four players (6)

**Down**

- 1 Afternoon rest (6)
- 2 Forsake (7)
- 3 Lucifer (5)
- 5 Short moral story (7)
- 6 Wipe out (5)
- 7 Extensive landed property (6)
- 9 Attacker (9)
- 13 Chivalrous, dashing (7)
- 14 Size of popular newspaper (7)
- 15 Revered (6)
- 16 A sculptor's work (6)
- 18 Minor actor in crowd scenes (5)
- 20 Happen again (5)

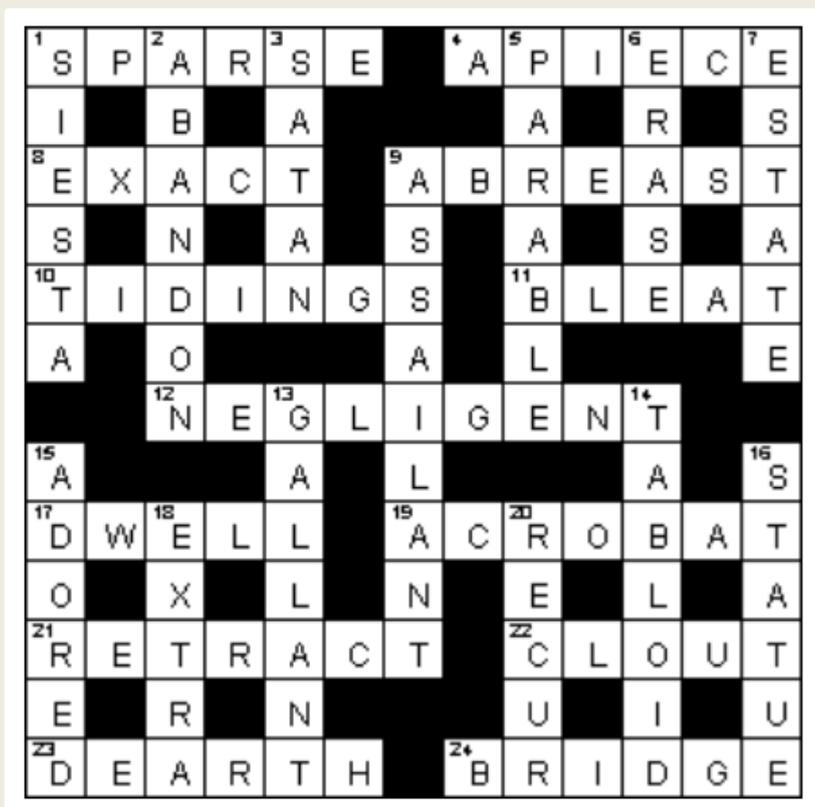
# FEBRUARY'S ANSWERS

Q: How many times can you subtract the number 5 from 25?

A: Once, because once you subtract 5, it isn't 25 anymore.

Riddle Answer:

The letter I



# MARCH'S PUZZLING CHALLENGES

Q: What has wheels and flies but is not an aircraft?

Maths puzzle of the day:

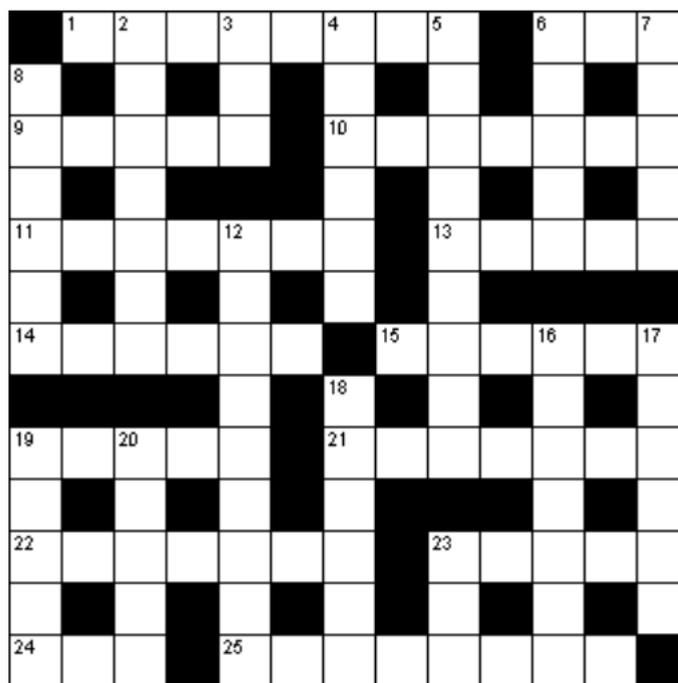
The Cold tap in my bath lets the water in at the rate of 15 litres per minute

The Hot tap fills the bath at the rate of 10 litres per minute.

The plug hole lets the water out of the bath at the rate of 12 litres per minute.

The bath holds a maximum of 520 litres.

I turn both taps on, but forget to put the plug in. How many minutes does it take for the bath to overflow?



**Across**

- 1 Figure of speech (8)
- 6 Zodiac sign (3)
- 9 Performed in a play (5)
- 10 Chivalrous, dashing (7)
- 11 Refuse politely (7)
- 13 Free from obstructions (5)
- 14 Noon (6)
- 15 Poland's capital (6)
- 19 Afterwards (5)
- 21 Exterior (7)
- 22 Female singing voice (7)
- 23 Dire (5)
- 24 Scarlet (3)
- 25 Clamber (8)

**Down**

- 2 Lured (7)
- 3 Assistance (3)
- 4 Loftier (6)
- 5 Unwilling (9)
- 6 Go away (5)
- 7 Aquatic mammal (5)
- 8 Bicycle for two (6)
- 12 Behind with payments (2,7)
- 16 Proficient (7)
- 17 Every seven days (6)
- 18 Hue (6)
- 19 Defeated contestant (5)
- 20 Slightly warm (5)
- 23 Provide with weapons (3)