

NEWSLETTER

October 2025

Woodside hall, Polegate Road, Hailsham



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Editor's Desk

Hello Residents, Families and Friends!

Welcome to October's edition of our newsletter! This month brings many wonderful opportunities to celebrate life, kindness, and curiosity.

The **International Day of Older Persons** is a tribute to the wisdom, experience, and joy that come with age. **World Smile Day**

reminds us how a simple smile can brighten someone's day, while **World Animal Day** honors the creatures who bring companionship and comfort. **Curious Events Day** adds a playful touch, inviting us to embrace wonder and explore life's mysteries.

These are just a few of the many meaningful days on October's calendar. Taken together, they remind us that every day offers a chance to smile, connect, and keep our curiosity alive.

With warm regards,

Natalie



October Trivia

October was the eighth month in the Roman calendar, named from the Latin word "octo," meaning eight. Later, January and February were added, moving October to the tenth month.

Zodiac signs: **Libra & Scorpio**
Birthstone: **Opal & Tourmaline**
Flower: **Calendula**

Quote of the Day

*Wrinkles will only go
where the smiles
have been.*

- Jimmy Buffett

Pevensey Ukelele Group!

PUG Visited this month and we had lots of lovely singing & dancing from residents & staff.



Jean enjoying swaying along to sweet caroline!



Beryl, Kevin & Pat getting in the groove!



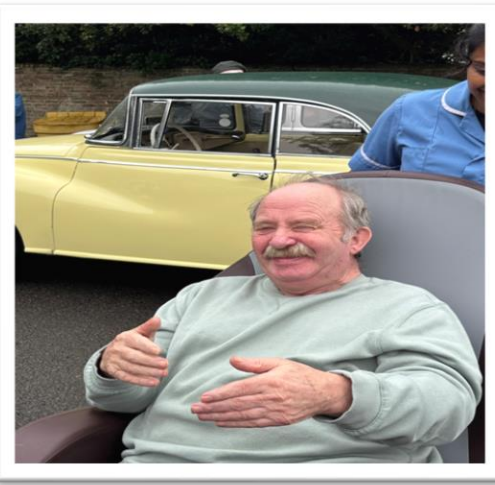
Vintage Car visit!



Jan & husband Ron enjoying reminiscing.



Sheila getting comfortable!



Keith remembering the good old days!



Alan enjoying a change of scenery.



Nick getting up close under a Audi bonnet.



A beautiful Austin!

Upcoming Events

Harvest Festival- Friday 3rd October 2.30pm

Pigmy Goats visiting- Monday 6th October 2.30pm

Elvis is in the building- Friday 10th October 2pm

Ballroom Dancers to celebrate Brenda's 102nd Birthday- Thursday 16th October 2pm

Lets go to the Movies!! – Friday 17th October 3pm

Rocking Mike - Friday 24th Oct 2pm



Regular Events

Hair Dresser- Every Tuesday

Sian G Fitness- Every other Tuesday

Knit, natter & Nail care – Every Thursday

Pub Quiz - Every other Saturday

Special Days

1st Day of Older Persons

1st Intl. Music Day

1st Intl. Coffee Day

1st Library Month

3rd World Smile Day

4th World Space Week

4th World Animal Day

5th World Teachers Day

9th Curious Events Day

13th Columbus Day

13th Indigenous Peoples' Day

25th Pablo Picasso's Birthday

29th Grandparents Day

31st Halloween

October Birthdays

In October, we celebrate birthdays with:

- **Julie Thompson**
- **Nigel Hayes**
- **Derek Mitchell**
- **Brenda Kearley**
- **Mervyn Harrison**
- **David Goldsmith**
- **Diana Gordon**



😊 World Smile Day

Smiles are more powerful than we often realize. Research shows that smiling can lift your mood, reduce stress, and even boost your immune system.

Best of all, smiles are contagious - when you share one, you brighten not only your own day but someone else's too.

On World Smile Day, let's remember that the simplest gift we can give is free, universal, and always welcome: a smile.



Libra (Oct 23 - Oct 22)

Librans are often considered the nicest and most charming personality in the world!

Scorpio (Nov 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

A poem to share

The Little Things

Margaret Lindsay

It's the little things we do and say,
That make or mar the livelong day;
It's not the thing we do once in a while,
But the little things that tell the mile.

The little acts of kindness done,
The smiles that greet the rising sun,
The words of cheer to those we meet,
That make this life so bright and sweet.

Smiling is Infectious

Spike Milligan

Smiling is infectious, you catch it like the flu,
When someone smiled at me today, I started smiling too.
I passed around the corner and someone saw my grin—
When he smiled I realized, I'd passed it on to him.

I thought about that smile, then I realized its worth:
A single smile, just like mine, could travel round the earth.
So if you feel a smile begin, don't leave it undetected—
Let's start an epidemic quick, and get the world infected!

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Mrs June Livermore**
- **Mrs Sylvia Jennings**
- **Mr Bill Jennings**

We hope that you enjoy your time here!

NEW STAFF

A warm welcome to the people who joined our team in the past few months!

- **Nurul Islam (Carer)**
- **Natalie Hoare (Activity's)**
- **Rassel Ahmad (Carer)**
- **Tara (Domestic)**

We hope that you enjoy your time here!

SOCIAL MEDIA

**PLEASE LIKE & FOLLOW US
ON FACEBOOK @ WOODSIDE
HALL NURSING HOME TO SEE
REGULAR PHOTO'S &
UPDATES ON YOUR LOVED
ONES.**

CONTINUOUS IMPROVEMENT

Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There are feedback forms available outside the Reception in the foyer. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception, or email us anytime.

Thank you!

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books to resident's rooms. If you would like this service, please talk to a Natalie the activity co-ordinator.

THANK YOU

We would like to issue a heart felt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

HAIRDRESSER

We have a hairdresser who attends every Tuesday. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

ACTIVITY'S

Family & friends please feel welcome to come & join in activity's Monday to Friday afternoon's and every other Saturday for a Pub quiz. We encourage you to come & make memories with your loved one's.

CULTURAL CELEBRATION

In the month of October we celebrate the Hindu festival of Navratri, the ancient Celtic festival of Samhain which inspired modern Halloween.

DONATIONS FOR XMAS FAYRE

If you have any unwanted, unopened gifts that would be suitable for our Christmas Fete for the residents to win on the Tombola, We would be very grateful to take them off your hands... Thank you in advance!

Laughing Matters



No Dogs Allowed

Two friends are walking their dogs -- a Dalmatian and a Chihuahua -- when they smell something delicious coming from a nearby restaurant.

The guy with the Dalmatian says, "Let's get something to eat."

But the guy with the Chihuahua says, "We can't go in there, we have dogs with us."

So the first guy says, "Just follow my lead." He puts on a pair of sunglasses and walks into the restaurant.

"Sorry," says the owner, "no pets allowed."

"But this is my seeing-eye dog," the guy with the Dalmatian says.

"A Dalmatian?"

"Yes, they're using them now."

The owner says, "Very well, then, come on in."

The guy with the Chihuahua repeats the process and gets the same response from the owner: "Sorry, pal, no pets allowed."

"But this is my seeing-eye dog," says the second guy.

"A Chihuahua?" asks the incredulous owner.

"A Chihuahua?!", says the man in the dark glasses. "They gave me a Chihuahua?!"

Staff spotlight of the month!



Wendy Robson

Wendy is a Senior Nurse at Woodside and has worked here for 3.5 years, Previously she worked at Brighton Hospital in A&E and also Cardiac.

Wendy knew she wanted to be a nurse from an early age, She really loves her job. She is also the GSF (Gold standard framework) and wellbeing nurse at Woodside.

Wendy lives in Eastbourne, She has 3 grown up children and 1 Granddaughter.

Wendy also has 3 cats named Louie, Olive & Ed (after Ed Sheeran the singer as they are both Ginger).

Wendy's hobbies are Swimming & running and eating!! So far Wendy has run a whopping 26 Marathon's and will be completing her 27th around Beachy Head in October.

Wendy says she would like to complete the 6 world Marathon major's and only has Chicago, Boston & Tokyo to go to!!

Word Search

SMILE!



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

Happy Face
Peace
Patience
Hug
Grin
Laugh

Joy
Gratitude
Blessing
Family
Smirk
Believe

Cheerful
Love
Grace
Cuddle
Wink
Trust

Gentle
Kind
Warm
Smile
Giggle
Faith