



# Art, Craft and Cheese

There was a superb display of art work, with many various crafts to reflect upon also, at our recent Exhibition.

Green Pastures, our local Christian Book Shop, attended the event offering opportunity for further purchases. Nearly 50 people attended the occasion and enjoyed sampling a large selection of cheeses on offer. Our thanks are given to Chef John Kelly for providing and serving all. Did you notice those mice?



## Dear friends

*How great is your goodness which you have stored up for those who fear you.* Psalm 31 v19

As we go into Spring, we see signs of new life all around us. The early garden flowers and blossom on trees and hedges remind us that the dark days are past.

At Easter, we remember the darkest of all days but also rejoice with Christians around the world in the triumphant words 'He is risen!'

You will see that our people have been active with an increasing number of things to see and do.

As always we are grateful to those who give of their time to enrich life at Quebec Hall.

Stephen Read, Trustee

# Chef's Food Night

While many folk appreciate how blessed Quebec Hall is with the quality of food served at meal times, nothing could have prepared those present for the delights that were on offer the last Friday in February.

Our Chef's Choice Food Night found chef's John Kelly and Jayne Olley present main courses and desserts that were truly amazing. Twenty two folk sat down to a "gastronomical feast"! The meal concluded

with coffee and chocolates. Our thanks to John and Jayne for their hard work. Another such event is planned for mid-April.



## WHAT'S BEEN HAPPENING...

### Hand Bell Ringers

Once again the visit from the St. Withburga Ringers on the 3rd December last was enjoyed by many as they presented a various programme of Christmas Carols.

It was a delight to hear Carols played with the hand bells. Following the recital refreshments were provided for all. All appreciate their Christmas visit.



### Cameo Singers

Our warmest heartfelt thanks to the Salvation Army Cameo Singers who came and sung for us on Thursday 6th December.

All enjoyed the varied programme as they sang and played symbols and tambourines. Refreshments including mince pies were served afterwards.



### Annual Carol Service

With reasonable weather for mid-December, a good number of folk gathered to remember the reason for the season – the birth of our Saviour, our Lord Jesus Christ.

Prof. Sam Leinster, a Quebec Hall Trustee, gave the address and a varied programme of "Carols and Bible Readings" filled the programme.

### Sarah's Company

(Wednesday 23rd January)

Several Home and Bungalow residents enjoyed listening to a delightful drama presentation of Joan of Arc from Sarah Rose.

Sarah is a Carer at Quebec Hall and her love of drama, having achieved a degree at University, shone through. She hopes one day to be able to use her qualifications further in this field. We have always understood the varied and gifted members of staff we have at Quebec Hall.

### Three's Company

(Wednesday 6th February)

Those very talented musicians of "Three's Company" returned to play and sing to us.

Everyone was drawn back to the 1930s with snippets of Sinatra and the like. What an enjoyable afternoon for all.

### William Cowper Cub Pack

The annual Christmas visit of the 1st William Cowper Cub Pack based in Dereham set the scene for the special time of our Saviour's birth.

As can be seen from the photos, they had festive hats and displayed many badges earned for their achievements. They kindly left a Christmas wreath covered with badges, especially made for us, and also a bird table. Festive songs were presented with one of the cubs playing the piano and recorder. At the close of their presentation the cubs spent time talking and explaining their activities with those from the complex as all enjoyed refreshments.



### Quiz, Fish and Chips

The first quiz with fish and chips of the year was held on Friday March 22nd.

It was a matter of "close fellowship" with a staggering 48 folk packed into the dining room! 8 teams of 6 people battled to take the accolade of the winning team. Winning team, the Well-springers, won prizes of luxurious Easter Eggs. The team that came last also received smaller prizes. With so many competing Mark, Karen, and Lynne chose to "sit this one out"!



### Hygiene Inspection

We are pleased to announce that we retain our Food Hygiene Rating of 5.

An unannounced inspection took place on 6th March early in the morning at the time Chef John Kelly was in the middle of serving breakfasts and commencing to cook a roast dinner for lunch.

Quebec Hall congratulates John and his team for setting such a high standard that safeguards all residents.

## STAFF NEWS...

### Rebecca's Achievement

Supervisor, Miss Rebecca Woods, has recently achieved her Level 3 Diploma in Health and Social Care as a Lead Adult Care Worker.

Rebecca, our youngest Supervisor, has worked hard for this qualification over an 18 month period. She has spent many hours completing book work, carrying out observations, and had to sit two exams with The College of West Anglia in Kings Lynn. For part of the qualification, Rebecca achieved a pass "with distinction"! All credit to Rebecca for her hard work and the success achieved.



### Love and Affection

Another of our gifted members of staff, Mrs Margaret Seekings, produced a lovely display of roses, chocolates, and a greeting card for Valentine's Day, 14th February.

Margaret's display reminds us all of the importance of loved ones.



## FUTURE EVENTS...

**APRIL:** Saturday 20th at 11am  
Thought for Easter

**MAY:** Wednesday 8th at 2.30pm  
Sarah's Company – **NEW** (in lounge)

**MAY:** Wednesday 29th at 3.00pm  
Cream Tea – Cost £4

**JUNE:** Friday 14th at 6.30pm  
Themed Evening Meal – Cost £15  
*This year we're off to Portugal!*  
Reservations only!

**JULY:** Saturday 6th at 3pm:  
Fun Afternoon Tea  
Mini Donkeys are back!

Quebec Hall

#### TRUSTEES:

Martin Boyce (Chairman)  
Andrew Bash · Stephen Read  
Philip Parfitt · Sam Leinster

#### SENIOR MANAGEMENT:

Mark Woodgett (General Manager)  
Karen Vertigan (Head of Care and Registered Manager)  
Lynn Kelly (Deputy Head of Care)