

Waterhouse Times

Dear Resident,

Welcome to the March edition of the Waterhouse Times newsletter.

Jean Jowett

Sadly, our lovely Waterhouse resident Jean passed away on 25 January, after a short stay in hospital. Jean was 95 years old.

Jean moved into 23 Waterhouse Homes on 21 July 2003 and later moved downstairs to number 22 on 3 June 2017. Jean was such a character and a good neighbour and we all have fond memories of her. We thought we'd share a few memories with you all.

Walking into Jean's flat always reminded us of that feeling when you go on holiday and step off the plane and the heat hits you! Even on the hottest of days Jean loved to have her heating on and be 'toasty warm'.

Jean loved a good cup of tea and even with 3 spoons of sugar in she would often remark it wasn't sweet enough and ask for more! Maybe it was all that sugar (and syrup and Tuc biscuits and jelly babies) that made Jean such a sweet and lovely lady.

Jean enjoyed shopping and, when she was more mobile, used to go shopping every week with her sister and usually bought a nice new jumper. Her family discovered she had 240 jumpers and most were still brand new!

Jean will be greatly missed by everyone at Waterhouse Homes.



Upcoming Events

March 17

Coffee Morning 10:30am

April 21

Coffee Morning 10:30am

May 7

King Charles III Coronation Party

May 19

Coffee Morning 10:30am

June 9

Coffee Morning 10:30am

Site updates

The potholes on the driveway have been filled and further work will be undertaken, in the future.

Several paving slabs near the community room are in need of repair. This will be done as soon as the weather

Armchair Yoga

Armchair Yoga is a gentle form of exercise which can be tailored to each person's ability.

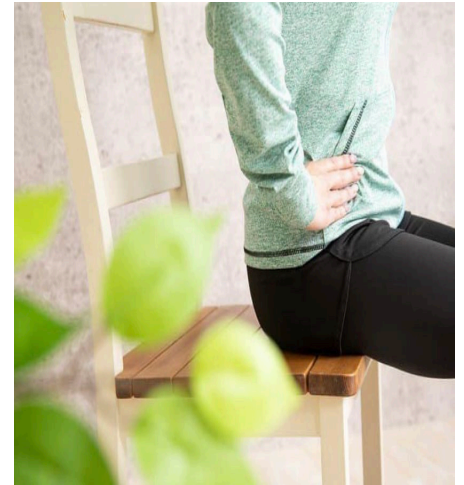
Benefits of Yoga-

- Helps to strengthen bones
- Reduces stress
- Improves sleep
- Helps flexibility and mobility
- Helps aches and pains

Armchair Yoga by Adele runs 2.00-3.00pm every other Tuesday (March 14, March 28 and so on) in the Community Room at Waterhouse Homes. Friends and family are welcome.

The cost per resident is £4.00 per session.

Please note the Charity contributes towards the total amount to keep the cost as low as possible.



Kings Charles III Coronation Party

We are planning on holding a party to celebrate King Charles III Coronation. The Coronation is on Saturday 6 May so we are looking to hold the party, in line with other celebrations around the country, on Sunday 7 May.

We will confirm further details, such as times, as soon as possible.



Social Events

Regular coffee mornings are now in the diary for the coming months. We will be planning in other activities but wanted to have regular dates up and running for the coffee mornings.

We will be holding an Easter Service in the community room at Waterhouse Homes- a date and time will be confirmed as soon as possible.

Cath and John - holiday dates

On 24/03, 31/03, 03/04, 04/04 we are taking holiday but will have the work mobile in case of any emergencies.

On 13/04, 14/04, 30/05 and 31/05 we are taking holiday but Carol and John will provide cover, and will have the work phone (again for any emergencies).

Cost of living crisis

With the cost of living rising we are all mindful of trying to keep costs down. Both Age UK and Calderdale Council have useful information to help. Below are a few helpful points:

- Run the washing machine at a lower temperature – you can often do everyday washes at 30°C. Washing clothes at 30°C uses around 40% less electricity over a year than washing at higher temperatures.
- Make sure you keep your living room (or whichever room you use most) warm during the day while you're at home at 21°C (70°F). If there are rooms you don't use as much, like a bedroom, turn off or lower the heater in them and close doors.
- Keep heaters clear so hot air can circulate. Don't forget to draw your curtains to minimise heat loss.
- People often think they're not entitled to government help with things like energy bills, care or housing – but you might be surprised. If you're eligible, there are payments you're entitled to, which can include things like Pension Credit, Attendance Allowance, Housing Benefit and the Warm Home Discount.

If you feel you are struggling financially, at any point, please speak to Cath or John.