



ALBAN MANOR

Alban Manor is a family run business nursing home based in St Albans.

Our residents are great role models, they have remained happy and upbeat throughout lockdown, often sharing stories of their own wartime experiences.

The residents and staff have built up a unique bond during this period, as they have taken all the government guidelines and restrictions in their stride and carried on with all the fun activities.

What has Lockdown Life been like for your group?

Here at Alban Manor it has been a very trying and testing time for everyone but we have carried on with fun activities keeping the residents very busy.

On Sunday 20th September 2020, our staff and residents participated in the memory walk for Dementia Society. They walked around the whole building and raised money for the special charity! It was a great day to remember with lots of banter and jokes along the way as well as winners' medals.

Alban Manor was absolutely delighted to have received a set of wonderful paintings, beautifully painted by Heathland's Primary School which is a wonderful school for deaf children situated here in St Albans. The residents also wanted to send something back as a thank you, so in turn, decided to paint a colourful tree in theme with what the children of Heathland's School had painted. It was a heartwarming exchange.

On the 14th of November 2020, the festival of lights or Diwali had begun, and Alban Manor was ready and excited to celebrate. At our care home, we decorated some of the rooms with colourful Diwali decorations and shapes, alongside lighting candles by the windows for five for the holy days of the festival.

Christmas was very different this year (2020) as many were not able to share it with their families so we decided to make Christmas baubles to send to their loved ones so they could hang them on their tree. One side they decorated and the other side, had a lovely photo of them with the words *'Sad that I am not at your table this year, but from the tree I send you cheer!'*



