

Dear all

With Christmas fast approaching we are all getting prepared for the big day. If you would like to join your loved one for Christmas lunch please do let us know and we would be happy to welcome you.

We are all looking forward to the Festive Season. Please make a note of our forthcoming events so that we can all come together at this wonderful time of the year and enjoy each other's company!

We would like to thank you for your continued support and for making Priscilla Wakefield House a great place to live and work. We are currently working on our Values & Vision Statement which will be embedded throughout the home. We would greatly appreciate your support in sharing with us what signifies compassion, respect, empathy, support and trust to you and your loved ones in the midst of daily life. Looking forward to 2019 we will continue to do our utmost to strive towards achieving outstanding care for all our residents and continue to support our staff to grow and recognize their dedication and hard work.

We have come up with an acronym to sum up the values we wish to see in each other and the values we wish our staff team to ensure is passed on to residents and their families.

The acronym is C.R.E.S.T. which stands for:

Compassion - Respect – Empower - Support - Trust

Our vision statement is as follows:

We are **compassionate** to the needs of the individuals we support and their families.

We **respect** each other and each other's views and values.

We **empower** individuals we support to live as they choose, while giving **support** to their families and our staff team to take ownership jointly in making the home the best place to live and work.

We **trust** each other because we believe that we all have to work collaboratively to achieve and embed our values and our vision.

We would love your input in getting some values under each of these and the question to ask yourselves would be (What do I want to see that lets me know the staff are compassionate towards the individuals we support, are respectful, empower individuals and support them and how we can evidence the trust for each other).

The unit managers will be meeting with you in the New Year to get your input on these so you can help to shape the vision with staff, residents and relatives working collaboratively.

We feel 2019 will be an exciting time for the home and we want you to be a part of this change process.

Yours faithfully

The Management Team

Veronica Lynch – 10 Years at PWH

Last year we celebrated the 10th anniversary of Veronica Lynch as an employee of PWH since 19th November 2007. At reception, Veronica was surprised by the management team and a group of colleagues from all departments and units who gave her a round of applause. This year Veronica celebrates 11 years, so it's time to know a bit more about her...

Sixty Seconds with Veronica Lynch

Q: When did you start at PWH?

A: I started on the 19th November 2007.

Q: What is your role?

A: My role is laundry assistant/ housekeeper.

Q: What is your favourite part of your job? And the worst part?

A: Favourite - Looking after residents personal belongings and bed linen etc.

The worse part - When the residents' belongings have no name tags.

Q: What do you enjoy doing in your spare time?

A: Reading and walking.

Q: Do you have any pets?

A: I have no pets at the moment.

Q: What is your favourite film?

A: Beauty and the Beast.

Q: What is your favourite book?

A: In Her Shoes by Jennifer Weiner.



Q: What is your favourite food?

A: Irish stew/salad and roast lamb.

Q: Tell us something we don't know about you?

A: In my last job I was employed for 18 years.

Birthdays

Claire Henry - 75

Gladys Dickerson - 89

Josephine Cooke - 87

Maria Davis - 80

Myrtle Silva - 77

Phoumy Khampraseuth - 62

Rami Ampalavanar - 81

Susanna Mais - 81

Thomas Woods - 85

Sylvia Hoffman - 97



New at PWH

Flower Arranging

Ursula founder of The Flower Bank visited our residents on 14 September to deliver a flower arranging workshop assisted by a young offender. Ursula provided the resources and shared the knowhow of how to create stunning floral arrangements. Our residents became absorbed in the task and showed a natural flair in flower arranging. The end results were entered into the Tottenham Flower & Produce Show. Everyone had their fingers crossed that there would be a winner in our midst! Thank you Ursula once again!



Dog Therapy with Gaston



Our residents were delighted to meet Gaston, a therapy dog accompanied by Michaela.

Faces lit up as this gentle giant was introduced to our residents. Many reminisced about pets of their own, while others simply enjoyed stroking Gaston's soft fur coat.

We are delighted that Michaela and Gaston have agreed to visit us every Friday. We are all looking forward to spending more time with them.

Super Drinks Challenge

Our Super Drinks Challenge was launched on 25th September. All units were asked to come up with ideas of how to boost hydration by making drinks stations and a selection of beverages which could be offered on a daily basis. Each unit did brilliantly but Nickleby was awarded top marks on the day. All units still have their eyes on the prize however as evidence of the sustainability of the initiative will be considered leading to the ultimate prize later in the year.



New at PWH

Music for Relaxation with Joana Gil



It was our pleasure to welcome Joana Gil for the first of 12 sessions of Music for Relaxation with our residents on 1st November. The Music for Relaxation programme is being run by The O K Foundation in partnership with the Canaan Church. Our residents had a wonderful morning singing and playing musical instruments. It was lovely to see our residents fully engaged in the session, singing, smiling and expressing themselves in a creative way.

We would like to extend our sincere thanks to Pastor Omideyi, Joana Gil and all at the O K Foundation & Canaan Church for making this happen.

There will be a Musical Performance & Joyful Christmas Celebration on December 15th at PWH as part of the programme. Please make a note in your diaries; all will be most welcome at this magical event.

Community Clean Up

As promised, we are here again at Rangemoor road to continue our efforts to make the open space on the street a more pleasant place to be. Even the weather did not stop us trying to make the space a nicer area where everyone can feel safe and enjoy the environment

This time our focus was the rubbish as the leaves were very wet and difficult to remove.

A big thank you to the staff who were involved as well as the local residents association who make the effort to be there to help to fill up some rubbish bags.

See you in December!



Out and About with PWH

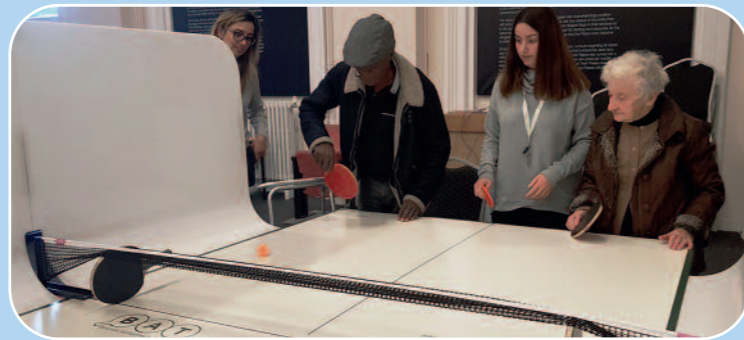
Tottenham Flower & Produce Show

Our residents Mary from Nickleby and Grace from Havisham represented PWH at The Tottenham Flower & Produce Show. They had a great day browsing around all of the stalls and enjoying lunch at Lordship Rec Community Hub. Mary's day was made all the more special as she received second prize in the Flower Arranging category of the Show. As you can see Mary was delighted! Congratulations from all of us!



Wellness Cafe at Ally Pally

Alexandra Palace Wellness cafe runs on the last Monday of every month in the afternoon. The cafe is there to support those living with Dementia and their carers. The cafe has been a success with our lovely residents who loved the social interaction with others. Mary and Mohammed really enjoyed utilizing the Dementia friendly Table Tennis table and the memory board game, while at the cafe they also enjoyed lovely light refreshments and cakes or fruits which always go down a treat with our residents.



Open House at The Antwerp Arms



On the 17 September a group of residents went to the Open House at The Antwerp Arms, a pub on Church Road – N17 8AS – that is working in partnership with the Alzheimer's Society as a Dementia Friendly Public House.

The Friendship and conversation sessions are led by volunteers who provide stimulating activities such as music memories, game boards, spurs walk etc.

Refreshments were available and our residents really enjoyed the atmosphere and the time spent there.

Definitely an experience to repeat.

Out and About with PWH

Table Tennis Tournament at The Meadow



Our residents attended the second round of the table tennis tournament sponsored by the Meadow Care Home. Chima and Mary had a great time and the competition was fierce! Refreshments were available throughout to cool down and restore energy. Next month we'll be there again.

Paradise Wildlife Park

Our residents enjoyed getting out and about and visiting Paradise Wildlife Park on the 27th of September. Everyone had a great day exploring the park and also enjoyed a leisurely picnic lunch in the tranquil surroundings. Mohammed, our resident on Nickleby particularly enjoyed the visit and seeing the goats evoked memories of his farming background when he raised and looked after goats. Our residents had loads to tell everyone about their day on their return home.



Life at PWH

Fish & Chips Club



Our Fish & Chips club was launched on 28th September with Fish at Five. Traditional fish & chips with all the trimmings was served to the delight of our residents. Residents from all of the units were given the opportunity to socialize over a meal. Our cafe was filled with chit chat and a relaxed ambience. Everyone had a great time. This will be a weekly event in the home.

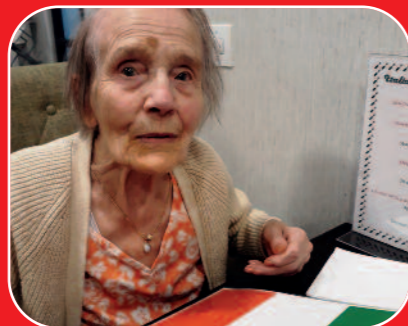
Black History Month Coffee Morning



Our residents gathered at Dickens Cafe for a celebration of Black History Month. Our residents looked at photos of influential figures from Black History over coffee and refreshments to see whether they could recognize them and to prompt discussion about their achievements. Everyone said they enjoyed the event and it prompted lots of discussion and reminiscence.

Dining Around the World - Italian Night

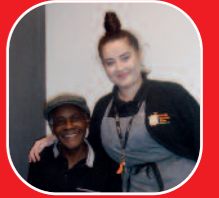
On the 25th of September our Dining Around the World experience focused on Italy. Our kitchen team provided an authentic Italian meal which everyone enjoyed. Masks from Venice were adorned adding colour to the evening. Sarah, wellbeing coordinator for Havisham & Pickwick shared photos and memories from her recent travels to Italy. One of the highlights of the evening was Nadia our new receptionist who is Italian singing some songs, which had everyone mesmerized. It was lovely to welcome Clive, son of our resident Rita on Copperfield to join us for the evening. A quiz about Italy was also enjoyed by all. Everyone agreed it was a night to remember. If you would like to join us for an evening dining experience with your loved one please speak to a member of our wellbeing team.



Life at PWH

Breakfast Club at Dickens Cafe

Our PWH breakfast club launched on 24th September was a great success. Dickens cafe was a hive of activity with Hannah, a member of our fabulous kitchen team serving up a fantastic cooked breakfast and choice of pastries and fresh fruit accompanied by fresh coffee, tea and juice. Our residents loved the atmosphere and selection of food and beverages on offer. Currently the breakfast club is taking place once a week on alternate Mondays and Tuesdays.



Halloween

PWH hosted a children's Halloween Fancy Dress competition at Dickens Cafe on 31st October. Dickens Cafe was decorated with vibrant decorations and many of our staff team transformed themselves for the occasion! We were thrilled to welcome our young visitors who were all rewarded with medals and treats. Dawn our administrator brought along her adorable pooch, Wilf, in his spider Halloween outfit and everyone was delighted to meet him. There was an array of spooktacular treats for everyone to enjoy. It was a fantastic fun afternoon!



Sensory Suitcase

Once again we received a visit from the volunteers at The Alexandra Palace Creative Learning Group who came to facilitate the Sensory Suitcase Project. This project was developed to engage people who are living with dementia and revealed a great way to stimulate our residents in reminiscence, discussion, creative and cognitive activities. Our residents really enjoyed learning about the adventures of Dolly Shepherd and her extraordinary story and exploring a variety of fantastic objects. A big thank to the volunteers who made the effort to make this afternoon a great opportunity to promote ways to stimulate people with Dementia.



Fundraising

The Eve Appeal - Go Red

PWH supported the Eve Appeal raising funds for gynaecological cancer with a Coffee Morning at Dickens Cafe. Our kitchen team created delicious marble, banana and lemon drizzle cakes to accompany our barista style coffee. Our residents enjoyed socialising, chatting and listening to music throughout the morning. A big Thank you to all who wore red to raise awareness of the day. Everyone looked Great!



Wear It Pink



We hosted a coffee morning to raise funds and awareness for The Wear it Pink campaign at Dickens Cafe on Friday 19/10/18. Everyone enjoyed chatting and socialising over a cuppa accompanied by a variety of sweet treats. We would like to say a big **THANK YOU** to our Kitchen team and to Maggie our fantastic baker who is the wife of our resident Stanley on Havisham. Everyone loved her delicious Ginger Cake!

McMillan Coffee Morning

PWH hosted a Macmillan coffee morning on 28th September. Residents, staff and visitors were spoilt for choice with the variety of beverages and cakes on offer. Dickens cafe was busy throughout the morning and we are delighted that we raised the grand sum of £89. We would like to say a big **THANK YOU** to all those who supported the event and especially to Maggie, Stanley's wife, Linda, Bill's daughter, Gwen, John's wife and Katerina, Theophilos's daughter for donating delicious home made cakes. Our kitchen team also went the extra mile as always and provided and provided an array of tempting cakes and pastries. The wonderful coffee cake made by Maggie was raffled on the morning and the lucky winner was the daughter of Mohammed our resident on Nickleby. Thanks again to all who supported this worthy cause.



Congratulations

QCF Level 2 Award in Dementia - Awards Ceremony



PWH hosted a QCF Level 2 Award in Dementia Training. An awards ceremony took place on 28 September following the successful completion of the award by all who participated. Our wellbeing coordinator Maria Stylianou was delighted to be presented with a beautiful bouquet of flowers in recognition of her outstanding work. Congratulations everyone from all of us!

Great British Care Awards Night

"The Great British Care Awards are a series of regional events throughout England and are a celebration of excellence across the care sector. The purpose of the awards are to pay tribute to those individuals who have demonstrated outstanding excellence within their field of work".

This year Priscilla Wakefield House was shortlisted for 6 different categories which is a great achievement and filled us with pride. The evening took place on the 10th November 2018, at Hilton Bankside hotel with the emphasis on Glitz and Glam. After a delicious dinner

and some wonderful entertainment, all the attention was on the stage to see the nominations and the winners.

A lot of cheering and applause was filling the room which got even louder when we heard that Pravesh Mohoonee was the winner in the category for The Good Nurse Award.

Congratulations Pravesh, this award is well deserved. We couldn't be more proud!



NEWSLETTER

ISSUE 19 WINTER 2018



Priscilla
Wakefield
House

Nursing Care Home
www.pwhnursinghome.co.uk

DECEMBER EVENTS

- 1ST – DECORATING THE CHRISTMAS TREE
- 3RD – HARINGEY CARE HOMES QUIZ BEE– OSBORNE GROVE – 2PM
- 5TH – WOODSIDE HIGH SCHOOL COMMUNITY CHRISTMAS PARTY – 2-4PM
- 6TH - MUSIC FOR RELAXATION WITH JOANA GIL– MULTI FUNCTION ROOM – 11AM
- 6TH /13TH /20TH – SEATED EXERCISE & SPORTING MEMORIES– NICKLEBY– 3PM
- 7TH – ELF DAY COFFEE MORNING @ DICKENS CAFÉ – 10AM
- 10TH & 12TH – SEE THE CHRISTMAS LIGHTS IN OXFORD STREET – 2PM
- 11TH – CHRISTMAS SHOPPING @ WESTFIELD – 10AM
- 13TH – CHRISTMAS PARTY @ ST THOMAS MORE CATHOLIC SCHOOL – 1.30PM
- 14TH – CHRISTMAS PARTY @ OSBORNE GROVE – 12.30PM
- 15TH – CHRISTMAS CONCERT WITH CANAAN CHURCH/OK FOUNDATION – 2.30PM
- 16TH – CHRISTMAS CAROLS WITH ST. IGNATIUS CHURCH CHOIR – 2.30PM
- 17TH – CHRISTMAS SHOPPING – WOOD GREEN
- 18TH – CHRISTMAS PARTY @ HAVISHAM & PICKWICK – 3 TO 6PM
- 19TH – CHRISTMAS PARTY @ DORRIT– 3 TO 6PM
- 20TH – CHRISTMAS PARTY @ COPPERFIELD – 3 TO 6PM
- 21ST – CHRISTMAS PARTY @ NICKLEBY – 3 TO 6PM
- 22ND – SDA CHURCH @ NICKLEBY 3 – 4PM
- 31ST – GOODBYE 2018 REMINISCENCE TEA PARTY – 3PM ON NICKLEBY



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