

NEWS LETTER

ISSUE 21 SUMMER 2019



Priscilla
Wakefield
House

Nursing Care Home

www.pwhnursinghome.co.uk

Teaching Care Homes Programme

The aim of the Teaching Care Homes programme is to develop a geographically spread network of homes that:

- Demonstrate an ongoing commitment to person-centred care and ways of working, which will be experienced by all who live, die, visit and work in the home
- Are centres for learning, practice development and research, actively engaging with staff, students, residents and the community
- Have strong working relationships with academic and education providers and are a resource for other care homes

This aim was developed in recognition of the issues of recruitment and retention of both registered nurses and carers, attempting to raise the profile of long term social care as an exciting, rewarding and forward thinking career choice.

Priscilla Wakefield house is the only nursing home in London chosen for this cohort of the teaching care home programme which is a national programme funded by FONS (Foundation of Nursing Studies).



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Summer is Here

Dear Family and Friends

It is that time of year..... SUMMER! We have been blessed so far with a few great sunny days and our residents have been out and about to the sea side, to boat trips on the river, to local parks and having ice cream themed days. It is lovely to see them smiling and having so much fun.

We also have a lot going on in way of external accolades. We are the only nursing home in London, yes you heard me correct "IN LONDON" to have been chosen to take part in a Teaching Care Home Programme. This is a National programme funded by FONS (Foundation of Nursing Studies) where we will be able to support other nursing homes with initiatives such as Diabetes as this is our focus while on the 12 month programme and promoting health initiative for our community.

We are having our first PRIDE AWARENESS DAY on 24th July and this will be an annual event. On this day we will celebrate our 22 staff who has achieved their 5 year and over milestone of working at our Care Home. We will also have an open day of our BEACH on our 2nd Floor Balcony area. This is to enable our residents who may not be able to get to a Beach to enjoy one in the comfort of their own home.

It gives me great joy to see the home blossoming and moving forward in terms of the objectives set over 3 years ago when I took over the management of the home. Things such as our GOOD CQC report, embedding our CREST values and improving the services to a good standard are all going well and we are working really hard as a team to achieve an OUTSTANDING at our next CQC inspection.

We can only do this with your help and support! Be involved, set up your own Priscilla Relative Groups and drive some ideas for improvement using the spaces we have created to host your discussion, step out of your comfort zones and visit other units to see what life is like for other residents living here.

My challenge for you as friends and family of our residents here is to "stop and appreciate one staff a day", be specific about one thing you have seen that made you feel happy to have your relative or friend living here and thank them for it. There is a lot that goes un-heard of or not seen such as staff taking their own time to visit residents in hospital and taking them their favourite treats, to attending funerals when often some residents have no relatives or friends (staff become that to them).

We appreciate the feedback from the surveys and if you wish to read the actions we have taken, please take a moment when passing the Ground Floor corridor by the lift to read this. We welcome ongoing comments and suggestions which can be left with reception as our aim is to continually strive for improvement.

Lastly, we want to say THANK YOU THANK YOU THANK YOU for your continued support and help in driving the initiatives we have and supporting the home to grow positively.

Make sure you know what our CREST values stand for and what they may mean for you and your loved ones and hold our staff accountable for these values as they have been created collectively with your input, that of the staff and the residents.

COMPASSION ---- RESPECT ---- EMPOWER ---- SUPPORT ----- TRUST

Out & About with PWH

Crews Hill



On May 20th we visited the Gardening Club at Crews Hill. Everyone enjoyed the scenic journey on our mini bus admiring the countryside and rural housing. We strolled around the vast garden centre admiring the vibrant, fragrant flowers and wide selection of plants. After all that walking our group sat and relaxed over a cuppa in the relaxing café area enjoying the relaxed, serene atmosphere listening to the sound of the water fountains. We were delighted that our resident Anjeenee was joined by her daughter Ruby. Everyone said they had a lovely day.

Job Fair at City and Islington College



Our HR Manager – Nosi Avery and Training Facilitator - Christina Omooseti represented Priscilla Wakefield House in a Health and Social Care Job Fair at City and Islington College on the 18th March 2019.

They set up a stall with marketing materials. The event was fast paced and they managed to give out a lot of application forms and goodie bags.

Nosi and Christina had a chance to explain to the College students what we do at Priscilla Wakefield as a Nursing Care Home, the benefits of choosing a career in the Care Industry and our current vacancies.

There was an opportunity for networking between employers sharing ideas about recruitment.

Capel Manor College

On Thursday the 2nd of May we visited Capel Manor Gardens. We enjoyed a leisurely stroll around the gardens admiring the flowers and plants. We had lunch al fresco enjoying the peaceful atmosphere listening to birdsong then visited the cafe for a warming drink before returning home.



Out & About with PWH

Pub Lunch at Toby Carvery

Our residents enjoyed a pub lunch at Toby Carvery in Enfield on the 6th of June. Plates were piled high with a choice of meat and a delicious selection of accompaniments including roast or mashed potatoes, a wide selection of vegetables, macaroni cheese and Yorkshire puddings served with gravy and an array of sauces. Some did find room to sample a dessert and tucked into a Knickerbocker Glory complete with cherry on top! Everyone had a lovely time and were ready for a nap on the journey home.



Wellness Cafe @ Alexandra Palace



On June 24th a group of our residents visited the last Wellness Cafe @ Ally Pally before the summer break. There was a delicious array of refreshments which everyone enjoyed with a drink, while having a chat. This was followed by a craft session decorating gift bags using the theme of Tour de France. Everyone was pleased with their creations. Another cuppa and it was time to go home the afternoon had flown by!

Film - African Queen

On the 25th of April we went to watch the African Queen at Crouch End picture house. Our residents loved the movie which was all the more enjoyable accompanied by popcorn and soda! We can't wait for the next visit.



Out & About with PWH

Picnic at Markfield Park



It's time for a picnic!

The sun came out and we headed to the park for a nice picnic at our local park – Markfield Park.

Everyone enjoyed relaxing watching the world go by, the children playing, cyclists racing by and listening to the birds singing and feeling the sun warming up our skin, the time flew.

Hackney City Farm

We visited Hackney City Farm on Wednesday 29th May. We had a lovely time walking around, meeting the animals and the huge Tamworth pigs were a big hit with the residents. We stopped nearby for a picnic afterwards and took in the sights of Haggerston Park whilst enjoying a nice spread.



Museum of Childhood

Our residents enjoyed a visit to The Museum of Childhood on the 9th of May. Everyone enjoyed looking at the array of toys, nursery furniture and prams. Many were fascinated by the large collection of doll's houses and marvelled at the minute detail. After enjoying a picnic lunch in the museum we had a stroll around the moving toys gallery. We enjoyed a moment to relax and reflect on what we had seen over a hot drink in the café before returning home.



New at PWH

Priscilla Wakefield Talk

On the 29th of April we were grateful to have Margaret Burr to come along and present a talk about Priscilla Wakefield herself. The event was attended by the Mayor of Haringey, Gina Adamou who was accompanied by Deputy Mayor, Councillor Sheila Peacock, who named the home after Priscilla Wakefield. We had many guests and residents at the talk which everybody found very intriguing. After the talk we celebrated Priscilla Wakefield's legacy with some food and drinks. It was an eye opening talk as many people did not know of Priscilla Wakefield's impact on finance and feminism.



Dancercise with Amerissa



We are happy that Amerissa is making a monthly visit to deliver a dancercise session for our residents. Amerissa gets everyone involved delivering the session with lots of energy and positivity. Everyone had great fun as you can see from the photos.

Live Music Now



We are delighted that we are hosting a Live Music Now Music Residency where Cello Ensemble Duo Furioso will be delivering six music sessions.

Working with the staff and the audience preferences, the residency aims to focus on the bonds that are created around music and memories in order to increase feelings of self-worth, sense of identity and stimulate memory in care. At the end of each residency you and LMN will leave behind a legacy of shared songs, song-sheets, audio and video recordings, activities and memories for staff and carers to revisit regularly, empowering the care home to continue to make music. **Live Music Now.**

New at PWH

Design Your Own Sandwich

Every Monday morning our residents have the opportunity to attend 'design your own sandwich' in the Copperfield unit dining room. Residents are encouraged to make their own sandwich to maintain independence. This includes buttering bread, chopping salad, spreading filling and cutting the sandwich. After making their sandwich residents have the opportunity to put their sandwiches in bags and have them at lunchtime – although most residents enjoy having them right away!



NCS Visit



We were delighted to welcome a group of young adults undertaking "The Challenge" facilitated by The National Citizen Service on 5th July. The young people spent time with our residents finding out about their experience of living at PWH and sharing life stories. Following this initial visit the group will return to share their plans of activities they will implement on their social action day which will take place on July 18th. We look forward to welcoming them back.



New at PWH

Cupcake Day

To promote Alzheimer's awareness we had our own cupcake day on the 13th of June. Our kitchen provided a wide variety of different cupcakes and we invited a large group of residents down to Dickens café to enjoy with a hot drink and a chat.



Priscilla Pictures



We held our first instalment of Priscilla Pictures on the 11th of June. We invited residents to join us in the lounge on Copperfield to see Billy Elliot. We aimed to make it an authentic experience accompanied by popcorn, hotdogs and snacks. It was a big hit with everyone and the first of many more to come.

MOBII Table – Inauguration Event at The Meadow

We took a small few residents to the grand opening of a new interactive projector that took place at The Meadow Care Home. It projected sensory and memory based games and quizzes onto a table top and our residents had great fun playing with them. They also enjoyed interacting with lots of guests at the event whilst drinking tea and eating snacks.



New at PWH

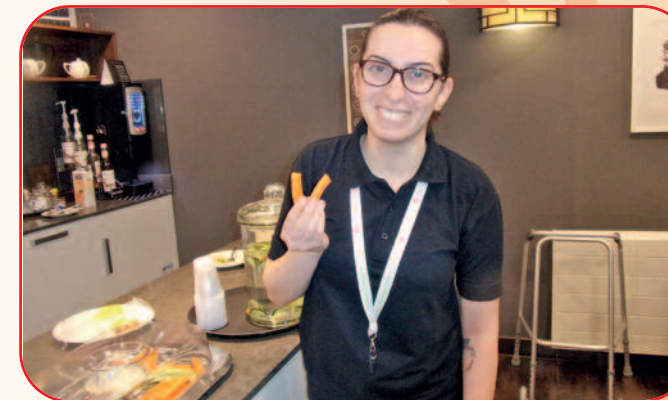
Go Nuts for Donuts!

Shannon, Team Leader on Copperfield kindly brought a doughnut maker from home for the residents to make use of. Everyone worked together to get the mixture just right and the results were perfect. Our residents unleashed their creativity decorating their doughnuts with icing and sprinkles. Who could resist? Perfect with a cuppa, delicious!



Diabetes Awareness Week

From Monday the 11th of June we held daily visits to the café with different groups of residents to enjoy a selection of healthy snacks. This was to promote Diabetes Awareness alongside healthier alternatives to other snacks that are available.



Asian High Tea with Mrs. Ali

On 26 June Nickleby hosted an Asian High Tea in honour of Mrs. Ali. The ladies wore headscarves paying homage to Mrs. Ali's culture and joined together to enjoy Asian spiced tea and sample an array of tempting sweets. The room was decorated with vibrant colours and traditional Asian music was played. Everyone had a lovely time and all agreed to do this on a regular basis.



Life at PWH

Dining Around The World - Jamaican

On 19th March the tastes and music of the Caribbean arrived at Dickens Café when our residents enjoyed our Jamaican Dining Around the World Experience. Our kitchen team excelled themselves once again providing an authentic Jamaican menu of Vegetable Pattie or Jerk Wings to start, Salt Fish with Dumplings, Curry Goat or Oxtail Stew served with rice & peas for main with sides of fried plantain, sweet slaw and green bananas and Banana Fritters with Coconut Ice Cream or Ginger Cake for dessert. It was wonderful to welcome family members to enjoy the evening with their loved ones and the Café was filled with chat and laughter.



Mother's Day



We hosted a Mother's Day celebration at Dickens Cafe on March 31st. Our residents had a lovely afternoon chatting over a cup of tea and a selection of delicious cakes freshly baked by our fantastic kitchen team. We were delighted that some of our residents were joined by their family.



Life at PWH

Sensory Session

Residents on Dorrit enjoy sensory stimulation & relaxation on a regular basis. Lava lamps and lighting of different colours, accompanied by essential oil diffusers and music for relaxation create a calming environment. Our residents enjoyed watching a projection of a moving aquarium which they seemed to find very relaxing. Residents often benefit from a gentle hand or foot massage during these sessions.



Fish & Chips Club

Our residents gathered at Dickens Cafe on Friday 5th April to enjoy the best fish & chips in Tottenham. Everyone had a great time requesting songs to be played while enjoying their meal. The evening was extra special as everyone celebrated the birthday of May our resident on Copperfield. At the end of the evening Tony our resident on Nickleby was happy to help clean up which he did with a smile!



Making Hats

Our residents had lots of fun getting creative making hats for our Best Hat Competition which will take place on 29th March which is Wear a Hat Day an annual campaign raising awareness of Brain Tumour Research. We are looking forward to seeing everyone modelling their creations on the day.



Life at PWH

Bank Holiday BBQ



Residents, staff, family & friends gathered in the courtyard on Bank Holiday Monday for a BBQ. Our kitchen team served a fabulous feast for all to enjoy. The weather was kind and everyone had a memorable day enjoying good food and good company.



Dining Around The World - French Night



Once again Dickens Café was transformed for an evening dining experience this time showcasing French cuisine. Our wonderful Kitchen team went the extra mile as always and served French onion soup with bread, followed by Coq au vin, Beef Bourguignon or ratatouille accompanied with tarragon mash or French rice followed by Crème caramel or crepes with berries. It was lovely to be joined by family members. Everyone loved the food and some reminisced about cooking the dishes themselves. Our residents and their guests were talking about the evening for days afterwards recalling what a wonderful time they had.

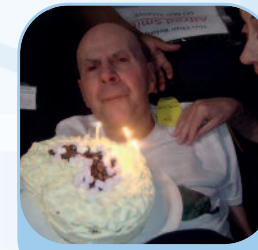
Nickleby Ice Cream Parlour

On the 4th of June, the staff on Nickleby (Sharon, Sally and Zahra) organised and set up Priscilla's very own Ice Cream Parlour on Nickleby Unit. They decorated the room (and the ice creams) with lots of colour, glitter and sprinkles and played ice cream truck music through the big speaker. There were smiles all round as residents were served up a variety of flavours with toppings of their choosing. Bubble-gum flavour seemed to be the most popular.



Life at PWH

Birthdays



Alfred Smith - 72



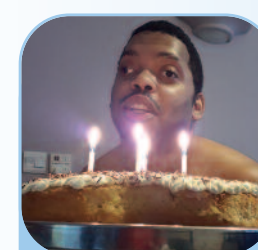
Arthur Vincent - 82



Colleen O'Neil - 86



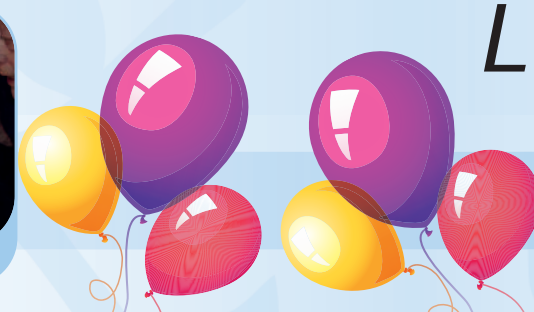
Grace Rook - 84



Marcus Rowe - 31



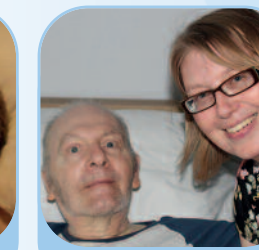
Patrick McLoughlin - 72



Barbara Greensmith - 76



Conrad Samuels - 64



Graham Bradbury - 69



May Hurts - 89



Rose Bekederoma - 81



Barbara Ridging - 81



Eddington Grannum - 89



Ida Rosen - 77



Michael Smith - 71



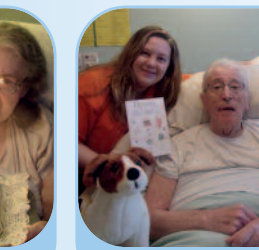
Roy Watts - 93



Beresford Riley - 94



Ernest Smith - 89



John Beavis - 82



Nandku Williams - 83



Wayne Jones - 54



Paulette Hamilton - 54



Erwin Wellington - 86



John Edwards - 84



Nena Gaylan - 81



Yvonne Waters - 77

Achievements

Gold Standards Framework Accreditation Award



Our General Manager Sue Ann Balcombe, Unit Managers, Molly Paul, Omoyi Mapumba & Gracie Opare, Night Manager, Hossam Fadhil and Human Resources Manager, Nosi Avery were delighted to attend the National Gold Standards Framework Centre Conference – 2019 on Friday 5th April at the Ambassadors Hotel Bloomsbury. Keynote Speakers included Tim Straughan NHS England Deputy Director Personalised Care, Nicola Bowtell - Public Health England NEoL CIN (National End of Life Care Intelligence Network), Grahame Tosh - Marie Curie Executive Medical Director and representatives from CQC, Royal College of GPs, British Geriatric Society. Our team were very proud to receive the Gold Standards Framework Accreditation Award on behalf of Priscilla Wakefield House in recognition of the high standard of end of life care delivered to our residents. We are all thrilled to share this achievement with you.

Nurses Day



PWH celebrated Nurses Day on 6th May by expressing how much we appreciate the hard work that our nurses do. Our nurses were presented with roses on the day and throughout the week we ensured that they had breakfast daily. There were smiles all round during this well-deserved recognition.

Open Day

National Care Home Open Day

On the 28th June 2019, Priscilla Wakefield House opened, once again, our doors to welcome our community to come along to celebrate National Care Home Open Day. The theme this year was “celebrating the role of art in care”. PWH embraced the theme inviting pupils from Earlsmead Primary school, just next door, to come along to perform some songs for our residents, staff, families and friends. Also the Bridge Renewal Trust gave us the opportunity to meet a group of young Polish voluntary performers to come along and closed the day with well known songs and beautiful voices.

As usual a delicious BBQ prepared by our kitchen team was on the menu as well as a cold buffet and refreshments which were available throughout the afternoon.

The background Steel Pan music performed by a soloist from the Steel Pan Agency created a very relaxing and enjoyable atmosphere.

At 3pm PWH welcomed Her Worshipful the Mayor of Haringey, Cllr. Sheila Peacock who interacted with our residents and then stayed to enjoy the entertainment performed by David, who came once again to perform his ventriloquist and magic show.

It was wonderful to see the courtyard full of residents and their families and everyone said that it was a great day.

