

NEWS LETTER

ISSUE 23 SPRING 2020



Priscilla
Wakefield
House

Nursing Care Home

www.pwhnursinghome.co.uk



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Spring is Here

Dear Family and Friends

Happy New Year 2020! There are bright prospects for us here at Priscilla Wakefield House.

In March we will be officially a Teaching Care Home. We have been on a 12 month project funded by Foundation of Nursing Studies to become of the cohort of Care Homes now accoladed as a Teaching Care Home.

We have also joined a project of integration with Kings Fund which will be starting in March and supporting also Health Watch Haringey with a project around End of Life Care. We are excited about what this will bring in terms of expertise and support for us at Priscilla Wakefield House.

We have had a new PWH baby (son of Christina Omooseti – Training Facilitator) who will be off on maternity for some time but we also welcomed back Nadia Peruffo (previous receptionist now Admin support for Training following the birth of her son). So we are a growing family.

There are a number of cuts and changes to NHS services which has seen a heightened number of complaints but which we have been channelling on your behalf back to the CCG and Local Authority and also to LAS (London Ambulance Services). I know that we all want what is best for our loved ones and we will continue to inform and support you through the changes.

We will be holding our first Relatives Meeting on Friday 21st February 2020 at 5pm and have requested a few guest speakers to join us so please make a special effort to attend.

Thank you all for your continued support and we welcome your suggestions and feedback to help us to improve the services we offer.

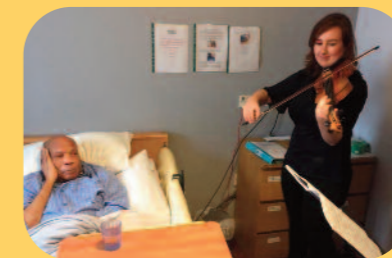
Yours sincerely,

Humbly your General Manager

Sue Ann Balcombe

New at PWH

Live Music Now Residency with “Campana Duo”



We are delighted that we are able to host a Live Music Now 12 week music residency led by “Campana Duo”. “Campana Duo” is a flute and violin duo. The first session which had a sea theme took place on 3rd October. The residency aims to empower staff to lead musical activities and bring more music to care homes.

Everyone, residents, staff and visitors had a great time. Staff were delighted to see the response from residents as they connected with the music and their spirits were lifted. We are very much looking forward to continuing this journey. We would like to say a big **THANK YOU** to “Campana Duo” and Live Music Now.

World Smile Day @ Dickens Cafe

We celebrated World Smile Day in Dickens Cafe with smiley cookies and a choice of beverages. Our residents unleashed their creativity creating smiley portraits. Everyone had lots of fun. The results are sure to bring a smile to your face!



New at PWH

Reggaetivity at Sophia House



On a windy Thursday morning in January we took a trip to nearby Sophia House for a fantastic session of 'Reggaetivity' – a dance and fitness class designed for seniors, set to reggae and afrobeats music! We all got up on our feet and followed along with the instructor, and all got quite a workout! It was wonderful to get to spend the morning with some members of the wider community. One of our residents even ran into an old friend they hadn't seen in years! Days like this bring us all together, and we're so grateful to be invited along to these community events. Thanks to Sophia House and the Silver Active initiative for thinking of us!



Live Music Now

We were joined by Cathy and Emma, a flutist and violinist respectively who are incredibly talented, once again. Each week, they play to quite a large group of residents in the lounge on Dorrit 2 as we encourage the audience to join in, sing along and shake a tambourine or two along to songs they know as well as various musical games. The residents get a great deal from these sessions and engage really well with the musicians and the music itself as they are invited to partake in the performances. It's amazing to see some residents that are often a little more reserved come out of their shell a bit more and noticeably enjoy themselves and engage in a social environment.



New at PWH

Safeguarding Week



Between 18th November and 24th November it was National Safeguarding week. PWH marked Safeguarding Week through raising awareness among staff, residents and families with posters of information and answering any queries brought forward. Safeguarding is everyone's responsibility!

Messy Art

Our creative residents indulged in some messy art with amazing results. The activity was accessible to all using paint of different colours on paper, folding the paper then spreading the paint by smoothing the folded side of the paper. As you can see the results were brilliant and the residents were delighted with their creations!



Haringey Care Home Quiz Bee

On the 20th of January we held another of Haringey's monthly quiz bees. We gathered in Dickens' café and prepared ourselves with some hot drinks and snacks, brains at the ready. We welcomed seasoned quiz champion, Frank Todd from The Meadow care home, to join in with the fun. The competition was fierce and the scores were tight but Frank did what Frank does best and was victorious once again. Everybody had a lot of fun and we even learnt a few things along the way. A lovely way to spend a cold, drizzly January afternoon.



New at PWH

Silver Sunday



“Silver Sunday is a special day in the national calendar when everyone can come together to celebrate older people”.

At Priscilla Wakefield House, on the 6 October, our residents gathered together at Dickens Cafe for an afternoon tea to celebrate Silver Sunday. Around the table, over a cuppa it was lovely to see and hear everyone engaging in conversation, sharing happy memories, achievements and advice for the younger generations. A big **THANK YOU** to our kitchen team who prepared delicious refreshments for the afternoon.

Road Worlds for Seniors Awards

We held an awards ceremony in our multi function room on 4th November where we presented medals and certificates to each resident who participated in the Road Worlds For Seniors campaign 2019. Everyone was delighted to receive their awards.

The therabike remains in situ on Nickleby and can be accessed by any resident who is interested. The therabike is linked to the Motiview app where cyclists can choose a route to cycle represented visually on screen. This is a great resource to improve the holistic wellbeing of our residents and lots of fun!



Pet Therapy with Gaston

After a long hiatus due to a leg operation, our beloved dog friend Gaston made an appearance! Possibly the largest (and friendliest) dog any of us have met, Gaston toured the building saying hello to our residents and brightening up our day – his energy is contagious! A lot of our residents grew up with dogs in their houses, and were delighted to get the chance to have a little play around with a friendly dog and feed him treats from the hand. They didn't even seem to mind the slobbering! Thanks to Michaela for letting Gaston come and visit, we hope to see you both again lots in the New Year!



Life at PWH

Elvis's Birthday



On the 8th of January we celebrated the 85th Birthday of the King himself, Elvis Presley. We gathered together on Dorrit to listen to Mr. Presley's greatest hits, and enjoyed some refreshments and pastries while some got up on their feet to dance to the music. Steph and Oliver from our Activities team got together to perform a few of Elvis' best loved songs – Oliver on guitar, Steph on vocals. We then all took part in a quiz about the man himself, where we discovered that Teresa, one of our residents, is a veritable Elvis expert! Some of our residents spoke about their love for Elvis, and we all had a great afternoon full of reminiscing and music.

NCS Social Action Project



On the 16th of November, we were joined by another volunteer group from NCS. They came to spend the day with our residents and perform some songs for them. It's always nice to have inter-generational events here at PWH and this day was no different. There were some great relationships formed and our residents really enjoyed chatting and getting to know the young volunteers as well having a big group karaoke session to round the day off. A lot of fun was had.

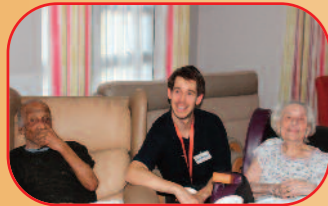
Life at PWH

Wear it Pink

Our residents shared awareness of the Wear it Pink campaign by painting the ribbon symbol which represents the campaign. There was lots of chatter and laughter as they got creative. A lovely cuppa and selection of cupcakes was enjoyed by all.



Diwali



On the 27th of October we decorated the lounge on Dorrit with a mass of fairy lights and celebrated the Hindu tradition of Diwali. One of our nurses, Bee, created a beautiful Rangoli on the floor for our residents to admire and we held a jewellery making session. We had some stunning, colourful outcomes set to the soundtrack of some traditional Diwali music. It was a great afternoon.

Celebrating Martin Luther King

It was Martin Luther King Day on the 20th of January, and at Priscilla Wakefield House we got together in the Dickens Café to celebrate Dr. King and the impact he made in the fight for Civil Rights. We looked at his famous 'I Have a Dream' speech from the 1963 March on Washington, and discussed the fight for racial equality that still is being fought today. Some of our residents have lived through some of the most poignant and crucial political moments of the 20th Century, Dr. King's speech included, and it's fascinating to be able to facilitate discussions of recent history with people who have first-person accounts of the impacts of these movements as they happened.



Life at PWH

International Day Celebration



THANK YOU to all at Peregrine House for the very warm welcome we received when we joined them for their International Day celebration on October 17th. Our residents had a fantastic time enjoying the entertainment and wide array of cuisine from different cultures.

Staff Awards 2019

The yearly staff awards were held in Roman's Multifunction Room on December 11th. From 3:15pm 'Talent Among Us' was celebrated with representatives from the staff teams, from spoken words to music, singing and dancing.

Best management support for 2019 went to Bisola Ariyo, Paulina Maciag, Veronica Moldovan and Sumi Pun. Good attendance was claimed by Momoh Sidikie. The early bird award went to Merline Richards. Best multitasking went to the Activities Team. The Smile Matters award were taken by Molly Paul and Patricia Poku-Boateng. The Happy to Help award was given to Ben Hopkins and Ana Stoica. Resident Focus was for Nakiana Ferron, Fortunate Umulungi and Shannon Creber. Best Newcomer award went to Robert Price and Zuela Homela.

This year Copperfield won the Best Unit, Havisham & Pickwick the Most Consistent Unit, Dorrit the Most Improved Unit. Kitchen, Activities and Housekeeping & Laundry department also were recognised for their work, support and commitment. Congratulations to you all!



Abba Cabaret Show

On the 31st of October we welcomed back Tickled Pink Productions to put on a show for our residents in the shape of an Abba themed Cabaret. There was tinsel, balloons and feather boas galore as the audience enjoyed singing and dancing along to the sounds of Abba's biggest hits. We look forward to having them back in the future.



Life at PWH

Chinese New Year & Arts & Crafts



In the run-up to the Chinese New Year, we have been getting our hands dirty with some arts and crafts, making decorations that we can use around the home to celebrate. Some of our residents made Chinese spin drums and decorated them beautifully – its always a joy to see our residents express themselves artistically, and we have some very talented people at Priscilla that always manage to wow us with our creative prowess. We now have plenty of beautifully coloured dragons to display, and we are officially ready to ring in the Year of the Rat in style!

Karaoke Night

At the end of January, we hosted a party for the residents, relatives and staff here at PWH with the entertainment provided by... The residents, relatives and staff. Everybody was eager to show their singing (or rapping) prowess in front of the audience and it was a good old-fashioned sing-along. We heard everything from Ariane Grande to The Three Tenors as everybody picked their favourite songs to flex their vocal muscles. There were plenty of refreshments courtesy of the PWH kitchen and we all had a lot of fun singing along and cheering on our colleagues, relatives and friends. It was a great night that we will surely do again.



Art Club on Nickleby



Nickleby residents got creative with support and inspiration from our new wellbeing coordinator Oliver. They created a collage of a landscape selecting buildings and scenery from a variety and pasting these onto the paper. The addition of small people to the landscape selected by each person who participated prompted much merriment.

Life at PWH

Dignity Action Day

On the first weekend of February (after what felt like eternal January), we held Dignity Action Day here in Dickens' café. We were blessed with a beautiful winter's morning and everyone was in good spirits, ready to have a hot drink and a sweet snack. Each table was full with residents and relatives sharing stories and talking about what dignity means to them. We heard lots of interesting ideas and thoughts. It was a great day and we all learnt a little bit more about one another.



Thanks for your support.



Birthdays

- Ahmed Ali - 53
- Andrew Antoniadis - 74
- Chima Oluonu - 64
- Claire Henry - 76
- David McDonagh - 46
- Francine Lundeya - 46
- Manuela Diaz - 91
- Mary Gordon - 87

- Mary Murphy - 83
- Mohammed Facey - 85
- Rami Ampalavanar - 82
- Sattie Ganesa - 95
- Sebastian Balson - 91
- Stuart Bax - 94
- Sylvia Hoffman - 98



Christmas

Christmas Shopping Westfield



On the 4th of December, we took a few of our residents to Stratford to go Christmas shopping in Westfield's. It was a crisp winter's morning and the sun was shining so we left nice and early to get a head start and beat the crowds. We lunched in the food hall before hitting the stores to pick up gifts for residents, relatives and friends and a great day was had as we strolled through the mall, admiring the window displays and generally feeling festive.

Elf Day Coffee Morning at Dickens's Cafe

PWH embraced the Christmas spirit to celebrate Elf Day and raise funds for the Alzheimer's Society. Residents gathered at Dickens Café and enjoyed a coffee morning, there was lots of fun and laughter as there were many elves on duty that day! Many thanks to all those who got involved and to all those who made a donation to this worthy cause.



Christmas Party at Woodside High School

We were delighted to be invited to a Community Christmas Party at Woodside High School on December 2nd. We received a very warm welcome. The food and entertainment was wonderful. We would like to say a big **THANK YOU** to all at Woodside High.



Christmas

Winter Wonderland Open Day

Straight after the quiz residents and families made their way to Copperfield's balcony where they were treated to an amazing sight of lights and flashing decorations. Hot Chocolate was handed out to ensure everyone kept warm and the residents faces were a picture as they gazed at the displays. 15 Christmas trees lined the back of the balcony, looking like a pine forest with Christmas lights to decorate the railings. There was a machine blowing snow into the night air and Father Christmas gave presents to children hoping to grant everyone's wishes. Everyone commented on what a wonderful time they had and what an amazing job everyone had done. 13th December was also Christmas Jumper day so most of the staff wore their jumpers, spreading the Christmas spirit to everyone around them!



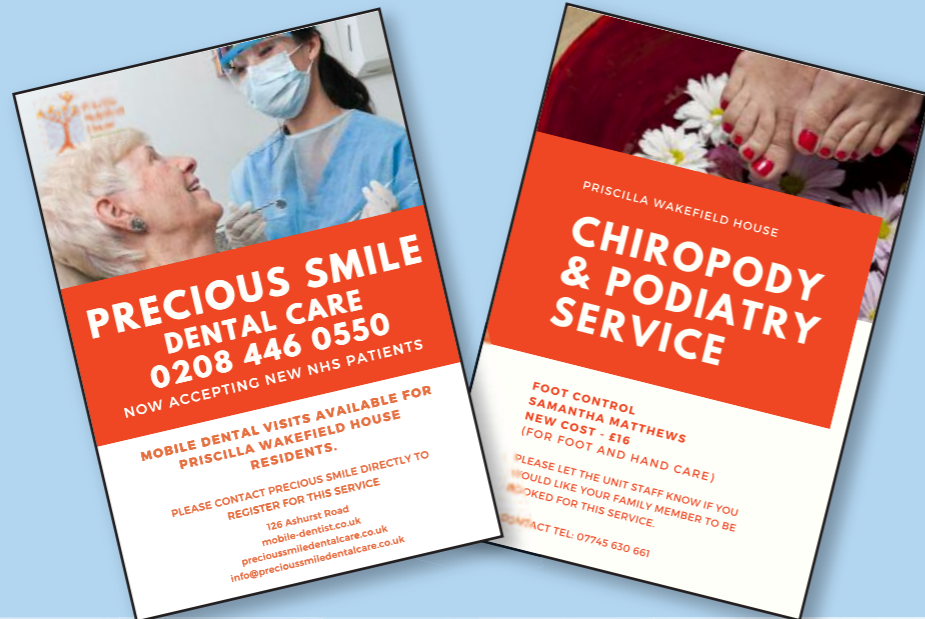
Staff Christmas Party

The staff party for this year was held at the Ferry Boat Inn straight after the Awards event. The staff were able to relax and enjoy themselves for all their hard work this year!



CHIROPODY & PODIATRY DENTAL CARE

At PWH we are committed to providing seamless holistic care for our residents. We are pleased to share that accessible, affordable **Chiropody & Podiatry** and **Dental Care** is available in house to all our residents. These are services which are not included in the care package. If you wish for your relative to access these services, please speak to the team leader / nurse on the unit where your relative is residing.



FOOD HYGIENE RATING

We are proud to announce that we have retained our five-star food hygiene rating which reflects the commitment of our catering manager Kevin Muyingo and his excellent team to maintaining outstanding standards of cleanliness.



FREE – IN HOUSE TRAINING

We are here to support you every step of the way in your journey caring for your loved ones.

You are warmly invited to attend any In House Training which you feel would be beneficial to you.

Sessions include:

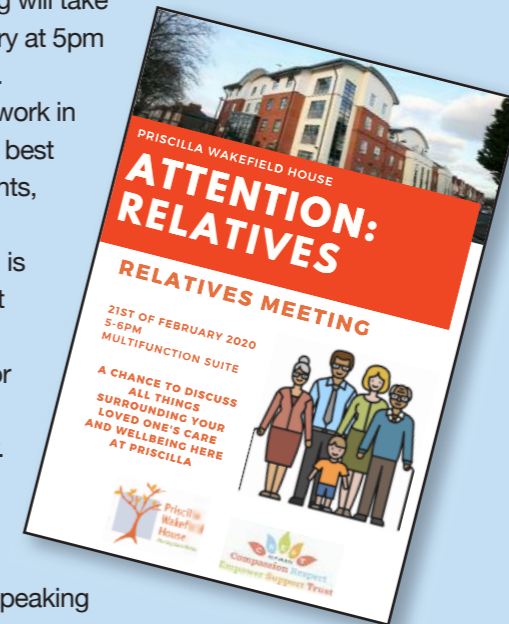
- Sexuality and Intimacy for Older people
- Dementia Awareness
- Safeguarding
- Nutrition and Hydration

If you wish to attend any of the above sessions, please speak to Nadia Peruffo who will share with you the available dates.

We would also welcome suggestions for any other topics you would like to be covered in the training programme.

RELATIVES MEETING

The next relatives meeting will take place on the 21st February at 5pm in the Multifunction room. This is an opportunity to work in partnership to ensure the best experience for our residents, staff and visitors. The focus of this meeting is sharing information about new initiatives within the home and suggestions for ways which we can improve services delivery. Any individual queries or concerns relating to a resident can be dealt with most effectively by speaking with the team leader/ nurse in charge of the unit where the resident resides.



TRANSPORT TO HOSPITAL APPOINTMENTS

The eligibility criteria for NHS transport has changed. Please speak to reception to access the document from the Department of Health (Eligibility Criteria for patient transport services) which explains who is eligible for what and what the changes mean for your loved one. We have no facility to fund taxis or transport for individuals to take them to hospital or other appointments hence you would need to ensure that funds are available if they do not meet the eligibility criteria.

DICKENS POST OFFICE & FASHION WALL

At PWH we are committed to providing a stimulating environment for our residents. We have added the Nickleby Branch of Dickens Post Office on Nickleby unit which offers an immersive experience providing stimulus and interest. On Dorrit we have added fashion panels to prompt interest, discussion and reminiscence. Please feel free to visit these locations with your loved ones. We would love to hear your thoughts!

