

NEWS LETTER

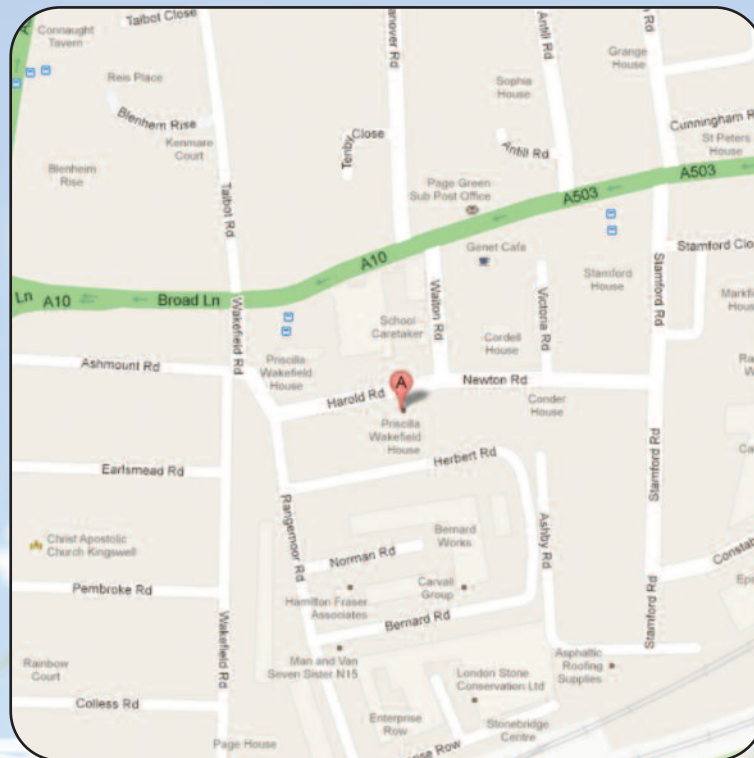
ISSUE 20 SPRING 2019



Priscilla
Wakefield
House

Nursing Care Home

www.pwhnursinghome.co.uk



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Spring is Here

Dear Family and friends

We want to say a huge thank you for all you have done in way of supporting us in 2018. We welcome great positive changes for 2019.

Firstly, I would like to extend our deepest and sincere condolences to the families who lost loved ones since the new year started. Your loved one is gone but won't be forgotten.

We will be celebrating our results of Gold Standards Framework soon and will share this with everyone.

We also look forward to hearing about our Teaching Care Home Application as we made it to the finals and will know which home is being chosen shortly. Again we will announce this to all.

We are working on embedding our values and would welcome your input and feedback in way of attendance at your unit meetings and discussions with your unit managers. We thank you for your support with this as this will shape the way we recruit from interviews to induction of staff and then feedback on how this is impacting outcomes for individuals we care for and support.

We welcome your suggestions on how we can gain feedback on care and services we provide so we can use this to form an action plan and try to put things in place to improve services for individuals living at Priscilla Wakefield. Again your input and support on this will be greatly appreciated.

Please help us by answering 4 questions on a survey monkey link as follows:

<https://www.surveymonkey.co.uk/r/RVVPLNB>

Yours sincerely

Sue Ann Balcombe

Interview

60 Seconds with Julie Edridge

Q: When did you start at PWH?

A: I started as a carer on Nickleby in 2015

Q: What is your role?

A: Receptionist

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

A: My favourite part of the job is when the residents come to have events in the cafeteria in reception as I don't get to spend time with them as I used to. My worst part is early morning starts

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

A: I like to spend time with my grandchildren, I also like to read and socialise with friends.

Q: Do you have any pets?

A: I have a Bearded Dragon called Spooky and a 10 week old kitten called Tino (named after the Spurs Manager)

Q: What is your favourite film?

A: One flew over the cuckoo's nest

Q: What is your favourite book?

A: Don't really have a favourite but recently read Taken on Trust by Terry Waite about his time as a hostage in Beirut which I really enjoyed

Q: What is your favourite food?

A: I enjoy Turkish food but would have to say nothing beats dinner at the mother in laws (Caribbean)



Fundraising - Red Nose Day

Residents, staff and visitors had lots of fun at Dickens Café on Red Nose Day while raising funds for this worthwhile cause. Our kitchen team provided an array of delicious cupcakes which were enjoyed by all along with a cuppa. The café was filled with chat and laughter.



New at PWH

Dignity Action Day



On the 1st February, our residents gathered at the Dickens Cafe to talk about Dignity while they enjoyed a cuppa tea with cake. We took this opportunity to go further and we asked our residents to share with us what it means to them Dignity, Compassion, Respect, Empower, Support and Trust.

For us, at Priscilla Wakefield House, these are the values that we believe are the core to provide excellent care. The response's from the residents are beautiful and soon will be shared in a joint work among residents, families and staff.

Nutrition & Hydration Week



Throughout Nutrition & Hydration week a variety of fresh fruits, jellies and refreshing drinks were freely available at Dickens Café. Our residents enjoyed Around the World Food Tasting on 11th March. Everyone enjoyed sampling tasters from different countries including egg fried rice, nachos, pizzas, spring rolls and lamb Keema pie. On the 12th lots of fun was had by all during our juice pong tournament. At our World Afternoon Tea on the 14th our residents were spoilt for choice with a selection of cakes and pastries. Everyone relaxed and enjoyed each other's company.



New at PWH

Charles Dickens Birthday



On the 7th February at Dickens Café our residents joined together to celebrate Charles Dickens birthday. It could very well be the name of one of our residents, but No.

We joined together to celebrate Charles John Huffam Dickens's birthday.

Charles Dickens was an English writer, one of the greatest novelist of the Victorian era, and social critic. Some of his books and characters were the inspiration to name the units at PWH.

Between coffees, teas, cakes and a quiz, our morning flew and our residents and staff got to know much more details about the life of this remarkable writer.

World Book Day

This year we celebrated World Book Day with residents, staff and their children in the reception cafeteria.

The young children all dressed as their favourite book character and the residents smiles showed the importance and benefits of young children mixing with the elderly.

Everyone tucked into some delicious snacks and it was wonderful seeing the young children engaging with the residents.



Out & About with PWH

Walk to the Cafe

Welcome New Year!

Welcome a Nice Cuppa to warm us up!

On Friday 4th January our residents enjoyed a walk to our local cafe where they received a warm welcome as always. Everyone enjoyed the company and refreshments.



Walking in the Park



Spring is calling and our residents wasted no time getting out to enjoy the sunshine.

They went to Markfield and enjoyed a leisurely stroll around the park before stopping for refreshments at the local café.

It was a very pleasant day and the residents enjoyed getting some fresh air.



Life at PWH

Arts & Crafts with Zainab



Zainab, one of our work experience students conducted an arts and crafts afternoon session sharing her skills with our residents and encouraging them to copy all the movements that Zainab was doing to achieve the same final product.

Everyone ended up with a lovely boat in their hands.

After, everyone got involved in the famous origami made game - chatter box, and the afternoon flew by.

Dining Around The World - Indian Night

The New Year started with a "trip" to India.

Our fantastic kitchen team provided an array of tasty food from India and our residents couldn't be more grateful.

It was lovely seeing the families enjoying the meal with their loved ones.

Not only was the food typically Indian but also Maria, one of the wellbeing coordinators, proudly wore a traditional outfit.

Once again, the evening was a great success and enjoyed by everyone.



Life at PWH

Pet Therapy with Gaston

Welcome Back Gaston!

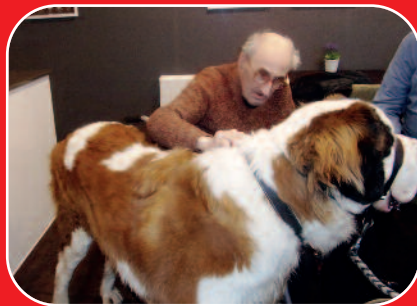
Our residents just love Gaston! Smiles and happiness flourish wherever he goes, in the lounge, in the rooms, everywhere!

We are looking forward to having you all Fridays in 2019

I guess it's not going to be all, Gaston needs holidays as well, but certainly we are going to have your visit most of them.

We are very much looking forward to it because we just love to see you, to stroke you and perhaps to share a cup of tea with you.

Such great company!



Community Clean Up



We are back after two months, in which the weather was not very friendly for our regular Community Clean Up of our park.

Spring is coming and we want to continue with our mission of making this park a cleaner and more pleasant space for our community.

A big thank you to all who contributed to our mission and we hope to see you next month.



Life at PWH

Dining Around The World - Chinese Night

Our residents continued their journey of Dining around the World and this time they went some distance. China was the destination. The menu was irresistible, Chinese music was in the background and our residents were ready to start to enjoy their meal.

Once again the Dickens cafe was transformed into a restaurant dining experience.

Our dedicated kitchen team embraced the theme and provided an authentic Chinese Menu as follows: Starter - chicken & sweet corn soup, prawn crackers + sweet chilli sauce, vegetable spring rolls, chicken bites + sweet chilli sauce. Main - sweet & sour chicken and beef in black bean sauce (peppers, mushrooms) served with a choice of egg fried rice or vegetable noodles. Dessert - banana fritters served with ice cream and lychees.

The time spent enjoying the food went so fast that we did not have any time left to do our Chinese themed quiz.

A good time was had by all and after reading the menu I am sure you would also like to have been here.

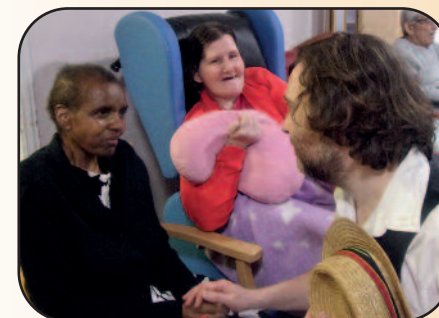
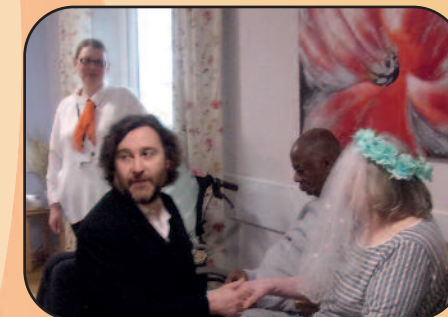


Folksy Theatre

On the 8th March our residents welcomed again, The Folksy Theatre. Everyone gathered in Havisham unit to watch the show, which was performed by Tom and his one man show.

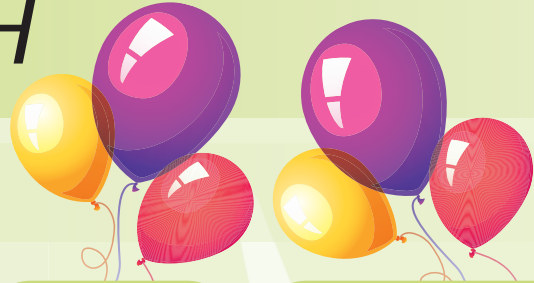
As usual, Tom mixed his sketches along with some famous old songs and everyone sang and laughed along.

Everyone had a lovely time singing along, especially Barbara who was roped in to play a bride complete with bridal head dress.



Life at PWH

Birthday's



Ahmed Ali - 52



Alan Burrell - 72



Anjeene Bhuday - 95



Andrew Antoniadis - 73



Anthony Hall - 72



Chima Ohuonu - 63



Celia Savvides - 78



Clifford James - 92



Fozillotun Khanom Ali - 80



Christos Akritas - 83



Francine Lundeya - 45



George Clayton - 89



Gabrielle Doocey - 75



Hidir Ozdemir - 87



Josephine Davidson - 87



Mary Cunningham - 84



Manuela Diaz - 90



Lenoval Irving - 94



Karen Meredith - 60

Life at PWH

Birthday's



Naomi Sinclair - 92



Mary Murphy - 82



Raymond Bowley - 76



Murnell Dawkins - 81



Ronald Hart - 85



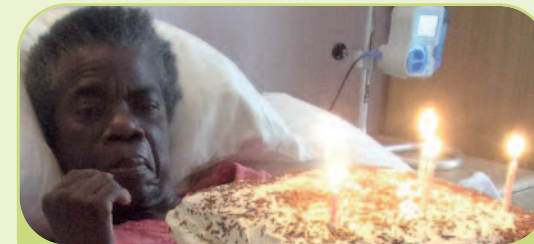
Sebastian Balson - 90



Theresa Adom - 68



Teresa Halpin - 60



Violet Husbands - 74



Teresa Sidloff - 101



William Anderson - 89

Ensemble Hesper

Our residents gathered in the multi-function room for an evening of musical entertainment kindly sponsored by Live Music Now England on 13 March. Everyone was delighted and entertained by Ensemble Hesper, a recorder and harpsichord duo. Mary-Jannet and Thomas shared information about their instruments and the music they were performing and invited everyone to have a closer look at the instruments. Cheese and soft drinks were served to complement the evening. Everyone said they had a lovely time.

