

# NEWS LETTER

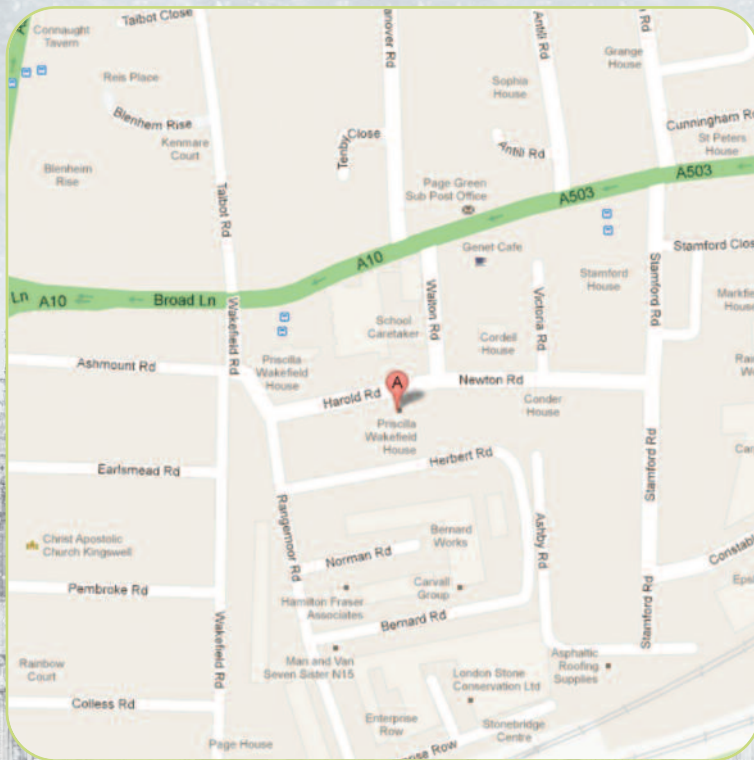
ISSUE 22 WINTER 2019



**Priscilla  
Wakefield  
House**

*Nursing Care Home*

[www.pwhnursinghome.co.uk](http://www.pwhnursinghome.co.uk)



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# Winter 2019

Dear ALL

It is coming close to that festive time of year and also closing down of the year 2019 and bringing in a brand-new 2020.

We want to thank you all for your continued support throughout the year 2019.

Just so you know what we have been up to, here goes:

1. Teaching Care homes project – Is on the way and we are set to complete the project in the new year to becoming a Teaching Care Home.
2. We have had our first two staff attending the University to become Nursing Associates and we will be adding another two staff to this list in March 2020 cohort
3. We have successfully achieved the accreditation for Gold Standards Framework
4. Our Housekeeping and Laundry Team has been nominated this year for the Great British Care Awards
5. We have begun a 12-week music residency with Live Music Now. The residency has a training element to empower staff to lead musical activities. As a result of this we will increase musical activities within the home, which we know will have a powerful impact on the wellbeing of the residents as evidenced by the engagement we have already witnessed. Residents who are unable to carry out any activities of daily living have been seen to lip sync songs which have significance to them. We hope to increase not only planned musical activities, but use music as a tool to create and build upon connections with those living with dementia.
6. We have updated the signage on doors throughout the home to make it more user friendly for residents living with Dementia.
7. We have recruited another full time Wellbeing coordinator to the team to continue on the hard work invested by the team and improving the levels of activities on all units
8. We have been working with Middlesex University in supporting TNA's (Trainee Nurse Associates) with their placements and will continue to support in mentoring 2nd and 3rd year Nursing Students.

It is always good to share some of the things we are doing to support the forward movement of the care home and we appreciate your feedback around the great work as well as areas you still feel we can improve upon.

We want to take the opportunity to wish you and your families a Merry Christmas and a Happy New Year 2020 when it comes.

Whenever you are next in, I am happy for you to pop in to see me (my office is located next to reception desk). I would love to hear personally your comments and welcome your feedback.

We look forward to continuing to improve and work towards a collective goal of becoming the first nursing home in Haringey to achieve OUTSTANDING CQC RATING and we can only do this with your support.

Yours sincerely,

**Sue Ann Balcombe**

General Manager

# Out and About with PWH

## BBQ at The Meadow



We were delighted to be invited by our friends at The Meadow to their BBQ on 20th August. Everyone had a fantastic time! Great food, music and good company who could ask for more? We would like to say a big **THANK YOU** to all at The Meadow for extending such a warm welcome. We look forward to seeing you all again!

## Boat Trip with Bridgeside Lodge



On the 17th of July we were lucky enough to be invited to a boat trip along Regent's Canal by our friends at Bridgeside Lodge care home. We couldn't have asked for better weather for it. A beautiful summer's day to spend on the water, taking in all the sights from the City Road Basin up to King's Cross and back again. Our residents thoroughly enjoyed it.

## Tea Dance at Irish Centre

On the 26th, we took a couple of our residents to the local Irish Centre. We like to do this every now and again as we have a large amount of Irish residents that really enjoy attending the events. This time, it was Mary Murphy and Tony Walsh that went and they had a great time, socialising with friends they had met before whilst making some new ones to share a dance with. It was a great day out.





# Out and About with PWH

## Spurs Foundation - Sporting Memories Session

On 22nd August our resident Barbara from Nickleby Unit a big Spurs fan attended a sporting memories session facilitated by the Spurs Foundation accompanied by Bercem from the wellbeing team at Percy House. Barbara was delighted to meet Spurs legend, Gary Mabbutt who shared his memories of the game. The participants were also engaged with match day programmes and artefacts displayed on the day. Barbara had a wonderful time and returned with a big smile. We would like to extend a big Thank you to the Spurs Foundation and the Sporting Memories Network.



## Mobii Magic Table Event

On the 17 September we were invited by The Meadow to spend the afternoon enjoying their Magic Table. Our residents had a great time exploring the different activities available through the table. The afternoon was made all the more special by the wonderful company and warm welcome we received. We would like say a big **THANK YOU** to all at the meadow.



## BBQ at Osborne Grove



On the 29th of September we were kindly invited by Osborne Grove to attend a BBQ at their care home. The weather was perfect that day and we thoroughly enjoyed sitting in the sun, enjoying a feast to the soundtrack of a brilliant steel pan band with our residents. There were lots of guests there and everyone got to know each other by the end of the day, making for a great social event. We headed home late in the afternoon with full stomachs and smiles all round.

# Out and About with PWH

## Testing Situations



On the 16th July a group of residents went to Ally Pally for screenings, workshops and events exploring dementia, assessment and art – Testing Situations. This project – Testing Situations “is a public engagement project that inhabits, adapts and reflects on cognitive test methods and artistic experimentations. The purpose of these screenings, workshops and events is to explore how it feels to be tested, whilst also considering the possibilities for artistic and expressive activities as alternative routes for assessment and diagnosis.” Our residents had a great time producing artwork, letting themselves be carried away by their imagination and creativity. The final project will be displayed in November and we look forward to being there.

## Southend Trip

On the 31st of July we had a trip to Southend-On-Sea. We left PWH nice and early on a cloudy Wednesday morning but we weren't going to let that deter us. As we progressed along the journey, the sun seemed to get brighter the closer we got to our destination. Then as soon as we hit Southend... The heavens opened with a torrential downpour. Lucky for us, it passed in a few minutes and we stopped the bus right outside a fish n chip shop to start our trip off right. The residents enjoyed various seaside favourites. Scampi, Cod, Battered Sausages and the food got good reviews all round. We then walked off our lunch along the coast, taking in the sights and sounds of the sea and the nearby amusements. We stopped off for a quick ice cream before making our way back home.



## Carnival at Peregrine House



Residents and staff joined all at Peregrine House for their Carnival Celebration on 15th August. Joyful music including steel pan created a great party atmosphere enhanced by the colourful decorations and attire of residents and staff. There was a wonderful array of BBQ food and drinks which everyone enjoyed. Our residents all had a wonderful time and were delighted to receive a very warm welcome. We would like to say a big **THANK YOU** to all at Peregrine House for an amazing afternoon!



# New to PWH

## Yoga Session with Dania

This morning on Copperfield unit in the dining room we had a seated yoga session with Dania. The session was well attended by our residents and we were delighted to welcome the daughter of our resident Beatrice on Copperfield and her adorable dog Hazard who was very keen to get involved! The residents seemed to really give the yoga session a good go and some like Maureen expressed after the session that she enjoyed the nice relaxed stretches 'and Kathleen said it was lovely doing something different and would enjoy doing the yoga again'. Everyone had a great time!



## Floral Arrangement



"Such a lovely evening! Such a lovely idea!" Those were the words when Doreen and Kathleen, two of our residents, finished their floral arrangement to decorate the tables at Dickens Café. On a weekly basis we receive free floral arrangements provided by Ursula Stone who is doing remarkable work with young offenders. Ursula collects unwanted flowers from different places and, with these young people, produces fantastic flower arrangements that we display at our reception. Recently we asked Ursula if she could bring some extra flowers on a weekly basis so our residents could have the opportunity to make their flower arrangements indoors. The result is in sight!

## North Cove at PWH

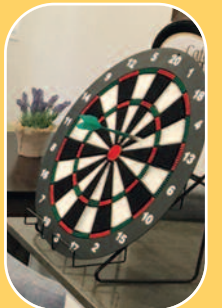
Our residents have been enjoying spending time at North Cove our stunning refurbished balcony on Copperfield Unit. North Cove enables our residents to have a beach experience without leaving their home! The picturesque scenery, Tiki bars, sandpit and pool enables our residents to have a sensory seaside experience which we enhance with ocean sounds and nature music for a more serene atmosphere or upbeat music to create a party atmosphere. Traditional seaside fare is served including fish & chips, ice cream and refreshing beverages. Residents and their families have commented on how much they enjoy spending time there.



# New to PWH

## Darts at Dickens Caf

On an overcast Wednesday summer morning, we decided to take a few of the residents to Dickens' café and have a little darts tournament. It was a great success and they really loved it. Some of them, avid darts players in the past, hadn't played for years so it was great to revisit a pastime they used to enjoy so much. We even had a few bullseyes which were met with a lot of excitement.



## Visit from Little Engineers Nursery

On Wednesday the 25th, we had a visit from a local nursery, The Little Engineers. Needless to say, watching a group of 2 year olds interacting with our residents was enough to melt your heart. They gifted them flowers, cupcakes and performed a few of their favourite songs for us before going round the room and speaking to their audience individually. Hopefully this is the first of many visits from our new friends, The Little Engineers, as our residents seemed to really love the time they spent with them.



## Haringey Care Homes Quiz Bee

On the 12th of September, it was PWH's turn to host the Haringey Care Home Quiz Bee. We had guests come from The Meadow to join our residents in taking part, in the hopes of being awarded the coveted title of Quiz Champion. We assembled in the multi function room and made our way through 50 questions, testing their general knowledge prowess accompanied by tea, coffee and cake. It was great fun and everyone seemed to enjoy themselves, letting their competitive spirit come out. It was Barbara Greensmith from our Nickleby unit that ended up being the victor in a very close competition that saw numerous other contestants just a point behind her. We then ascended to the 3rd floor to celebrate Barbara's win, alongside Tony Walsh's birthday with music, drinks and a big birthday cake courtesy of the kitchen. It was a great afternoon.





# Life at PWH

## Evening Games

Our residents gathered together on Nickleby unit to enjoy one another's company and engage in activity or simply relax over a drink. Games including table tennis, cards, dominoes and soft ball were available to try. The evening was great fun relaxing, chatting and trying new things. Music and refreshments including shandy, soft drinks and snacks completed the evening. We are looking forward to next time!



## Dancercise with Amerissa



Our residents were delighted to welcome Amerissa for a dancercise session on 29th August. Amerissa filled the room with positive energy encouraging everyone to express themselves through movement to uplifting music. There were smiles all round and at the end of the session everyone felt energised.

## Jamaica Independence Day 2019

On the 6th August our residents, families and friends gathered together at North Cove, our newly refurbished balcony on the second floor, to celebrate Jamaica Independence Day. A set of reggae music selected by our in house DJ – Andrew Perring and refreshments were available in particular rum cake and ginger beer, because there is no Jamaican party without these two “ingredients”. Happy Jamaican Independence day!



# Life at PWH

## Roald Dahl Day Celebration

On the 13 September we celebrated Roald Dahl Day. Roald Dahl was born in Wales and was a worldwide famous novelist, short story writer and poet. We hosted our event in our multifunction room where we showed the film Matilda, a well know story written by Roald Dahl. We invited pupils from Earlsmead School and family and friends to come along and spend some time with our residents watching the film. Many thanks to our kitchen team who once again went the extra mile and prepared refreshments for all to enjoy inspired by Roald Dahl's books including James's Peach juice, Willy Wonka's Fruit Sticks, the BFG's Snozzcumber sandwiches and Fantastic Mr Fox's Food Buckets. A big **THANK YOU** to all who joined us on the day.



## 50's Cabaret

On the 17 September on Dorrit unit we welcomed Laura from Tickled Pink Productions who put on a Fabulous 50's Cabaret Show. We had a full house and everyone loved the show. No one could resist clapping, tapping their toes, swaying to the music or singing along. It was truly memorable and it was great to be joined by family and friends. We would like to say a big **THANK YOU** to Laura on behalf of all at PWH.



## Staff Celebration - 5 Years at PWH

Alongside our pride celebrations on the 24th of July, we thought it time to give our longest serving staff some due praise. We chose to honour those that have been with us for five years or more by holding a ceremony whereby we thanked them for all their hard work and rewarded them with some tokens of gratitude. We truly are grateful for having such a strong team here at PWH.





# Pride at PWH

On the 24th of July we held Our First Pride Celebration at PWH.

It was a great day and the weather was very much on our side, providing us with plenty of sunshine as the staff dressed in their most colourful outfits for the party.

We had entertainment in the form of our in house DJ – Andrew Perring, two Drag Queens – Mayowa Monae and Crayola DeVil – and Rico the Clown providing lots of laughs and magic tricks. The event was a huge success and the residents enjoyed the performances as well as a BBQ in the courtyard with lots of friends, families and guests. The day also saw the inauguration of North Cove, our newly refurbished balcony on the second floor, complete with pool, sand pit and tiki bars for our residents and families to enjoy.



# Alzheimer's Day Celebrations

Each year on the 21 September the world marks Alzheimer's Day to raise awareness of this condition which unfortunately is becoming more prevalent.

At PWH we celebrated the day in the courtyard with music, dance and magic tricks.

We were delighted to welcome Clive, son of our resident Rita on Copperfield, and his partner who did some salsa dancing to entertain everyone. They put on a wonderful show despite some technical hiccups with our speaker system! We would like to say a big Thank you and invite them to perform again as everyone enjoyed it very much.



Music played while everyone enjoyed some light refreshments. Thanks to our wonderful kitchen team who prepared homemade scones with fresh strawberries and cream and iced fairy cakes and sponge.

Oliver, the most recent addition to our wellbeing team performed some magic tricks for our residents and families. Many thanks Oliver for sharing your talents with us. We are looking forward to seeing more.

Thank you also to all who tried their luck with our Tombola raising money for our residents fund which helps with financing trips and resources for our residents.

The day was a success with many sharing how much they enjoyed the event.



# Birthdays

- Ann Kirkham - 83
- Anthony Walsh - 73
- Dereck Green - 77
- Doreen Carter - 88
- Freda Croucher - 91
- Gladys Dickerson - 90
- Iraj Keshavarzi - 64
- Jack Wright - 94
- Jorge Cardodo - 85
- Joyce Wischhusen - 93
- Kathleen Winterbottom - 90
- Lucy Mcauley - 93
- Margaret Murray - 68

- Martha Wallace - 85
- Sara Jacobson - 47
- Sharon Wilson - 51
- Viramati Purohit - 83

