



NEWS LETTER

ISSUE 26 WINTER 2020



Priscilla
Wakefield
House
Nursing Care Home
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Dear Family and Friends:

Phewwww! 2020 is ending and we can't wait to bring in 2021 with some positivity around having a COVID vaccine that is efficient enough to bring some normalcy back to our lives.

We want to say a huge thank you on behalf of us all at Priscilla Wakefield House for being so patient with us while we go through this together. We are saddened that we have had to lose our loved ones along the way and family members too, but our thoughts are with each and everyone and they will always be remembered.

We want to start the new year by giving you a re-cap in this newsletter of all that we have done in 2020 as I know it is often hard to believe that despite COVID pulling the rug from under our feet, at Priscilla Wakefield House we continued to maintain a level of normal life for our residents and staff.

We also want to hear from you as to what, and how we can engage with you moving forward in the new year, in terms of virtual relatives' meetings. We would love to hear whether there are any relatives that wish to volunteer in setting this up (i.e. Zoom or Teams) and whether this would work for some, just so we can go back to something that will possibly become the "new normal". Your thoughts on this would be valued.

Your loved ones have missed you immensely and not having visitors has affected their mental wellbeing and I am sure equally you have been missing them too and we want you to get back to visiting once our current situation is cleared and we are out of the 28 days clear of COVID based on the guidelines.

We know that it would be quite some time before we are back to some form of normal again but in the meantime any suggestions you might have would be greatly appreciated.

Again – **THANK YOU!**

Let us work together to see what we can implement to make life better for you and your loved ones as we enter a new year.

May you have a Merry Christmas and a Happy New Year 2021

Sincerely,

Sue Ann Nnamani

Registered Manager

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.

Live Music Now

We had the final session of our residency with Live Music Now & the Campana Duo on the 23rd of January, and it's safe to say we went out with a bang! We played games, sang songs together and even got the tambourines out for a percussion section – it was one of the best sessions yet, and everyone had loads of fun. Some of our talented staff members came and performed, those that were able were up on their feet dancing and we had a beautiful choir of residents' voices chiming in to some of their favourites. A particular highlight was a rendition of Loch Lomond by Steph from the activities team and Tony, a resident on the Nickleby unit. We are so grateful to Live Music Now for the opportunity to infuse music into the lives of our residents, and we also have to thank Emma and Cathy, also known as the Campana Duo, for filling the last 12 weeks with such fun and bringing your wonderful talents to Priscilla. We were lucky enough to be one of the first care homes to receive an extended residency with Live Music Now, and 7 of our staff members are trained to run music workshops in a care setting. We will be continuing our weekly workshops, and Emma and Cathy will return to us in March to visit their favourite nursing home!



January

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!



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.



February

Valentine's 80s Disco

PWH went back to the 80s to celebrate Valentine's Day with a disco in the Multi-Function Room on February 14th. The room was transformed into a glam nightspot with lighting and decorations. It was great to see residents, staff and family letting their hair down and having a fun evening together. We would like to say a big thank you to our kitchen team who provided a buffet which everyone enjoyed.



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.



March

International Women's Day Celebration

We had a brilliant (if slightly belated) celebration in honour of International Women's Day this week at Priscilla. We gathered together in the Dickens Café for the afternoon and listened to some empowering anthems from women across the world. One of our fantastic work placement volunteers set up a manicure station and gave some of our residents some well-deserved pampering! We also printed up lots of pictures of influential women throughout the world and history with some biographies on the back – from Sojourner Truth to Malala Yousafzai – and it prompted some fascinating conversations about what it means to be a woman, and how the experience of womanhood has shifted in the last century. Our residents were introduced to some new feminist heroes, and the staff and helpers were able to learn from our residents and listen to their stories about what being a woman has meant for them. It was an enriching experience for all involved.



Bowling at Rowan's



On a sunny Friday morning in March, we travelled to Finsbury Park with some residents to visit the famous Rowan's Ten Pin Bowling alley. We descended onto the lanes with one goal in mind... winning. A lot of the residents (and staff) were very vocal about this aim. After 10 frames and a lot of trash talk later, Gori was crowned the winner with a very respectable score. Although Teresa vowed to get revenge in the rematch. It was a great morning, and everyone really enjoyed themselves. We will certainly be visiting again before long.



March

Teresa's Part of the Team

At the beginning of March, we decided to award one of our most active residents, Teresa Halpin, a staff name badge to acknowledge her as part of the team here at Priscilla. Seeing as she has been running the PWH shop each Tuesday for the past 3 years, we thought it only right that she now has the appropriate accessory on her lanyard. She can be seen each day wearing it with pride and is very quick to point it out to anyone that may not have noticed it yet. Teresa is always quick to lend a helping hand whenever one is needed and the PWH shop is a huge part of life here at Priscilla. This badge is to recognize how much work she has put into it as well as how much we appreciate her help and generally love having her around. Well done Teresa!



St. Patrick's Day



We celebrated St. Patrick's Day by sharing limericks and jokes and taking fun photos which brought smiles to everyone's faces. On Nickleby Unit we played Irish Carpet Bowls which had everyone laughing as our bowls(potatoes) had a mind of their own. Our champion was Mary who was delighted to receive her prize, nothing other than a potato! There was music and dancing where everyone was encouraged to do an Irish jig. We are keeping in good spirits despite the current difficult circumstances. Everyone sends their best wishes to all. Keep well & keep smiling!

April

Pampering with Agazit

We have a new member of the activities team, Agazit (a trained beautician), who is dedicated to giving the residents manicures and hand massages. We recognise that, despite the current circumstances, it is very important that we maintain a level of stimulation for the residents, promoting wellbeing and preventing isolation.



Keeping Friendships Alive

In these strange times, we realise that it is of the utmost importance that we stay connected with relatives, friends and loved ones. This includes friendships that have formed within the home. Unfortunately, due to lockdown, residents can no longer travel between floors meaning that they have not seen people for weeks that they once saw daily. Two good friends here (Teresa and Kathleen) are separated by 3 floors but that was not going to stop them having a catchup. We used Skype in each of their rooms to enable them to have a nice chat and check how each other were doing. They were really excited to see each other and assured one another that they will share a drink together at Dickens' café once this has all blown over. Kathleen has also been busy maintaining her relationships up on Nickleby, accompanying Maureen who is just around the corner. They have been sitting (2m apart) and listening to Maureen's new radio together whilst having a catch up.



April

Looking After Our Staff



The staff here at PWH are invaluable. We cannot thank them enough for everything they do here, particularly in these uncertain, trying times. We really do appreciate the hard work and dedication that everyone has shown in the last few weeks. Life is very strange at the moment and so, as a gesture of thanks, we are providing each member of staff with a weekly food package to take home as well as free meals (cooked by our amazing kitchen staff) here whilst on shift. We hope that it is one less thing to worry about at the moment.



Having Fun with Facebook Portal



Our residents are enjoying using our Facebook Portals for accessing music and media. Photos using the face filters are also a big hit bringing lots of smiles and laughter. The activities team had fun trying this feature out as you can see from the photos. For many the experience is eye opening offering a whole new window of opportunity. Everyone will soon be experts in technology!

May

Bringing Sunshine to PWH

Our green fingered residents took pleasure in planting sunflower seeds. They are looking after them with tender loving care and looking forward to watching them grow. The sunflower seeds were kindly donated by The Triangle Children's Centre.



PPE Donation & Outdoor Concert from MTO Shahmaghsoudi

We are lucky enough to have received some incredible donations from the community during these strange times. On the 25th of May, we were delighted to receive a whole host of essential PPE items from MTO Shahmaghsoudi London, School of Islamic Sufism. As if that wasn't enough, they gave us several boxes of cupcakes alongside a performance of some traditional Moroccan music played on a Dulcimer just outside the home. We gathered a few residents at reception to watch the mini-concert and others looked from their windows at this incredible musician. What a lovely gesture that we cannot thank them enough for.



May

Remembrance & Thank You Party

On the 22nd of May we thought it would be nice to host a small party for our amazing team here at PWH. Everybody has worked so tirelessly over the past few months despite everything that has been going on. We fired up the BBQ and got together to show our appreciation for one another. We had some really nice speeches from Sue Ann and Ana whilst the sun shone down on a beautiful afternoon. We also thought it would be a great way of remembering those residents that we have loved and lost this year, setting free a balloon for each person into the summer sky. They are greatly missed.



Drinks and Games in the Courtyard



When the weather is as nice as it has been, the courtyard is the place to be. Unfortunately, due to current circumstances, we are not able to have our usual full-blown summer parties. However, we can still host a handful of residents. On this day we had several people from Nickleby down to enjoy the sunshine over a hot drink and a few games of hoopla. It was so nice to see people back outside again as we slowly make our way back towards normality. We're a long way off our big parties but it's a good start.

June

Ice Cream Time



It's beginning to feel a lot like summer. And it wouldn't be summer without Ice-Cream! On a hazy Tuesday afternoon, we heard the bells of the van in the distance and flagged it down to stop outside PWH. We gathered a few ice-cream aficionados together and headed down to reception to greet the van. It was 99 flakes all round. We then made our way to the courtyard to enjoy them in the sun with some music and conversation. A lovely afternoon was had by all.

Home Concert Club

On the 9th of June, our residents on Nickleby had quite the treat. It came in the form of an online concert from cellist, Francesca ter Berg and Home Concert Club via Zoom. She played us a wide range of Jewish and Gypsy folk songs on an instrument that was over 200 years old, including a few interactive numbers that had our residents singing along and clapping. At a time where it is not possible to have our usual array of in-house concerts, these innovative ways of providing performances are perfect.



June

Thank You Party for Staff



On the 15 June 2020, the management team decided to Thank all the staff at Priscilla Wakefield House for their dedication and commitment by serving a free lunch in the courtyard. We took a moment to reflect on why working at PWH makes us happy. We would like to say a big **THANK YOU** to our fantastic team in the kitchen who provided an array of mouth-watering food for all to enjoy.

Donation from The Church of Pentecost



Priscilla Wakefield House staff were very grateful to receive a large donation of toiletries from The Church of Pentecost. Our staff truly appreciate this gesture and the effort made to keep us going and feel appreciated and supported. **THANK YOU** from all of us at PWH!

July

Tottenham Hotspur Foundation Connecting Generations

During lock – down, the Tottenham Hotspur Foundation have been working across communities and trying to connect generations. They have connected pupils from local primary schools and older people living in local residential homes. Their school's coaches have worked with the teachers and pupils and helped primary year pupils to create letters and lovely decorated greetings cards, these letters and cards are then delivered to residential homes. Our residents were delighted to receive letters and artwork from pupils and members of staff from the Tottenham Hotspur Foundation. The positive messages brought smiles to everyone's faces and our residents were very happy to put their letter/ card/ picture in their room to brighten their space. We would like to say a big **THANK YOU** to all the pupils and staff who connected with our residents.



Postcard for Maureen



As part of a school project, Emmy Ann daughter of our General Manager Sue Ann kindly decorated a postcard with an amazing drawing for our resident Maureen. Receiving the postcard made Maureen's day and it is now proudly displayed in her room. Maureen and all of us at Priscilla Wakefield House would like to say a big **THANK YOU** Emmy Ann.

Safe Visits at PWH



Lockdown has taken its toll on everybody. It has been difficult for our residents and of course their family and friends going so long without seeing their loved one's bar on a video call, so we have taken the first step to opening our home again for visits. We have created a system whereby each resident will be able to receive a visit once a week at an allotted time. 1 week in and it has been so nice to see the residents sharing the company of those they love the most. We are striving to put in place innovative measures to ensure everyone stays safe and gets the most out of their visits. We are keeping up to date with government advice and guidelines and will keep everyone up to date with any changes.

August

Safeguarding Training

Our staff benefit from in-house face to face training on a regular basis. This provides the perfect opportunity for asking any questions and sharing experiences.



Singalong

What better way to keep spirits up than with a singalong? Staff and residents regularly turn up the music and have a singalong in the communal lounges. Many also have a dance, standing or seated, which throws a bit of light exercise into the mix! A singalong is always a winner!



Moving & Handling Training

Training is an essential element of providing excellence in care. We would like to say a big **THANK YOU** to our resident Maureen, expert by experience, who kindly agreed to take part in our moving & handling training. The practical element of training is often the most successful, in the words of Benjamin Franklin

**Tell me and I forget
Teach me and I remember
Involve me and I learn.**



August

RemPods at PWH

We are constantly striving to provide a stimulating environment for our residents at PWH. Our latest additions to the home are reminiscence pods. "RemPods are unique pop-up therapy tools that turn any space into a calming environment for people living with dementia". <https://www.rempods.co.uk/reminiscence-pods>

On Copperfield unit we have installed the LCD rail carriage pop up feature which creates the feel of an authentic train carriage via a 50in Safe replica framed window surrounding an LCD screen, playing hours of scenic countryside footage.

On Dorrit unit we have installed the launderette wall feature which creates the feel of an actual launderette for people with dementia: "This feature includes a wallpaper backdrop with a replica wooden case complete with doors and holding areas. Smells and SFX:"

We are very excited about these new additions to the home.



September

Music, Fun & Drinks in the Courtyard

A good time was had by all while making the most of the favourable weather. While music played everyone relaxed and chatted. Ball and target games encouraged everyone to get moving before a well-earned coffee break!



Ahmed's Family Birthday Celebration

Fortunately, Ahmed's brother Imtiaz's birthday fell on the day when he would be visiting Ahmed. We were delighted to be able to support them to celebrate together with help from their sister Fawziya. Decorations, music, and a birthday cake were awaiting Imtiaz when he arrived. It was wonderful to see their smiles celebrating together. Maintaining family connections is invaluable during these challenging times.



October

World Mental Health Day

The PWH team embraced the opportunity to raise awareness of mental health issues and the importance of checking in on each other and offering support. As suggested in the time to change campaign the offer of a bite to eat and a natter, a call when you're free, some fresh air and a chat or a coffee can make the world of difference. At PWH we are in your corner.



The Smile Behind the Mask

The PWH Team participated in the Smile Behind the Mask campaign trending on Twitter and featured on the Proud to Care website celebrating NHS and Social Care staff.



October

Wear It Pink



PWH participated in the Wear it Pink Campaign to raise awareness and funds for the fight against breast cancer. Staff and residents dressed accordingly and visited reception to choose from an array of decorated cupcakes provided by our fantastic kitchen team to accompany a hot drink. We would like to say a big **THANK YOU** to everyone who supported the campaign.



Halloween



Residents and staff enjoyed some traditional pumpkin carving to mark Halloween. The pumpkins were proudly displayed at reception. They were all so brilliant we could not choose a winner. Well done to everyone who took part!

November

Remembrance Day

Staff came together at reception to observe 2 minute's silence at 11am. Residents and staff did some themed arts & crafts including mindful colouring of poppies and collage, while others looked at some photos to prompt discussion and reminiscence and tested their knowledge with a Remembrance Day Quiz. The home was a hive of activity as you can see!



Gifts from Our Directors and General Manager



Staff were delighted to receive Thank You cards and gifts from our Directors, Mitesh and Simon, and our General Manager Sue Ann. The gesture is much appreciated by all, the recognition and continued support spurs everyone on to continue doing their best during these challenging times.

November

Stop the Pressure Ulcer Campaign



PWH participated in the Stop the Pressure Ulcer Campaign on 19th November through raising awareness with a display at Dickens Café and inviting staff to test their Knowledge using a Training Game focusing on maintaining skin integrity. The team then enjoyed some refreshments, healthy, fresh, fruit and veg or frosted cupcakes for those with a sweet tooth! Many thanks to Nadia our training facilitator who led this event and our kitchen team.

World Hello Day

World Hello Day celebrated annually promotes communication rather than force to end conflict. Our residents and staff were happy to participate in the day by sharing a greeting in a language of their choice.



December

Christmas Wonderland at Reception



Our reception team, Julie and Shirley have transformed reception into a Christmas Wonderland. Our residents were truly delighted to see the decorations and were very happy to take some snaps to remember the moments. Well done Julie and Shirley for embracing the spirit of Christmas spreading joy and happiness! After all, Tis the Season to be Jolly!

Elf Day

Our residents were surprised and delighted to see elves at work on Friday 4th December. Staff were happy to seize the opportunity to dress up in fun outfits by taking part in the Alzheimer's Society Elf Day raising awareness of dementia. **THANK YOU** to everyone who participated bringing smiles to the faces of all at PWH.



December

Little Window Therapies – A series of double-glazed duets

We have been working in partnership with Alexandra Palace Learning and Participation Team to facilitate window therapy for our residents. The initiative was inspired by the work of the Outside in Collective founded in Australia. In the wake of the COVID 19 pandemic the aim of the work is to “engage our elders, maintain their connection, feed their wellbeing & deliver some joy.” Maurie Voisey-Barlin

See more on the Facebook page: @outsideincollective
On Tuesday 15th December at 3pm we welcomed Absolutely Radishing, biography follows:

“We are a clowning duo including Charleston style dance, acrobatic partner work, juggling and more. Posing as gardeners, always in competition with one another and always up to mischief. Using tools and props to “try” and get the job done let the mayhem begin and unfolds into utter chaos.”

Performers:

Jordi Serena Ripley and Armengol Miranda Trujillo
@jordanzolaa and @armen_cover

The duo performed on Copperfield balcony enabling residents and staff in Copperfield and Nickleby dining rooms and corridors to view the performance. It was amazing to see the response of the residents. The performers adapted their performance brilliantly to ensure engagement with residents on both floors.

We are looking forward to welcoming another duo on 18th December at 3pm:

Mad Etiquette: www.madetiquette.com
Side-splitting stiff-upper-lipped hilarity from two charming eccentric English gents.

Performers:

Dan Lees and Neil Frost
Twitter: @Madetiquette
Instagram: @estabcomedy

We are so grateful to be involved in the project and would like to pass on our thanks from all at PWH to The Learning & Participation Team at Alexander Palace and especially to Marine Begault, Outreach Officer and of course to Absolutely Radishing who were **AMAZING!**



Gingerbread Cookie Decorating Contest

On Friday 4th December we had a Gingerbread Cookie Decorating Contest. Each unit was presented with a tray of gingerbread cookies to decorate. Staff and residents unleashed their creativity and decorated the cookies with colourful icing. The entries were judged at Dickens Café. Congratulations to our winners Dorrit 1 and runners up Nickleby and Havisham who were rewarded with a box of festive chocolates to share. Of course, everyone got to enjoy their cookies with a cuppa after the judging which was a prize in itself!

