

NEWS LETTER

ISSUE 28 SUMMER 2021



Priscilla
Wakefield
House

Nursing Care Home

www.pwhnursinghome.co.uk



Summer 2021

Dear Family and Friends of Priscilla Wakefield

WELCOME BACK!

We are so pleased to see so many of you visiting your loved ones following government restrictions being lifted. I know that it has taken some time for us to get back to some form of normalcy.

We would like to arrange some meetings and wish to hear from you via an email to activities@pwhnursinghome.co.uk in relation to what best times and day of the week might suit you all so we can facilitate this.

I am also aware that it has been some time since we had a catch up with families collectively. We would like to share with you some of the things we have been up to as a home:

- 1. We were nominated for Best Care Team London Region for the Great British Care Awards, We are extremely proud of the staff and the efforts that they have put in to collaborate and support the wider community and engage with them to ensure that the residents and staff wellbeing was kept up at a really difficult time.*
- 2. We are now heading into another round of Gold Standards Framework accreditation. There has been a lot of hard work that has gone into making End of Life care the best it can be especially in the first peak of the COVID-19 pandemic where several our residents died. Each life matters and to celebrate their legacy we will be holding a candlelight vigil at Priscilla Wakefield House. We will update everyone on the date and time of the event if you wish to participate.*
- 3. We are now a Teaching Care Home and our focus on Diabetes care has been nationally recognised. We were also able to work in collaboration with our local hospitals such as Whittington Health to gain support for our staff in understanding more about Diabetes and formulating protocols for both Hyper and Hypoglycemia. We just want to say how much this has impacted reduction in hospital admissions for residents living with diabetes in our care setting.*
- 4. We continue to strive for excellence and where this is not achieved, we want to put things right and will support in any way we can to ensure that both you and your loved ones are happy with the care and support provided. This can only be attained if we work in collaboration with each other. We are happy to have your feedback, comments, suggestions and work with you to make this home the best place to live and a family where you feel supported and loved. **WE CAN DO THIS TOGETHER!***

Lastly - I just want to say thank you for your resilience at a really difficult time and for persevering with us in keeping infection control procedures going such as wearing of PPE, facemasks and continuing to follow the guidelines as per the protocols at the reception. We know that having a test each time you visit may not be comfortable, but it will keep you, our staff and your loved ones safe.

May we continue to work collaboratively in seeking the best for your loved ones and in fostering good positive relationships with the staff team whose main focus is caring and supporting each and every individual in our care setting.

Yours faithfully

Sue Ann Nnamani

Registered Manager

April

Birthdays



Adrian De Jager - 67

Alan Dearle - 86

Arthur Vincent - 84

Bridget Gaynor - 93

Charles Murrell - 90

Conrad Samuels - 66

David Lammas - 81

Doreen Carter - 90

Elizabeth Peterson - 95

Ena Thompson - 90

Gilberte Nordell - 104

Graham Bradbury - 71

Harriet Savage - 72

Hazel Stewart - 97

Henry Ghann-Erskine - 61

Ioannis Papadopoulos - 72

John Edwards - 86

Kyriacos Kaminarides - 84

Margaret Carr - 84

Margaret Genin - 73

Marllene Allison - 84

Michael Smith - 73

Myrtle Henry - 85

Mytenna Malcom - 81

Patrick Kavanagh - 92

Paulette Hamilton - 56

Ranee Tofteroo - 89

Salome Asiedu - 66

Sharon Wilson - 53

Sheila Hugginson - 85

Xing Yu - 81

Yacob Abdool - 68

Walk in the Park

Our residents have been making the most of the spring weather getting outside to enjoy some fresh air and admiring the bursts of colour brought by the flowers. We are looking forward to spending more time outside as the weather improves.



April

Pampering & Massage



The benefits of gentle hand and head massage can be seen on the faces of the recipients as they relax and enjoy the experience. Who doesn't enjoy a bit of pampering?

St George's Day

Staff and residents celebrated St. George's day in style wearing the colours of the England flag. In the afternoon everyone enjoyed afternoon tea with scones with strawberries and cream and a quiz.



May

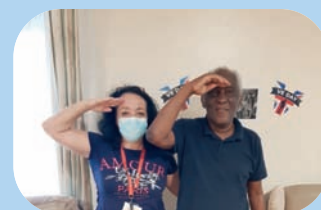
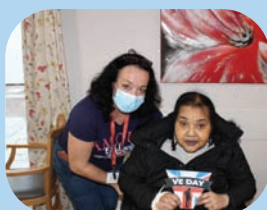
Greek Easter

Our resident Chris on Pickwick was delighted that we became Greek for the day to celebrate Greek Easter. Our kitchen team provided eggs that were dyed red according to tradition to represent the blood of Christ, shed on the Cross, and the hard shell of the egg symbolizing the sealed Tomb of Jesus—the cracking of which symbolizes his resurrection from the dead. Chris was very excited to share the tradition of cracking eggs. The eggs were then served with a mixed salad and accompanied by a glass of Guinness, lager, or sparkling drinks. Roast lamb was served at supper time when others were also happy to raise a glass to Greek Easter.



VE Day

Despite the weather putting pay to our celebration in the courtyard our residents commemorated V E Day with an afternoon tea, music, and dancing. A good time was had by all.



International Nurses Day



On International Nurses Day we gathered our nurses for a celebratory lunch as a token of our appreciation for their hard work and dedication. Many thanks to our fabulous kitchen team who provided an array of delicious dishes for all to enjoy.

May

Arts & Crafts – Nickleby

Our residents on Nickleby enjoyed getting creative with paint with amazing results as you can see! They also had fun creating paper aeroplanes and testing how far they would fly.



Interactive Table



PWH has invested in Inspired Inspirations Touch Screen Tables for each floor. Our residents are benefitting from the vast array of activities on offer including sensory, calming, memory, words & numbers, creative and fun! The possibilities are endless, and we are enjoying exploring this new resource.

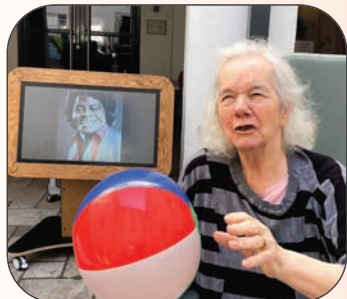
May

Break the Rules

On May 25th, the PWH Team were invited to break the rules and as you can see the team relished the opportunity. The day was fun filled bringing smiles to everyone's faces.



Spring Bank Holiday in The Courtyard



On 31st May our residents gathered in the courtyard to enjoy some sunshine and fun. Laughter filled the air as everyone played the parachute game working together to keep the balls on the parachute. To cool down there were ice lollies all round. Residents on Copperfield enjoyed their BBQ lunch on the balcony relaxing, listening to music, chatting, and enjoying the weather.

Poems in a Pandemic

A poem penned by our General Manager Sue Ann Nnamani has been featured in Poems in a Pandemic an Anthology of Art and Poetry from Front Line Staff working in social care and the people they supported during the COVID crisis 2020.



June

Armchair Travel to Italy

We celebrated Italian National Day by enjoying armchair travel to Italy. Our residents were given passports and tickets for the journey which began with a virtual take off! We visited Rome, Milan, and Lake Como. Pizza and gelato were served, a must when visiting Italy, accompanied by cappuccino. We shared fun facts and trivia about Italy and then tested everyone's knowledge about the country. Everyone enjoyed the experience.



Games in the Courtyard

If there is sunshine, we are out! Our residents enjoyed a fun filled afternoon, playing games, and soaking up the sun. A great time was had by all.



June

Ball Games

Our residents had lots of fun playing ball and target games while enjoying the glorious sunshine. Ice lollies and soft drinks were on hand to ensure everyone stayed hydrated.



NCL Gardening Club



Our residents joined residents from other care homes in the North Central London region in a Gardening Club via zoom. After participating in a quiz our residents planted sunflower seeds that were provided to all members of the Gardening Club. We are looking forward to sharing the progress of the sunflowers with the group.



July

Live Music Now Concert

We were delighted to welcome Zoe Wren for a live music performance in our courtyard on 15th June. This was Zoe's first in person performance since the onset of the pandemic. You can find out more about Zoe here.

<https://www.livemusicnow.org.uk/lmn-musicians-info/id/1699>

The performance really connected everyone and lifted their spirits. Zoe engaged the audience superbly. The concert was part of Live Music Now's #ReturntoLive promotion. We welcomed Jon Jacobs who recorded a podcast during the event, we will share information on how to access the podcast once this is received. We would like to extend thanks on behalf of all at PWH to Zoe, Live Music Now and Marine Begault from Alexandra Palace for making this happen. Thanks also to Alicia Clarke the photographer for the day.



Sunflowers



Our residents are enjoying seeing the progress of the sunflowers planted on 23rd June in the NCL Gardening Club which are thriving as you can see. We would like to say a big THANK YOU to Adrian, our resident on Copperfield who has been looking after them and other flowers on Copperfield balcony with tender loving care. One month after we planted the sunflowers, Adrian has re-potted the sunflowers to accommodate further growth and they are still thriving. Two months after we planted the sunflowers, the weather hasn't been on our side, but the sunflowers are still blossoming. We are all waiting for the flowers to shoot up!

July

Care Home Open Week

PWH was happy to participate in Care Home Open Week, 28th June – 4th July 2021, hosted by Championing Social Care, celebrating inspirational people living and working in care homes.

PWH hosted a Care Home Open Day event on 2nd July 2021.

The afternoon began with a delicious BBQ prepared by our fantastic kitchen team while music from our Steel Pan Soloist, Douglas from The Steel Pan Agency filled the air. The beautiful music lifted everyone's spirits.

Our General Manager Sue Ann Nnamani read her poem, Covid, Not the Death of Us, which was published in the collection Poems in a Pandemic. We were delighted to be joined by The Worshipful the Mayor, Cllr Adam Jogee who our residents and staff were very happy to meet.

Entertainment was provided by our residents with performances from Teresa and Emily who performed Uptown Girl, Billy Joel as a duo followed by a solo by Emily of Sweet Child of Mine, Guns n' Roses. Their performances were met with lots of enthusiasm and cheering.

We had a Tombola raising funds for our residents' fund, offering the chance to win some fantastic prizes. We would like to say a big **THANK YOU** to **BOOTS, TESCO** and the **Card Factory** for their generous donations.

It was certainly a day to remember, and we were delighted to showcase the talents of our residents and staff.



July

Pride 2021



We celebrated Pride at PWH on 5th July. Our courtyard was vibrant with rainbow flags, balloons, and bunting. Uplifting and energising music created a party atmosphere. Keith, son of our resident John on Dorrit, brought lots of enthusiasm and energy to the occasion engaging the senses with bubbles of all shapes and sizes.

Everyone enjoyed a tasty and varied buffet lunch and an array of soft drinks or wine.

The afternoon's entertainment kicked off with a singing performance from Nadia Peruffo our Training Facilitator. Everyone was amazed by her beautiful voice. This was followed by a fun filled singing and dancing performance from the Wellbeing Team.

We were thrilled to be joined by Dolly Trolley who entertained everyone with a fantastic drag act which had everyone cheering, clapping along, smiling, and laughing. Thank you to everyone who contributed to the success of the day.



England - It's Coming Home



Football fever hit PWH along with the rest of the country. Our reception was decorated with flags and bunting adding to the excitement and anticipation to support our team.

Go England!!

July

Thumbs Up for Adrian



The wellbeing team presented Adrian our resident from Copperfield with a Green Thumb Certificate in recognition of his dedication to taking care of the plants on Copperfield balcony. Adrian was delighted to receive the certificate as you can see from his smile. The plants have been thriving due to his tender loving care. We would like to say a big **THANK YOU** on behalf of all at PWH.

Trips to Southend

We had our first trip to Southend on 8 July. Since then, we have been going quite frequently. Our residents headed out in the PWH Minibus with Michael our new driver at the helm. After a pleasant journey admiring the scenery, we were all very excited by our first glimpse of the sea. Everyone enjoyed a stroll along the seafront taking in the sea air before making our way to a seafront café for a fish & chips lunch while enjoying the view. The weather was changeable, but we were able to savour some sunny periods. There was time to have a traditional treat of fresh, warm doughnuts before making our way home. Everyone agreed they had a lovely time, and Martha one of our residents summed it up perfectly in one word "Magic!". it was a day to remember.



Picnics at Markfield Park

Did someone say summer?

After an incredibly wet couple of weeks, the sun has come back out. Some of our residents headed out to enjoy a picnic at our nearby park – Markfield Park.

Everyone had a lovely time sitting in the sun, getting our groove on; listening to music and took a leisurely stroll through a gorgeous rose garden. It was refreshing to be outdoors again!



Trips to Forty Hall



Our residents enjoyed a day out at Forty Hall on 15th July. We also visited again on the 5th of August. Everyone enjoyed a leisurely picnic for lunch enjoying the peaceful atmosphere and listening to the songs of nature. This was followed by a stroll around the grounds and a visit to the house – where we learnt interesting facts! After all that walking, we relaxed by the Café and had lovely refreshments. All agreed it's great to be getting out and about again and found the change of scene and fresh air energising.



July

Theatrical Performance We Care in Our Own Words

We were delighted to welcome Wake the Beast Theatre Company for a performance of *We Care: In Our Own Words*. The performance was a collaborative work with Whittington Clinical Health Psychology Service created from interviews with staff from care homes including PWH who were invited to share their experiences of working throughout the pandemic. Following the performance there was an opportunity to reflect and discuss. The performance was very powerful, and it was great to have an opportunity to reflect on these challenging times with colleagues. We would like to thank Anna from our housekeeping team for sharing a poem which she wrote which touched all our hearts and for bringing candles for us all to light for reflection and remembrance. We will share her poem soon. Thank you also to Whittington Clinical Health Psychology Service and Wake the Beast Theatre Company for sharing this performance with us.



Thank you from Family Members!



Our team were delighted to see family members of Hussein our resident who sadly passed away recently. The family brought a hamper of goodies for staff to express their appreciation for the care received by their loved one. The gesture made everyone's day.

Trips to Ruislip Lido

As the temperature soars our sun worshippers headed out to Ruislip Lido. Everyone was in awe of the scene that greeted us as we approached the lido, sandy beaches, and crisp water. We headed to Ruislip Lido on a glorious summer day. Everyone was in awe of the scene that greeted us as we approached the lido, sandy beaches, and crisp water. We had a leisurely picnic lunch, listened to music whilst enjoying the picturesque scenery. Before we left, we had an ice cream and happily returned to PWH. Everyone agreed they had a lovely time.



Great British Care Awards 2020 – London Region

PWH team scrubbed up well to attend the GBCA Night at The Hilton Bankside. The finalists were Julie Edridge for Care Home Worker, Sue Ann Nnamani for Care Home Registered Manager, Maria Gorete Amorim for The Care Home Activity Organiser and PWH Team for The Care Home Team Award. Everyone had a fantastic evening, good food, excellent company and great entertainment.

Falis Ahmed took the stage to receive the award for the best selfie of the night, taken together with Shannon Creber and Julie Edridge.

The cherry on top of the cake was PWH winning The Care Home Team Award!!! Well done and congratulations to all at PWH.



July

Floral Donation from Yacob's Friend



We received a donation of flowers from a close friend of a resident. We would like to say a BIG thank you for these beautiful flowers! They will brighten up Priscilla.

Pickwick & Havisham Karaoke Night

Our singing stars from Havisham & Pickwick enjoyed a Karaoke night on 30 July. There was lots of fun and laughter as everyone sang their hearts out to their favourite songs from Westlife to Julio Iglesias.



Talent at PWH

We would like to share with you a poem written by Ana from our housekeeping team, inspired by her experience of the pandemic. We are all very proud of Ana who has a talent for poetry and kindly shares her work with us. Her poem provided inspiration for the performance we recently hosted for staff "We Care. In Our Own Words." facilitated by Whittington Psychology Service. Thank you, Ana, for sharing your gift with us!

TO THE LONDON RAIN

In a city where it is raining
Like three times in a week
You see people with masks
Walking on the street

They're not going for a party
It's not even HALLOWEEN
It's a new way of life
LIFE THAT NEVER BEEN

It's not even HALLOWEEN It's a new way of life LIFE THAT NEVER BEEN

It's Corona, deadly virus
Earth is Shaking to his core
This generation is going through
No one has gone before

So, London rain, I pray today
Next time when you plan on coming
Please wash everything away
Invite happiness to stay.

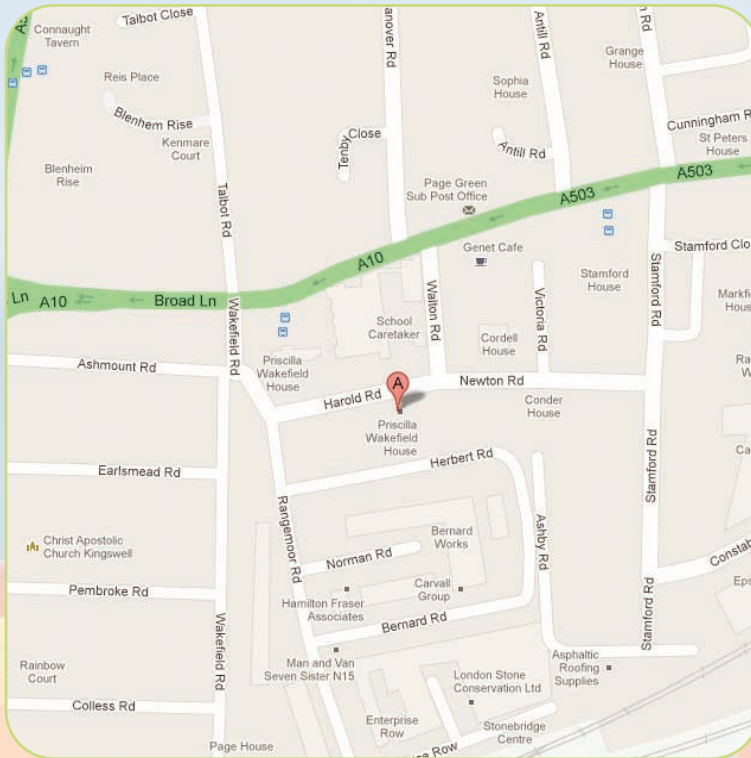
August

Jamaican Independent Day

A day of celebrations!!

On the 6th of August, residents and some staff celebrated Jamaican Independence Day in the courtyard again. We had cultural foods, ginger beer and listened to reggae music. The celebrations continued as we wished our lovely resident Sharon, a happy birthday! She was gifted with a cake, and everyone sang her Happy Birthday. We ate, drank, and partied so hard the rain decided to join at the end. It was truly an afternoon to remember.





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