

NEWS LETTER

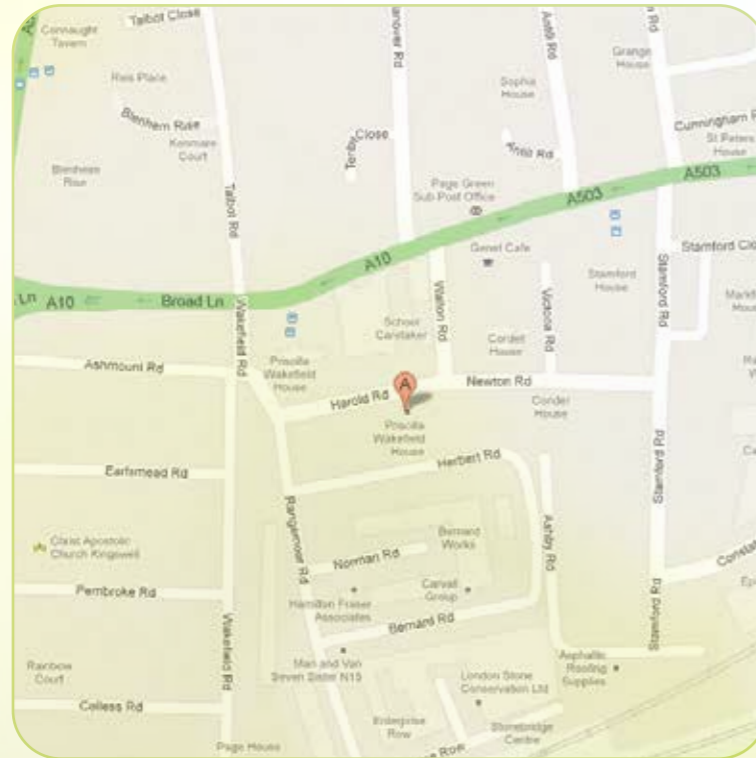
ISSUE 29 WINTER 2021



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Nursing Care Home

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Winter 2021

Dear Family and Friends:

Happy New Year 2022!

I would like to start by saying welcome to a new year and to working with you this year and fostering meaningful relationships.

We enter this year like we have last year but more optimistic as we have seen that the COVID vaccination has meant less hospitalisation and lower symptoms than has historically been the case.

Due to the new variant, some of our staff have had to isolate which meant that we had no choice but to get staffing agencies to support. We still have managed to ensure full cover and to ensure safety risks were managed and our clinical management team has been working on the units to ensure that this happens.

We appreciate your patience while we try to wade through more government guidelines and to see at the same time how we can ensure human rights are still supported in relation to visiting while under a COVID outbreak situation.

We are hoping to re-open the home shortly to visits and would like you to ensure that you are still adhering to PPE and Infection control guidance as we see how best we can continue to manage this process safely.

I wish to thank all of you for your patience, time and support and your understanding.

We look forward to a better 2022.

Yours humbly

Sue Ann Nnamani

Registered Manager

August

Birthdays



Akim Daley - 43

Ann Kirkham - 85

Clifford James - 95

Cynthia Lawrence - 81

Denis Brown - 87

Felicia Rotibi - 90

Francine Lundeya - 48

Francoise Theopot - 56

Gloria Griffiths - 88

Graham Nunn - 60

Iraj Keshavarzi - 66

Jeanne Patternott - 85

Joan Mead - 78

Joyce Wischusen - 95

Kathleen Winterbottom - 92

Linda Emerton - 76

Margaret Piontak - 92

Martha Wallace - 87

Mary Murphy - 85

Monica Cookhorn - 61

Rosalie Barber - 99

Shirley Stigant - 85

Stavros Procommenos - 76

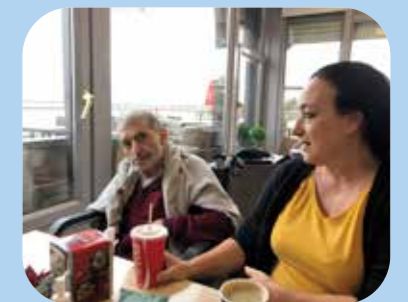
Susanna Mais - 85

Thomas Law - 69

Victor Catwell - 82

Trip to Southend – Dorrit unit

On the 17th of August, we took a day trip to Southend. The weather was not the best, however, we still made the most of the day. Everybody stopped by the beach to admire the view. We had lunch at our favourite Café with a warm drink. Although, the weather wasn't the best we still had a good time with each other! "It's nice to be out" said one of the residents. It surely was indeed!



August

Sunflowers Update

Here's another update regarding our sunflowers planted on 23rd June during the NCL Gardening Club. As you can see, our resident Adrian, still takes very good care of the sunflowers. We are still waiting for the flowers to shoot up but looks like is going to be very soon. We will update you again, and hopefully with photographs with the sunflowers that has Blossomed.



Picnic at Clissold Park



Close by, in Hackney we have Clissold Park. We went with our residents, and everyone enjoyed the sun and the animals there. What an experience! After we had a picnic in the park playground watching the children playing. Before we returned to the home, we had a drink at the local coffee shop accompanied by a nice chat. We will be visiting Clissold Park again soon.



August

Together in Time Singing Group & Summer Party at PWH



We were delighted to welcome Gareth, volunteers from Park Theatre and members of the Together in Time Singing Group for our weekly singalong followed by a Summer Party on Wednesday 25 August. The group has been taking place virtually throughout the pandemic, so it was fantastic to meet each other in person at last. Everyone had a wonderful time singing along to their favourite songs led by Gareth at the keyboard. It was great to see everyone smiling, singing along, clapping, tapping their toes and playing percussion instruments. After the singalong everyone had a lovely chat and enjoyed some refreshments. A good time was had by all.



Trips to Paradise Wildlife Park



We ventured out twice to Paradise Wildlife Park during August. Everyone was in awe of the amazing animals we saw. The lions and meerkats were mesmerizing, and the antics of the monkeys prompted lots of smiles and laughter. On our second trip our residents were delighted to be accompanied by Emmy Ann daughter of our general manager Sue Ann and Talia granddaughter of our receptionist Julie. Everyone said they had a great time and it was fantastic making memories together.

August

Bank Holiday BBQ



We started the Bank Holiday weekend with a bang on Friday 27th August. Residents and staff gathered in the courtyard for a delicious BBQ prepared by our wonderful kitchen team. Thankfully the weather was on our side. Upbeat music added to the party atmosphere. It was great to see everyone relaxing with good company and great food.



Trip to the Museum of the Home



We visited the Museum of the Home on 31st August. Everyone enjoyed strolling around the museum exploring the vibrant exhibitions. Personal experiences and diverse stories shared through film brought the museum to life and captured the attention of us all. There was time to rest and reflect over some refreshments in the café before returning home.



September

Sunflowers Update

Our sunflowers are thriving under the tender loving care of Adrian our resident on Copperfield. We are still waiting for flowers despite the sunflowers growing significantly taller. Adrian has been very attentive repotting the plants with care. We are looking forward to seeing the vibrant yellow blooms!



"The Joy of Nature" Art Project

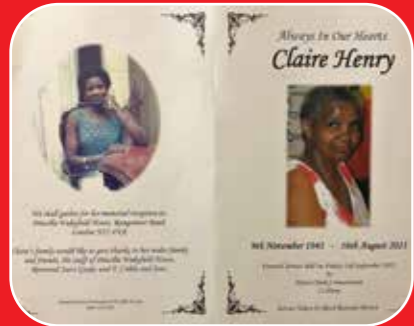


Our residents unleashed their creativity embracing the theme "The Joy of Nature" with amazing results as you can see. They used a variety of materials and techniques to create their works of art including collage, printing, and modelling. Everyone was delighted with the results and are very excited to have their work submitted to the first ever NCL virtual art exhibition celebrating two events: Art in Care Homes and Silver Sunday.

September

Memorial Reception @ PWH

We were honoured that the family of one of our beloved residents Claire Henry chose to hold her Memorial Reception in our Multi-function room. Claire will be fondly remembered and sadly missed by all at PWH. Many thanks to the family for warmly welcoming all staff to the memorial reception and looking after everyone. Please speak to reception if you would like to book our multifunction room for any family occasion.



Trip to Ruislip Lido



It was a glorious sunny day, so we decided to head to Ruislip Lido. Our sunworshippers lay on the sand soaking up the sun while others relaxed in the shade enjoying the picturesque view. Everyone enjoyed a lovely picnic lunch. We played some ball and racquet games. We had time for a hot drink or ice cream before heading home. Everyone said they had a great day!



September

Picnic at Markfield Park

We visited Markfield Park on 9 September making the most of the warm weather. Everyone enjoyed relaxing, chatting, and listening to music over a tasty picnic lunch. We strolled around the rose garden enjoying the vivid colours and lovely aroma of the flowers. Ice cream and hot drinks at the café rounded off the afternoon nicely!



Dance & Movement



High energy music and encouragement from our wellbeing coordinator, Amerissa inspired everyone to get moving on Friday 10 September. What a great way to stay fit and fabulous!

Sunflowers Update



At last, our sunflowers are blooming! Everyone was delighted to see the vibrant yellow flowers which brought a big smile to all our faces, not least Adrian who has been nurturing them with tender loving care. We would like to say a big **THANK YOU** to Adrian for his dedication to caring for all the plants and flowers on Copperfield balcony.

September

Leaving Party for Pamela

Sadly, our resident Pamela on Copperfield unit is leaving.

We organised a leaving party in Copperfield lounge for Pamela's friends and staff from the unit. Listening to rock music from the 60's chosen by Pamela and enjoying some refreshments, everyone got the opportunity to take a photo with Pamela and wish her all the best.

Good luck Pamela, from all of us!



Open Day at Park Lodge

We were delighted to be invited to an Open Day at Park Lodge one of Magic Life's Supported Housing Schemes. We received a very warm welcome and everyone enjoyed the delicious refreshments sitting in the relaxing outdoor space. We enjoyed a tour of the home including the sensory room and art room which Emily and Teresa fell in love with. We would like to say a big **Thank You** to all at Park Lodge for making us so welcome and look forward to keeping in touch in the future.



Farewell Nneka

We were all sad to say goodbye to Nneka, Community Matron from the Care Home Assessment Team on 17 September 2021. It was a pleasure to work in partnership with her and we would like to say a big **Thank You** for all her support. We all wish her well for the future.



September

Alzheimer's Day - Games in The Courtyard



To mark Alzheimer's Day, we gathered in the courtyard for some fun and games. Everyone joined in a variety of ball and target games while listening to some upbeat music. It was great to see everyone smiling, laughing, and encouraging each other. Exercise and being social are ways of reducing the risk of dementia, so what better way to mark the day. After all the activity everyone enjoyed a chat and some refreshments, including fresh fruit and cupcakes. Everyone said they had a great time.



MacMillan Coffee Morning



We hosted a MacMillan coffee morning at Dickens Café on 24 September. Everyone enjoyed having a chat over a cuppa. A big **THANK YOU** to our kitchen team who provided a selection of iced cupcakes and pastries for all to enjoy. **THANK YOU** also to everyone who made a donation to this worthy cause.

October

World Smile day

October introduces itself with the World Smile Day. What fun we had with our residents! Comedy on the big tablet and jokes spiced up the day. Definitely, we kept our smiles today.



Silver Sunday

We gathered in the multi - function room to celebrate Silver Sunday, a National Day Celebrating Older People. We screened the NCL Art Exhibition "Around the World In 80 Care Settings" -The Joy of Nature which everyone enjoyed. Then over some light refreshments everyone shared memories of how they spent their Sundays. Everyone agreed they had a lovely afternoon.



October

Museum of Brands

Tuesday the 5th of October was the day for reminiscing. So, what better way to go to the museum of Brands with our residents. The museum that gathers all our everyday goods and products of the past till today.

How were the Coca Cola bottles in 1930?
What toys children played with in 1950?
What were our favourite sweets in 1920?
How the fridge, the kitchen the television looked like in 1960? Oh, what fun we had! We'll visit again for sure!



Harvest Festival Donation from the Little Engineers Nursery

We were delighted to see our friends from The Little Engineers Nursery who visited us to deliver two Harvest Festival Hampers for our residents. The hampers were received by our resident Teresa. We would like to say a big **THANK YOU** on behalf of all at PWH to everyone at The Little Engineers Nursery.



October

Paradance

Para Dance UK is a charity and the national governing body for Para Dance Sport in the UK. Their aim is to develop and promote dance as a sport and an inclusive leisure activity across the country. We would like to say a big **THANK YOU** to Paradance for providing 20 videos of choreographed sessions for us to implement within the home. Our residents will be moving and grooving every Thursday led by our wellbeing coordinator, Amerissa, who is facilitating Paradance sessions on a weekly basis.



Singalong Together in Time at Park Theatre



Today we had a lovely sing a long experience in the Park Theatre in Finsbury Park. At last, we sang all together with the team "Together in Time" Led by Gareth John that we only had the chance every Wednesday via zoom. After the session we were offered some refreshments and cakes and we had the opportunity to celebrate Jacki's birthday a member of the "Together in Time team". We signed her birthday card, and he was very happy, so she sang one song for all.

Paradance



We have been facilitating Paradance, choreographed exercises for our residents with an instructor via video for some time now. The sessions are held on all units. Everyone seems to be enjoying the sessions which combine exercise and fun perfectly!

October

Black History Month Film Screening

On Friday the 15th we celebrated Black History Month in the multifunction room at PWH. We watched stand-up comedy from some famous black comedians like Lenny Henry and listened to Soul music. A finger food buffet and an array of drinks such as Ginger beer, Guinness and Root Beer were available for all. Everybody, staff, and residents, enjoyed it. It was great to hear the sound of laughter filling the room.



Singalong Together in Time at Park Theatre

Singalong is one of the great fun activities that our residents enjoy. Today we had a great singing session in the Park Theatre with the group "Together in time" led by Gareth John. All the songs we sang made us happy and brought memories from happy days of life. We promise we will meet again to sing "Together in time" soon.



October

Wear it Pink

We supported the Wear it Pink Breast Cancer Campaign with a coffee morning at Dickens Café. There was lots of chat and laughter accompanied by beverages and cakes galore! We would like to say a big **THANK YOU** to Gwen, wife of our resident John on Dorrit who donated a delicious carrot cake for all to enjoy. Many thanks also to all who Wore it Pink raising awareness for the cause and everyone who kindly donated.



Dance for dignity

We had a great party in the multifunction room at PWH while demonstrating our commitment to dignity. Residents and staff had a wonderful time dancing the whole afternoon! There was an array of tempting refreshments to choose from. We are looking forward to the next celebration.... we love parties!



October

Pumpkin Carving & Laxmi Farewell Party

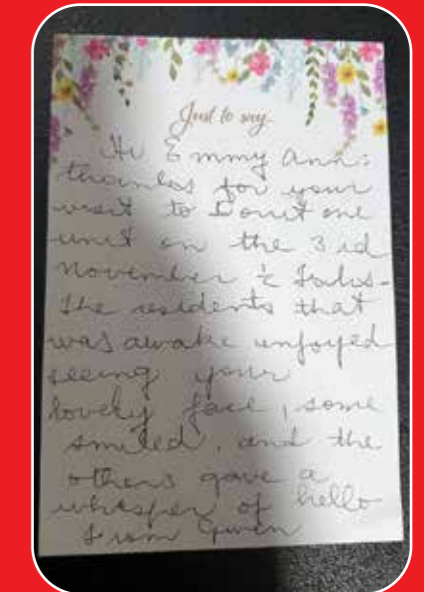


On the 29th of October we had a farewell party for Laxmi Shrestha, Bed Based Intermediate Care Manager. It was a joy to work with Laxmi who is always bursting with enthusiasm and wearing a smile. We all wish her well and will miss her. Laxmi kindly judged our Pumpkin Carving Competition. She named all the entries, the winners were, Copperfield - Third place, Activities Team - Second place and a collaboration between the Kitchen & Laundry Teams won the First Prize. **Thank you** to everyone who took part and of course to Laxmi who brought lots of fun to the proceedings!



Visit from Emmy-Ann

Residents on Dorrit were delighted to receive a visit from Emmy Ann, daughter of Sue Ann our General Manager. Emmy-Ann interacted with and entertained our residents with her impulsive fresh and young spirit and energy. Gwen, wife of our resident John, noticed the impact that Emmy Ann's visit had on the residents, bringing forth greetings, smiles to everyone's faces and joy to all. Gwen wanted to say **thank you** to Emmy Ann and kindly gave her a card and gift.



November

Maureen's Leaving Party

Our lovely Occupational Therapist Maureen is leaving and to give her our warm wishes we organized a party for her. She was pleasantly surprised as you can see in this photo! She was Great. She will be missed.

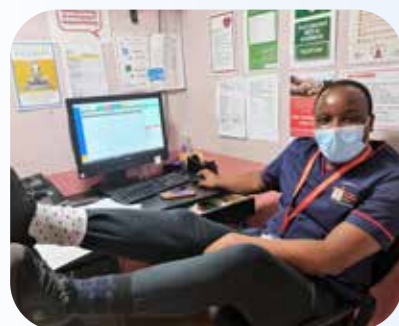


Remembrance Day

On Remembrance Day our residents made a lovely paper wreath with bright red poppies, and they were so proud of the result. But the most moving part of the day was when they started to recall stories from the war days... About their fathers during the war, some of them were gone, our heroes, or themselves how they grew up, how they had been separated from their families and evacuated. And mostly how hard and cruel these times were back then...



Odd Socks Day



We supported the anti - bullying campaign on 15th November, encouraging everyone to wear odd socks. Love yourself, be confident! Do not allow anyone to change who you really are! That is the meaning of the symbolic anti bullying day. Please don't go against all odds.... because odds can be lovely and cute. And we certainly did have some sassy odd socks for the day. Take a closer look...

November

Shopping Tottenham Hale

On November 9 our residents Teresa and Emily enjoyed a shopping trip to Tottenham Hale. We had lots of fun browsing and chatting. After all the shopping we stopped for a drink at COSTA before returning home. Both said they had a great time!



Community Gardening Even

Our residents have been involved in consultation with Haringey Council to develop small scale improvements to Rangemoor Open Space. We were involved in an access audit in October and our residents were very happy to be part of the process and contribute to improving the local area. On Saturday November 13 we attended a community gardening event at Rangemoor Open Space where we were able to see images and models of the proposed improvements including some of the suggestions our residents had put forward. We enjoyed the fresh air, chatting and a hot drink. Our residents were delighted to receive a plant to take home with them. We would like to say a big **THANK YOU** to Haringey Council for reaching out to us and valuing us as part of the local community.



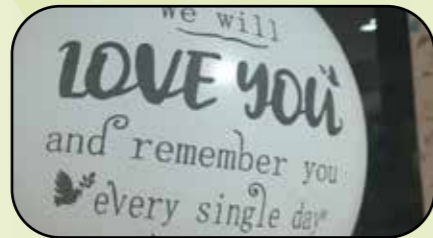
November

World Diabetes Day

On 14 November, World Diabetes Day, we raised awareness about diabetes by sharing information about risk factors for diabetes at our reception. We also provided an array of healthy snacks and fresh fruit for all to enjoy.



Roman Remembrance



On the 17 November staff gathered to remember Roman our training manager who sadly passed away in 2018. Roman was loved by all and is fondly remembered and dearly missed. Balloons were released in his memory.

Safeguarding Coffee Morning

On Friday the 19th of November, we gathered at Dickens café to focus on safeguarding. As we were enjoying our tea, coffee, scones, and cakes, we asked our residents: What does respect mean to you? What makes you feel valued as a person? What makes you feel safe in an environment? What is the most important thing to you in life? How can your trust be earned? They responded with very interesting answers like: Dignity, compassion, help, and being listened to. We always strive to involve our residents in all aspects of their care. **Thank you** to everyone for participating.



November

Virtual Arts & Crafts Sessions

New virtual art sessions for our residents started on the 25th of November. Everyone's creative skills emerged beautifully resulting in lovely artistic creations. Everyone enjoyed it so it will continue every week. After the session all the artists enjoyed some refreshments.



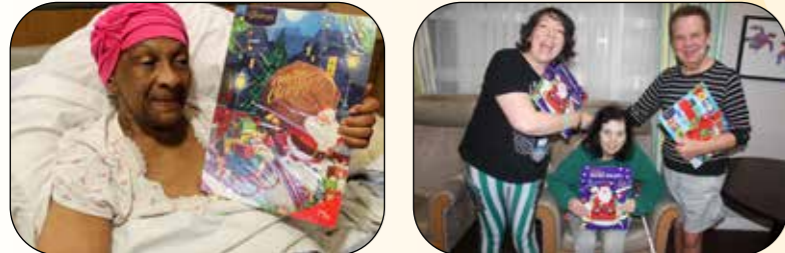
Hanukkah Celebration



For our Jewish Residents we celebrated Hanukkah on the 28th of November, and we had a great time with traditional music and food and a brilliant game called Dreidel. It's like winner takes it all. Tony was the lucky one to be the winner this time. He was very happy. A big **THANK YOU** to Garfield and our kitchen team for providing a feast fit for Kings & Queens. There was a lovely family atmosphere of togetherness as everyone enjoyed their meal.

December

Donation of Advent Calendar



We would like to say a heartfelt **THANK YOU** to Katherine Carr, daughter of our resident Margaret on Copperfield for a donation of Advent Calendars for each one of our residents. Many thanks for spreading Christmas cheer throughout the home, it was a joy to see the smiles on the faces of our residents when they received their calendars.

Elf Day Coffee Morning



Come on all you Elves! Christmas is coming let's have some hot chocolate with marshmallows on top! Yummy!
Elf coffee morning at the PWH Dickens café with all our lovely Elves, staff, and residents. We did enjoy that!
Just have a look. The spirit of Christmas arrived at PWH!

The Most Festive Unit Competition

It was competition time at PWH when we set the challenge to our teams for the Most Festive Unit. Everyone got busy decorating spreading Christmas Spirit throughout the home. Sue Ann our general manager kindly judged the competition. The winner was Copperfield, closely followed by Nickleby, Dorrit and Havisham & Pickwick. Congratulations to Copperfield and well done to everyone who participated.



December

Best Wishes to Bewechana

Bewechana our nurse is expecting her 1st baby. We wish her a safe delivery. She will be missed while embarking on this new chapter.



See the Sights & the Christmas Lights

Our residents were delighted to take a trip to the West End on Monday and Tuesday in our minibus to have a tour and enjoy the magical Christmas lights. We went to Oxford Street, Regent Street, Leicester Square and Trafalgar Square. Everyone had a great time singing Christmas songs along the way to get into the Christmas Spirit!



Christmas Shopping @ Westfield Stratford City



We had great fun Christmas Shopping at Westfield, everyone loved soaking up the festive atmosphere and admiring the Christmas decorations. We enjoyed a light lunch and coffee to energise everyone for more shopping! Everyone returned bags in hand weary but happy. There's nothing like a bit of retail therapy after all!

December

Staff Awards Party

PWH hosted our annual Staff Awards event at Lord Morrison Hall. The theme was all white and the scene was set with elegant white table and chair coverings and fabulous white and silver balloon decorations. Our fantastic staff team wowed everyone with their transformations from uniforms to evening glamorous attire! It was great to welcome staff who have moved on to new endeavours return to celebrate with the PWH Team.

The evening began with welcome drinks and a wonderful feast for all to enjoy prepared by our chef Garfield. The presentation of the awards followed. The winners were:



- Best Unit of the Year – **Havisham**
- Most Consistent Unit of The Year – **Nickleby**
- Outstanding/ Supportive Department of The Year – **Activities Team**
- Most Improved Unit – **Dorrit**
- Most Supportive Department – **Housekeeping Team**
- Most Collaborative Working Unit of The Year – **Copperfield**

This year there was an addition of Star Awards recognising individuals and teams who always go beyond their role.

- Best Attendance Award – **Aretha Jemison (Night HCA)**
- Star Nurse – **Bewechana Karmacharya**
- Star Night Nurse – **Veronica Moldovan**
- Star Housekeeper – **Tracy Reid**
- Star Laundry Assistant – **Charlotte Corp**
- Star Night Carer – **Veronica Frimpong**
- Star Catering Support – **Ben Hopkins**
- Star Health Care Assistant – **Yaa Amposaa**
- Star Admin & Reception Support – **Julie Edridge**
- Star Admin & Reception Support – **Shirley Davidson-Reid**
- Whzan Unit Champion – **Havisham**
- Star Bbic Support Team – **BBIC Team**

December

Staff Awards Party

Wooden Spoon spoof awards were also presented as follows:

- The Funniest Person - Who Has Jokes for the Whole Day – **Leleka Henry**
- Early Bird - Who Always Arrives First – **Francisca Whitworth**
- Most Musical Person - Who Always Sings While Working – **Ana Stoica**
- Pink Cloud Person - Who Is Always Daydreaming – **Oliver Kuczik**
- Pen Stealer - Who Always takes a pen but never brings it back – **Dawnette Wright**
- Best Multitasker Award - Who Is Always Doing Everything – **Maria Gorete Amorim**
- Hot Chocolate Drinker - Who Always has a Hot Chocolate at Hand – **Maria Oliveira**
- Most Stylish Person - Who has a Great Sense of Style – **Nickie Hannam**
- Best Greeting Award - Who always greets you with "Hello my darling" – **Sumi Pun**



We were delighted to be joined by Sujesh Sundarraj Commissioning Manager from Haringey Council, Angela Sealy, Head of Unplanned Care Waltham Forest Adults Community Services at NHS North East London Foundation Trust (NELFT), Tess Murdoch, Nurse Educator, NCL Training Hub and Laxmi Shrestha, Lead Occupational Therapist, Community Rehab and Falls Service, Integrated Community Therapy Team, and her BBIC Therapy Team. We would like to thank all for joining us and Sujesh for kindly presenting the awards.

It was truly a wonderful evening, everyone enjoyed gathering as a team accompanied by family and friends to celebrate our successes. Sue Ann our general manager gave a heart-warming speech thanking all the team and especially the management team, who were not featured in the awards, for their commitment and dedication.

I am sure we all agree Sue Ann would be a deserving recipient of Best Manager Award alongside her amazing management team Pravesh, Molly, Omoyi and Hossam.

We would like to say a big **Thank You** to everyone who made this event a success.

Christmas Jumper Day

Singalong is one of the great fun activities that our residents enjoy. Today we had a great singing session in the Park Theatre with the group "Together in time" led by Gareth John. All the songs we sang made us happy and brought memories from happy days of life. We promise we will meet again to sing "Together in time" soon.



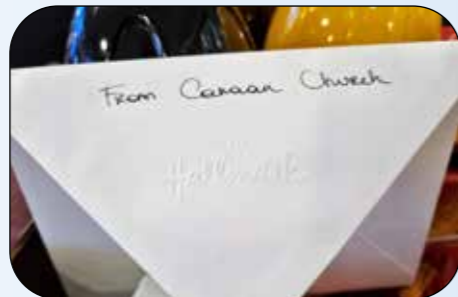
December

Virtual Arts and Crafts Session

Our residents got creative once more participating in the North Central London Care Homes Virtual Arts & Crafts. Everyone was delighted with their festive artwork. PWH certainly has talent!



Canaan Church Donation



We would like to say a big **THANK YOU** from all at PWH to Pastor Omideyi and all at Canaan Church for their generous donation of festive goodies for our residents. Thank you also for making every effort to continue to connect with us via Zoom throughout the pandemic. We hope that it won't be too long before we can return to in person Church Services. We miss you!

Harris Tottenham High School Visit

On the 15th of December we had a pleasant surprise at PWH! Students from Harris Tottenham High school visited the home and had a lovely chat with our residents. The students interacted very well with them, and we invited them to the Christmas party on Copperfield unit. They all had a great time. We had music, dance, drinks, and food. Our residents seemed so happy to share moments of their lives and shared some of their memories of old Christmas times. From all of us at PWH a Big **Thank You!**



December

Christmas Parties 2021



Parties Everywhere!
Parties every day!
This is the way to celebrate Christmas,
Every unit at PWH had their own Christmas Party with an array of festive food, mould wine, crackers and presents for all.

Merry Christmas everyone!



Donation from the Universal Church of the Kingdom of God

Our residents and staff were delighted to receive a generous donation of goodies from the UCKG. We would like to say a big **thank you** on behalf of all at PWH for reaching out to us. Support from our local community inspires all of us through the challenging times we are all facing. We look forward to welcoming Church members into our home when we are able to.

