

NEWS LETTER

ISSUE 30 SPRING 2022



Priscilla
Wakefield
House

Nursing Care Home

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Dear family and friends

It's with great joy that I write this letter. For the first time in a few years we now have our own care teams a major shift in use of agency for carers. Unfortunately due to competitive market and nurse shortages in the UK we have sadly had a few resignations but nonetheless we feel optimistic about our new recruits who will take some time to acquire their NMC registration will in the interim be able to support the clinical wellbeing of the residents.

We would like to explore how we can best cultivate ongoing relationships with you as a family or friend of a resident here. We know that COVID-19 and lock down situations has put a strain on our communication and ability to have relatives and friends meetings but we feel we are now in a position to start these up again and would like your thoughts on this or whether you prefer meetings of a virtual nature.

If you can email your thoughts, suggestions and ideas on how we can best engage with you moving forwards, please email activities@pwhnursinghome.co.uk

Again we appreciate your resilience and support at what has been an extremely challenging time.

We look forward to resuming some form of normalcy soon with your help and support.

Yours sincerely

Sue Ann Nnamani
Registered Manager



Birthdays

Alan Burrel - 75

Cyril Mathurin - 84

Djemile Ahmet - 69

Dorcas Lindsay - 89

Emily Ashman - 38

Fozilotun Khanom Ali - 83

Gabrielle Doocey - 75

Hazel Stewart - 98

Ida Rosen - 80

Lorraine Lesley Gregory - 74

Mohammed Facey - 87

Patrick McLoughin - 75

Rose Bekedoroma - 84

Theresa Adom - 71

National Cheese Lovers' Day

Our residents celebrated National Cheese Lovers Day with an afternoon of Cheese & Wine. Residents relaxed, chatted, enjoyed some music and sampled a variety of cheese accompanied by crackers and fresh fruit. Everyone had a great time.



January

Multisensory Artistic Activities for People Living with Dementia

Our residents have been accessing multisensory activities for people living with dementia via zoom delivered through Spare Tyre. We are very grateful for this fantastic resource and are happy that our residents are benefitting.



Hossam – 10 Year Anniversary at PWH



Hossam our Night Manager celebrated his 10th Anniversary at PWH on 27 January. A celebration was held at reception to mark the occasion. Congratulations Hossam and thanks from all of us for your commitment and dedication.

Walk for Health

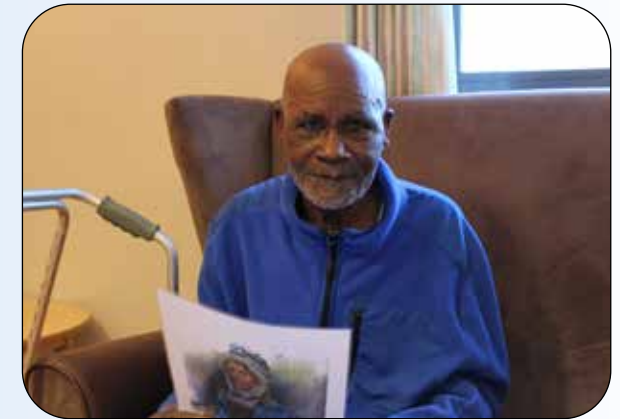
Our residents have been enjoying the green space in front of the home. Invigorating fresh air and good company does everyone the world of good!



January

Priscilla Wakefield's Birthday - Coffee Morning

We marked Priscilla Wakefield's Birthday with a coffee morning. Everyone's attention was captured by the fascinating history of Priscilla Wakefield. There was lots of chat accompanied by coffee and pastries. What a great combination!



Britney Baby Girl - Inayah



We were delighted to receive a visit from our Health Care Assistant, Britney, and her beautiful daughter Inayah.

Everyone was excited to meet the new addition to her family.

We wish them well.

Bewechana Baby Girl - Ira



Bewechana, our nurse, has named her gorgeous daughter, Ira.

A beautiful name for a beautiful girl!

She is indeed a pretty little flower!

February

Dignity Action Day Celebration – Theme – Chinese New Year

We celebrated Dignity Action Day at PWH, embracing the theme of Chinese New Year.

This was a great opportunity to promote awareness of another culture and foster tolerance.

Our residents listened to some Chinese music and learnt about the Year of the Tiger. They also sampled an array of Chinese finger food. Everyone had a great time!



Together in Time Reminiscence Singalong

Our residents look forward to our weekly reminiscence singalongs via zoom with Gareth from Chiltern Music Therapy. The singalongs are lively and fun and there are always lots of smiles and laughter accompanying the singing! It is great to be part of this musical community.



February

Valentine's Day

All at PWH were in the mood for love on Valentine's Day! Our reception was adorned with hearts and flowers, thanks to our receptionist Julie, bringing smiles to the faces of all.

We hosted a Valentine's Party in the multi-function room where there was music, dancing and tempting treats! A great time was had by all.



February

Recognition of Staff



Congratulations to Aretha, Francesca and Margarita who were rewarded for their commitment and dedication to PWH. We always strive to recognize and celebrate those who go the extra mile at PWH.

LGBTQ+ History Month

To mark LGBTQ+ History Month we showed films about influential figures from the LGBTQ+ community including Alan Turing who experienced hardship due to his homosexuality but today is famous for being an eccentric yet passionate British mathematician, who conceived modern computing and played a crucial part in the Allied victory over Nazi Germany in WW2. We also hosted a party with the theme Express Yourself. Everyone let their hair down, we know how to party at PWH as you can see! We would like to say a big **THANK YOU** to our amazing kitchen team who provided a delicious buffet including a multi coloured tier cake which no one could resist!



March

Pancake and St David's Day

Two in one! Pancake Day fell on St. David's Day this year, so we had a double celebration. We gathered in the multi-function room; our residents did some mindful colouring of Welsh emblems while listening to some music. Of course, there were pancakes a plenty with an array of toppings to choose from for everyone to enjoy!



Singalong

We had our Together in Time sing a long via zoom today followed by an impromptu display of belly dancing led by Burchin, one of our wellbeing coordinators. What a great way to celebrate diversity within PWH!



March

World Book Day

We gathered to celebrate World Book Day, residents made bookmarks and coloured images celebrating the joy of reading. Residents and staff talked about their favourite books.



Paradance Inclusive Dance Sessions

Our residents participated in 10 sessions of inclusive dance delivered by Paradance via Zoom. The sessions were fun, and our residents looked forward to the sessions each week, requesting songs they wished to be included in the sessions.

We have also received free choreographed videos to continue engaging our residents in this activity. We would like to say a big **THANK YOU** to Paradance for providing us with these fantastic resources.



March

St. Patrick's Day

We had an amazing Saint Patrick's Day party on Dorrit unit. Irish music filled the room, and many took to the floor to dance. It was lovely to see everyone celebrating together. Our amazing kitchen team provided an array of tempting treats for all to enjoy and of course it wouldn't be St. Patrick's without a drop of Guinness! Nobody wanted the party to end!



March

Nutrition and Hydration Week

Throughout Nutrition & Hydration week, fresh fruit, healthy snacks, and infused water were available at Dickens café alongside information about nutrition and hydration.

We hosted a coffee morning at Dickens Café on 14 March where our residents and staff enjoyed an array of refreshments. We tested everyone's knowledge with a quiz, we all agreed that we can learn something new every day!



Global Tea Party

Our residents had the opportunity to sample bitesize snacks from countries from around the globe. All credit to our kitchen team who went the extra mile providing an amazing buffet for all to enjoy. Everyone also enjoyed cultural music and fun facts from different countries.



March

Red Nose Day

On Red Nose Day we hosted a coffee morning at Dickens Café. As you can see residents and staff got into the spirit of the day proudly adorning red noses.

The cupcakes were delicious, perfect with a cuppa! Comedy was the theme of the day with everyone enjoying jokes and classic comedy on screen.

Thanks to all who donated to this worthy cause.



March

National Day of Reflection

On the National Day of Reflection, we had a minute's silence and a balloon release in memory of all those we lost during the pandemic. They will always be in our hearts.



Fragrance Day



We embraced the opportunity to awaken the senses on Fragrance Day.

Residents enjoyed experiencing a variety of fragrances using aromatherapy oils and items from the kitchen.

The zesty smell of oranges was so enticing that many chose to exercise their taste buds as well!

World Poetry Day



On World Poetry Day our residents enjoyed funny poetry from Roald Dahl and a Quiz recognizing lyrics from well known songs. The afternoon was completed with cheese & wine. Everyone had a great time.

March

Wear a Hat Day

Lots of fun was had creating hats with the residents for 'Wear a hat day' on 25 March 2022.

We used paints, plastic cups, paper cartons, pom poms, glue, and newspapers.

The result? Amazing as you can see.



Mother's Day



On Mother's Day we gathered and created paper bouquets of flowers to bestow as gifts. This was accompanied by a special afternoon Tea.

10 Years Celebrations – Eleri & Eleni

Eleni, laundry assistant and Eleri, Senior Wellbeing Coordinator reached their 10-year milestone at PWH in March. They were delighted to receive flowers, cards, and a celebratory lunch to share with colleagues. All at PWH thanked them for their dedication to the home and its residents.



Interview – Ana Stoica - Geneva Summit for Human Rights and Democracy

What prompted you to attend the Summit?

I saw this event on Facebook. It was amazing for me. I was so happy that I received confirmation to attend this summit. I have a project about a school for poor children, school with priority-Music, Dance, Art, Crafts, in my country – Romania.

Please share your experience with us. People from all over the world, so much social media, attendants, activists sharing with us the world problems from Ukraine, Taiwan, India, Africa, US, UK, Europe,

refugee from Ukraine, one close to President Putin of Russia.

What did you take away from the experience?

It was for me an experience that I will always remember. I learned a lot about the world. I learned how to become an Activist, how to fight for Humanity and good in this world.

Are you looking forward to attending any other events?

Yes of course – maybe my project will be one day become reality.



April Fool's Day



On April Fool's Day, our team pranked our Deputy Manager Pravesh at reception where a staged "accident" happened to one of our team members. Pravesh good naturedly agreed that he had fallen for the prank but resolved to return the favour next year. Watch out Sue Ann!

Playlist for Life - Musical Tea

We hosted a Playlist for Life Musical Tea on 8 April raising awareness about the power of music to help dementia. Many thanks to our amazing kitchen team who provided an array of delicious cakes including Bananarama cakes and Hot chocolate cakes!

Can you make your own playlist from your favourite songs, favourite singers, bands?

What a brilliant idea!

It is a playlist created with love. Everyone has one. Everyone has a unique playlist that brings memories alive.



Easter Arts & Crafts



A blast of arts and crafts for Easter at our home.

We made paper Easter wreaths, we decorated Easter eggs, we made bunting with Easter bunnies, with our residents of course.

The whole Easter week was fun, busy, and creative.

Easter Strongest Egg Competition

A custom that is fun to organize. We asked the kitchen to hard boil and dye 60 real eggs in different Easter colours. Everyone, residents, and staff, took an egg and tried to smash as many eggs as possible while their egg remained intact. The egg that remains strong till the end is the winner! In fact, we had three winners and of course three prizes. And what do you do with the remaining 57 smashed coloured boiled eggs? Well, you can make them into a lovely egg salad! Yummy!



Good Friday - Canaan Church Service

We were blessed to have Canaan church visit our home on Good Friday. All who attended were uplifted by the beautiful voices of the Church Members and the Word that was shared.



Ira visits PWH with Mum Bewechana



It always brings good luck to have a baby about, but when you have such a cute baby like Ira It means you have the best of luck and joy!
Ira visited us with her mum Bewechana Nurse of Havisham who recently became a mum.

April

Easter Egg Decorating Competition

Easter egg decorating competition! Yeah! This Easter creativity flourished, and these are the results! Everybody enjoyed participating and each egg is amazing, don't you think?



Brazilian Carnival

Brazilian carnival in the courtyard of our home! Good music and good food always. It was a lovely day. Everyone had a great time.



April

St. George's Day

We hosted a St. George's Day celebration on Dorrit on 23 April. Everyone had a great time enjoying each other's company, music and refreshments.



Mad Hatters Tea Party

Our residents enjoyed a Mad Hatter's Tea Party on 28 April.

The decorations and hats brought the scene to life and lots of fun was had by all!



Welcome to Our Two New Nurses



It's nice to be warmly welcomed when you are new in a workplace.

Sue Ann our manager as she is so very supportive to all, welcomed and introduced to us, these two lovely new nurses.

A massive welcome aboard from all of us and good luck on their journey.

Eid Celebration

Residents and staff gathered in our multi-function room to celebrate Eid.

There was traditional music, dance, and food for all to enjoy.

PWH certainly has talent as you can see from the intricate henna designs by our new team member Megha.



National Tea Day



On National Tea Day our residents enjoyed a selection of teas including Assam, Earl Grey, Chamomile, Raspberry and pomegranate and green tea with lemon. Residents and staff enjoyed trying new varieties of tea. It was great to see people gathering over a cuppa!

Claynnis visits PWH with Mum Ramsey



Everyone was delighted to see Ramsey, kitchen assistant and baby Claynnis who is every bit as gorgeous as her mum!