

NEWS LETTER

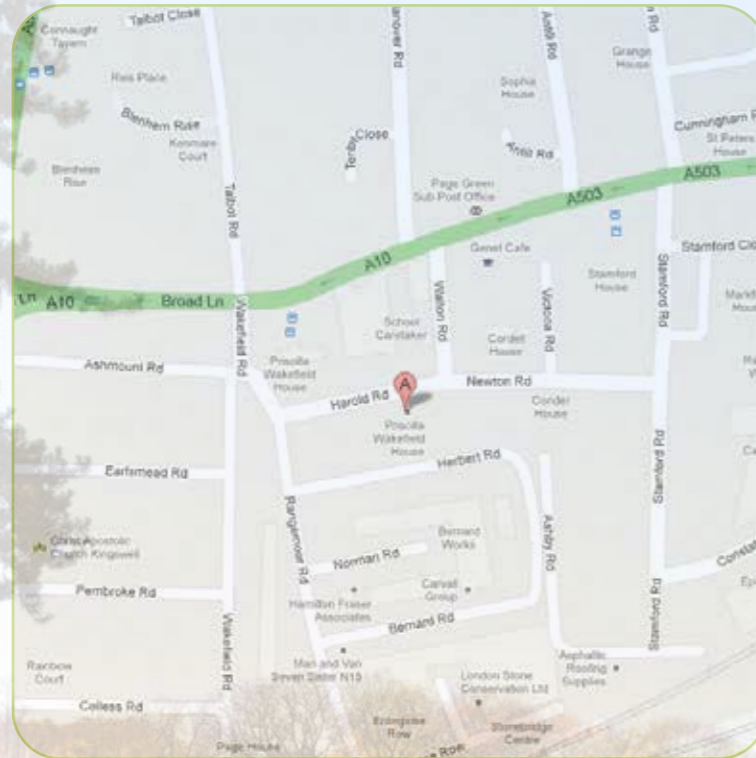
ISSUE 31 AUTUMN 2022



Priscilla
Wakefield
House

Nursing Care Home

www.pwhnursinghome.co.uk



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Dear Family and Friends

It seems like summer has flown by so fast and despite our lovely weather remaining we are looking forward to some cool not cold winter as the heat has really affected the health of some residents particularly with the sweltering temperatures we had.

We would like to explore new ways of obtaining feedback and getting to know our new relatives and friends better and to see if a Teams or Zoom meeting can be a possible solution as I know some may not be able to come into the care home.

If you have any suggestions as to how we can re-start relatives meetings and give you updates on happenings in the care home and seek your opinions and suggestions on topics, please send your suggestions to activities@pwhnursinghome.co.uk

We look forward to welcoming suggestions as we are now "living with COVID", on how to foster good relationships and work collaboratively with you all to the benefit of the individuals living here. We want to bring back relationship centred care as the past two years have been more about tasks to keep individuals safe but we want the FUN FACTOR to return.

So, if you have any ideas of what you think would help us to better relationships with loved ones, friends and visitors to the residents, please we would love to hear them.

Thank you for your support.

Sincerely,

Sue Ann Nnamani

Registered Manager



Birthdays

Arthur Vincent - 85	Georgia Xenophondos - 82	Mytenna Malcom - 82
Bridget Gaynor - 94	Graham Bradbury - 72	Panayiotis Macnis - 76
Christine Adams - 100	Hatun Karakus - 77	Patrick Kavanagh - 93
Conrada Samuel - 67	Joan Mead - 79	Patrick Murray - 81
Coral O'Neil - 85	Jon Bard - 77	Paul Walker - 71
Dainey Gidden - 95	Linda Emerton - 77	Raymond Stigant - 88
David Lammas - 82	Marie Panays - 97	Seth Akenhorah - 63
Elizabeth Patterson - 96	Mario Albertelli - 81	Sharon Wilson - 54
Frank McKeane - 86	Myrtle Henry - 86	Sybil Johnson - 84

NHS Dentist near Priscilla Wakefield House

Anna House Dental Clinic

214-218 High Road, London,
Tottenham, N15 4NP
020 8885 5777

Philip Lane Practice

111 Philip Lane,
London, N15 4JR
020 8808 8484

Tan Dental Practice

256 High Road, Tottenham,
London, N15 4AJ
020 8808 9568

Jonathan Schwab

497 High Road,
London, N17 6QA
020 8808 1681

Smile for Life Sedation

342-344 High Road,
Tottenham, N15 4ET
020 8808 3476

The Green Dental Surgery

200 West Green Road,
London, N15 5AG
020 880 7373

SMILEDENT

Together Dental Tottenham,
104-106 High Road, Tottenham, N15 6JR
020 8800 1326

May

Gardening Project

Our residents', staff and relatives have been busy planting flowers and vegetables. It is a joy to hear them talking about their accomplishments with pride. There are more plans to make our outdoor spaces greener. Watch this space!



Walk to The Cafe at Markfield Park

We enjoyed a beautiful day at Markfield Park together with our residents. We enjoyed the park and the rose garden and close by a nice café where we had our snacks and a nice coffee.



May

Appreciation of a Family Member & Staff



At PWH we pride ourselves on recognising and acknowledging our staff for their passion and kindness while performing their role. We also pride ourselves on recognising family members who are always involved and supportive of the care home and its staff. Burchin Ahmedova one of our wellbeing coordinators was recognised for her passion, kindness, and hard work. Gwendoline Edwards, the wife of one of our residents, was also surprised with a bunch of flowers as a gesture of gratitude for her daily presence in the home, to support her husband as well as the staff. To Burchin and Gwendoline a **BIG THANK YOU** and Congratulations.



VE Day Celebration



We joined together to mark VE day and some of our residents were able to share their recollections. We watched a documentary on YouTube and sang songs of that time. "We 'll Meet Again", "Don't Sit Under the Apple Tree", "White Cliffs of Dover", "Danny boy" and The Andrews Sisters, "Rum and Coca Cola", & "Chattanooga choo choo". The afternoon was completed with drinks and snacks. A good time was had by all!

Mental Health Awareness Week

During Mental Health Awareness Week our residents engaged in mindfulness activities including single tasking, focusing fully on a single task. Focusing on one task at a time can help really bring us into the present, which promotes mindfulness. It allows you to fully commit to that task, which can bring a sense of calm to our day.



International Nurses Day – 12 May 2022



We celebrated International Nurses Day at Dickens Café. Our nurses enjoyed a buffet lunch and were presented with a single rose as a token of our gratitude for their dedication and commitment.



International Day of Families

Residents and their families joined together in our multifunction room to celebrate International Day of Families. A selection of games and jigsaws were available for all to enjoy. It was a lovely to see everyone having fun, chatting, and laughing.



Project GARDEN in Progress



We are proud and excited to be part of Project Garden - a North Central London gardening group for social care settings. The word GARDEN is an acronym, to represent that a garden is not just a physical space but has several meanings to people living and working in care homes and other settings. It means Grow, Active, Recharge, Develop, Enrich and Nurture. The aim is to connect with nature through garden and gardening activities and provide opportunities for meaningful interaction between residents, their families, and staff, to improve health, well-being, connection and enhance residents' quality of life.

The objectives are to provide opportunities for staff, residents, and families to engage in gardening, provide support to maximise care homes' outdoor spaces to create a natural environment, and ensure sustainability. Regarding sustainability, the plan is to organise workshops on how to grow vegs, herbs, how to recycle, waste composting and upcycle and to support staff in incorporating it in the care plans. If you have green fingers and would like to get involved, please speak to Amerissa, Wellbeing Coordinator.

Sensing a Place Coffee Morning at Bruce Castle Museum

Our residents were delighted to be invited for a coffee morning and get together at Bruce Castle Museum and the opportunity to view the Sensing a Place Life in Haringey Yesterday & Today exhibition. Some of our residents participated in the Sensing a Place activities at Bruce Castle Museum sharing their experiences of Haringey so were very excited to see the final exhibition.



Intergenerational Music Making Workshop

We were delighted to welcome pupils from Welbourne Primary School to join our residents for a music workshop facilitated by Together with Music and Intergenerational Music Making.



Garden Party at Buckingham Palace

Our General Manager Sue Ann Nnamani was delighted to be invited to attend the Queen's Garden Party in recognition of her contribution to public service within social care. We are all proud of her!



Intergenerational Music Making Workshop

Pupils from Welbourne Primary School joined us for the second and last music workshop facilitated by Together with Music and Intergenerational Music Making. Our residents were delighted with the workshop and the pupils' performances. We are looking forward to working with them again in the future.



Jubilee Celebration at Harris Academy Tottenham

We were excited to attend a Jubilee Celebration presenting talents from primary to sixth form students at Harris Academy Tottenham on 27 May. We were very impressed with all the performances, from the reception choir to the piano recitals from the sixth form.

Our residents received a particularly warm welcome from their sixth form friends who came to visit us last year. The room was full of chat and laughter and Mohammed and Ivan from Nickleby performed one or two songs themselves. We were spoilt for choice with an impressive array of sandwiches, fresh fruit and cakes accompanied by tea, coffee, or juice.

We would like to say a big **THANK YOU** to all at Harris Academy Tottenham for including us in their celebrations and making everyone feel very special. We look forward to seeing you all again soon!



Queen's Platinum Jubilee Celebration at PWH

Residents, family, and staff gathered in the courtyard to celebrate the Queen's Platinum Jubilee. There was lots of fun and games. Two teams were challenged to find the most words from words related to the Jubilee and rolling coins towards bottles of prosecco, the nearest coin winning the bottle of fizz! We also had a tombola with lots of great prizes on offer and a Crown lottery whereby those with crowns featuring winning numbers also won a bottle of fizz. A film of the Queen's Coronation was shown. We would like to say a big **THANK YOU** to Taliyah, granddaughter of our receptionist Julie and Reneece, daughter of Leleka, Nurse Associate for performing Jubilee Songs which raised everyone's spirits. There was an array of cakes for all to enjoy with a cuppa to complete the afternoon. Everyone had a great time.



Garden Project



Our resident gardeners and their families have been very busy planting seeds and tending to our flowers and plants. Our outdoor spaces will soon be looking a lot greener. Well done everyone!

June

Queen's Birthday Celebration

We gathered on the balcony to celebrate the Queen's Birthday. We tested everyone's knowledge about the Queen with a quiz, the winner was Teresa from Pickwick who was rewarded with a box of chocolates. Then we had a Sounds Quiz and listened to the Queen's favourite Music including "Oklahoma!" by Howard Keel, while relaxing, chatting and enjoying some refreshments.



Care Home Catering Forum

Our catering manager, Kevin Muyingo and Ben a member of the catering team attended the Care Home Catering Forum on 13 June.

They found the forum very informative and inspiring particularly preparation and presentation of fortified meals for people living with dementia.



June

Enjoying the Outdoors

Now that the weather is improving our residents are enjoying spending more time outdoors, utilising the green space opposite the home relaxing and watching the world go by.



Father's Day



We celebrated Father's Day with tea parties in our communal lounges. Everyone reminisced about their fathers and shared advice they had been given over a cuppa and a choice of delicious cakes. We would like to say a big **THANK YOU** to our fabulous kitchen team for providing the sweet treats.

Project Garden Update

Our resident gardeners have been busy tending to their plants. They are doing a great job as you can see and having lots of fun in the process! We would like to say a big **THANK YOU** to Lucy sister of our resident Emily on Pickwick for volunteering with us on this project. As they say, many hands make light work!



Concert Rangemoor Open Space

Our residents were involved in consultation with Haringey Council regarding improvements to Rangemoor Open Space, we have been informed that funding has now been secured to carry out the works. We were delighted to be invited to attend a concert on Rangemoor Open Space to celebrate and explore the potential that Rangemoor Open Space has to welcome and bring together members of the local community of all ages and abilities, which is the key aim of the planned improvement works. The "Musical Landscape" concert performed by pupils from Earlsmead School was a joy to behold. The pupils showcased some DIY musical instruments that they made from materials sourced from the open space. We look forward to seeing the plans for the space coming to fruition.



Live Music Now

We are excited to share that we will be hosting a music residency facilitated through Live Music Now from September. Two musicians will deliver a 45min interactive music workshop with residents once a week for 10 weeks. One of the aims of the project is to empower care staff to deliver their own music activities long after the project has finished. We were delighted to welcome cello duo, Duo Furioso to perform an introductory concert. Our residents gathered on Copperfield balcony to enjoy the performance, and everyone had a great time.

You can find out more about Duo Furioso here <https://www.livemusicnow.org.uk/musicians/duo-furioso/>



Project Garden Update

Our gardeners are reaping the rewards of their efforts. Flowers are blooming and plants and herbs are thriving as you can see. Our residents enjoyed a delicious omelette using the courgette they had grown. Many thanks to Hannah from our kitchen team who prepared the dish. We are looking forward to tasting more of our produce when it is ready.



Picnic at Markfield Park

We visited our local park for a picnic making the most of the glorious weather. We had a leisurely walk around the park and stopped at the canal to watch the ducks. We enjoyed a delicious picnic lunch then went to the café for an ice cream before heading home. We all had a lovely time.



July

Picnic at Finsbury Park

We had a lovely day out at Finsbury Park making the most of the weather. We enjoyed a tasty picnic lunch followed by a cuppa from the café. We had a leisurely stroll around the park and there was time for lots of fun and games before returning home, weary but happy. Everyone said they had a great time!



Trip to Southend

We headed to Southend with our residents to enjoy some traditional seaside fun. We had a leisurely stroll taking in the views and the sea air then enjoyed a meal in a seafront café. The afternoon flew by, and everyone said they had a great time.



August

Jamaican Independence Day



On the 6th of August our residents on Nickleby joined together to celebrate Jamaican Independence Day. The day started with Jamaican music playing in the background. Lovely traditional cakes with a nice cup of tea were shared amongst all residents. We also tested our resident's knowledge with a Quiz about Jamaica.



Thank You Avirathkumar

To show our appreciation to our colleague Avirath who is an enthusiastic team member of our "Garden Project", we presented him a Thank You Card and a Box of lovely French Chocolates. Avirath and our residents are taking a very good care of our garden and our flower beds on Copperfield balcony.

Thank you Avirath you have the "Green finger"



August

Project Garden

Our gardeners have been reaping the rewards of their tender loving care harvesting tomatoes, courgettes, green beans, lettuce, mint, thyme, sage, and rosemary to share with our kitchen team who have made good use of them!

Geraniums, roses, sunflowers, lavender, and chrysanthemums have also brought bursts of colour to the courtyard and balconies.

Congratulations to everyone who has participated so far in Project Garden led by Amerissa, wellbeing coordinator. Amerissa would like to recognise and thank Avirath, care assistant on Copperfield for his commitment and enthusiasm. We can't wait to see what's next!



August

Summer Bank Holiday BBQ

There were carnival vibes at PWH on Bank Holiday Monday when we gathered for a BBQ in the courtyard. Everyone had a great time relaxing, chatting, listening to music, and of course enjoying tasty, flavoursome food! Big thanks to Garfield who was in charge of the BBQ and our kitchen team for providing a delicious array of food.

