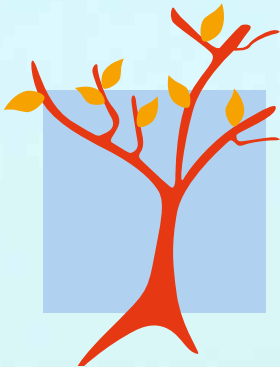


NEWS LETTER

ISSUE 33 JANUARY / FEBRUARY 2023



Priscilla
Wakefield
House

Nursing Care Home

www.pwhnursinghome.co.uk

January / February 2023

Dear Family and Friends

Here at Priscilla Wakefield House, our residents are family! We want to keep you more regularly updated on all the happenings and events going on at Priscilla Wakefield so instead of quarterly newsletters, we are now going to do a shorter version but on a monthly basis starting this month so that you can keep up-to-date on the events and activities.

We welcome also your suggestions for any improvements that you wish to see in and around the care home and your involvement and participation is greatly appreciated.

If you have such suggestions, please write to activities@pwhnursinghome.co.uk

So a few key things coming up:

- 1. We are registered as a Gold Standard care home for end of life care and we are going for re-accreditation this year. We would love to hear your thoughts on how you feel we continue to support you with Advance Care planning, LPA referencing, DNACPR discussions and getting through the death and dying process. We usually send out surveys when a loved one dies to gain an understanding of how we can improve and the feedback has been positive with a few learning actions that we have already put in place.*
- 2. We will be starting the refurbishment this April 2023 and would love your suggestions and input. This project is for all communal areas, lounges, dining rooms to make them come to life again.*
- 3. We will be hosting the National Care Home Open week at our Nursing Home this year and the launch event will be taking place at Priscilla Wakefield House. We would love for you to join in the fun and to share your own experiences and that of your loved ones to our dignitaries. The care home open week will run from 27th June to 3rd July 2023.*
- 4. For World Book day this year we wanted to make it fun for the residents and staff so we are holding a Mad hatters tea party on Thursday 2nd March and staff and residents are asked to dress up in their Mad Hatters costumes where we will be holding a judging competition at 11am.*
- 5. We would like to host the 1st relatives meeting on 20th March 2023 in our multi-function room at 5pm where we provide light snacks and drinks. Please make an effort to attend this meeting so we can share some changes that has taken place within the NHS that is affecting residents obtaining ambulance services and what you can do to re-claim funds that you may need to use to fund their transportation to and from appointments. We will also discuss dental and podiatry support for your loved ones so don't miss it. We hope to see you all there.*

We look forward to continuing our journey with you and fostering good relationship centered care where your loved ones are at the heart of everything we do.

Kindest regards

Sue Ann Nnamani

Registered Manager

Interviews

Meet Leleka, Nurse Associate

Hello Leleka please share with us your journey working at PWH.

I have been working at Priscilla Wakefield House since 2009 and I feel like part of the furniture.

My health care profession started back home in the Caribbean where I worked as a theatre nurse. I started in 1994. Four years into my profession I came to the UK in 1998. Then I was working at Jewish Care on Bishops Avenue until I had my son in 2000, after that I worked part time until I moved somewhere closer. After that I applied as a Health Care Assistant, and I got it in 2009 and I started at Priscilla Wakefield House on nights for a year and then eventually I started working day shifts. I have met lots of lovely nurses, lovely HCAs, and management. As the years go by the team changed, management team changed, health care assistant teams changed. After several years I have become a team leader. I worked on all the units at PWH. I was getting to know every resident. It is good to move from unit to unit to get a background history of different types of residents that are admitted to PWH. After I moved from team leader to unit manager on Nickleby unit where I was managing for a couple of years and then because of my nursing background they invited me to study as a Nursing Associate. I went to the Uni for 18 months and I have completed. I have a registered pin under Nursing Associate as it is a recognised body now.

I like a friendly atmosphere. I like to integrate and communicate with the residents; I like to make them laugh and support them in their activities of daily living. And, to have that good communication. I like everybody, from activities to housekeeping to kitchen staff. I like the whole holistic thing about one team one dream, and everybody is involved with everyone.

What I like the least about working at PWH is not seeing an individual being cared for the way in which he or she needs to be cared for. You have a duty of care and you signed that you can offer these types of care but in the end, you meet the person halfway instead of full way. I like when everybody puts their hearts and soul to make that individual feel safe, feel comfortable and so the person can trust the person giving them that quality of life, to assure them that it is safe, you are in safe hands, and you are going to be cared for holistically. You have people who only work for the money and then you have the people who chose this job because they have that caring concept and duty of care.

Thank you Leleka for sharing your experience and thank you for your commitment and dedication to PWH and its residents and staff.



Birthdays

Alan Burrell - 76

Fozilotun Khanom - 84

Frances Edna Thomson - 84

Gabrielle Doocey - 79

John Hollingberry - 91

Mauria Lee - 85

Pamela Ceyani - 76

January

Costa Coffee

Our residents love getting out and about. They enjoyed a trip to Costa Coffee. Good coffee, great company!



PWH Movies

Everyone got comfy for a movie afternoon. The lounge was transformed into a home cinema with the projection of the film. Lots of tasty treats were on hand to complete the afternoon.



Nickleby – Arts & Crafts

Our residents on Nickleby got creative, using balloons to create patterns with paint. As you can see the results were amazing. Well done to Mavis, wellbeing coordinator for thinking out of the box! The residents were delighted with the results and their masterpieces are proudly displayed in the PWH Museum of Art.



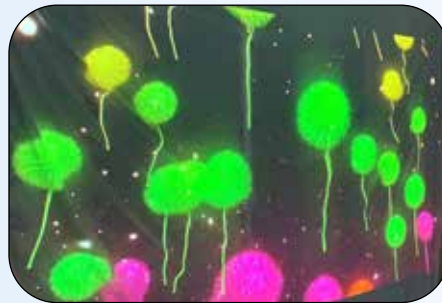
January

Games on Nickleby

A big THANK YOU to Jenelle, who joined us for a work placement who, led the bingo. She changed things up with Animal and Hollywood Stars Bingo which went down well with everyone. Some also enjoyed the classic Connect 4.



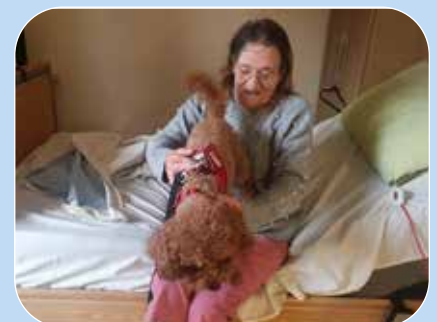
Sensory Activity



We spent the morning awakening the senses with vibrant imagery, aromatherapy, and music. It was a great way to start the day leaving everyone refreshed and energised.

Visit from Kobi

We are delighted to share that Kobi will be joining us every Monday and Thursday. We are so happy to welcome him to our PWH family!



January

Bingo on Nickleby

Residents and staff on Nickleby got together for an impromptu game of bingo. Everyone was very focused on being the winner. Quick thinking wellbeing coordinator Mavis had to come up with prizes, so the winners were rewarded with a savoury snack! Everyone enjoyed the game and there were lots of smiles and laughter.



Pet Therapy with Kobi



No one can resist Kobi who spends Mondays and Thursdays with us. He brings joy to everyone, no one can fail to smile when they see him!

Karaoke on Copperfield

A great time was had by all at our karaoke afternoon on Copperfield. We were delighted to be joined by our general manager Sue Ann who serenaded us with 'You are my Sunshine'. Karaoke is so popular that we are making it a regular event every Friday morning. What a great way to kick off the weekend!



January

Trip to COSTA

Watching the world go by with friends over a coffee. A simple pleasure. A lovely way to spend the afternoon.



Karaoke

Our residents enjoy karaoke so much we decided to make it a regular feature of our activity programme. Now we are able to bring residents together from all our communities it's a great way for people to get to know one another. Our many singing stars love the opportunity to showcase their talents!



January

Movie Afternoon

To mark Popcorn Day, we had a movie afternoon traditionally accompanied by popcorn of course! We added some hotdogs and a selection of drinks. A good time was had by all.



National Cheese Lovers Day - Cheese & Wine & Karaoke

We celebrated National Cheese Lovers Day with a cheese and wine afternoon. Everyone enjoyed sampling the different types of cheese accompanied by crackers and grapes and a little tippie of wine or juice. Karaoke added a lively spin to the proceedings.



Chinese New Year - Staff lunch & Red tops

We celebrated Chinese New Year for our monthly staff lunch. Our fabulous kitchen team pulled out all the stops with a varied array of delicious Chinese cuisine for all to enjoy.



January

Chinese New Year Celebration

We joined together to celebrate Chinese New Year, the year of the Rabbit in our multifunction room. Our kitchen team provided an oriental feast for everyone to enjoy. We listened to Chinese music and watched celebrations taking place while savouring the delicious fare.



Chocolate Cake Day - Cake Decorating



To celebrate Chocolate Cake Day, we spent the afternoon decorating chocolate fairy cakes. We all had fun decorating the cakes, but everyone agreed the best bit was eating the cakes and sharing them with others over a nice cuppa and a chat!

Nickleby Puzzle Day



Everyone had a lovely morning doing jigsaw puzzles together to celebrate Puzzle Day.

January

Canaan Church

We were delighted to welcome Pastor Omideyi and members of Canaan Church for a Church Service. Our residents and staff enjoyed the uplifting service and engaged fully especially with selecting hymns of their choice and singing. We would like to say a big THANK YOU on behalf of all of us at PWH.



Markfield Park



We made the most of a beautiful bright sunny day and headed out to enjoy a morning at one of our local parks, Markfield Park. We had a leisurely stroll around the park and stopped at the café for some refreshments before returning home. We are looking forward to Spring when we will be able to get out and about more as the weather improves.



Belly Dancer Surprise For Yavuz



The daughter of our resident Yavuz planned a special surprise for his birthday and kindly welcomed everyone to share the special event with him. Yavuz was thrilled to receive a visit from Katie who performed a belly dance routine. Everyone was surprised and delighted and were mesmerised by the dancing. Katie encouraged staff and residents to get involved. Find out more about Katie's shows on www.katiealyce.com

February

Priscilla Wakefield's Birthday Coffee Morning

We gathered at Dickens Café for a coffee morning in honour of the birthday of Priscilla Wakefield herself. We learned about Priscilla Wakefield and her life. If you would like to find out more why not take a look at <https://www.priscillawakefield.uk/>



Dignity action day - LGBT+ History Month

We celebrated Dignity Action Day with a party in our multifunction room. As February is LGBT+ History Month we decided to have that as our theme. We enjoyed music by artists from the LGBT+ community and proudly displayed our rainbow flags in support of the community. There was lots of dancing, singing, smiles and laughter!



Congratulations Rholda!



Rholda, night staff, gave birth to a baby girl called Hannah Sapphire Jones on 12.01.23 weighing 6lbs. Congratulations from all of us at Priscilla Wakefield House!

February

Park Theatre Singalong

It was great to be back at Park Theatre for the weekly reminiscence singalong. We always have a great time thanks to Gareth and the volunteers who look after everyone so well. The singalong is followed by refreshments and the chance to have a catch up. We love being part of this community!



Karaoke Havisham

Our singing stars had a great time expressing themselves through song! There was no shortage of cheerleaders as we all encouraged each other to shine. Everyone commented on how much they enjoyed themselves.



Kobi



Kobi is settling in as part of our PWH family. He brings so much joy to everyone. If you would like to meet Kobi, he spends Mondays and Thursdays with us, he would love to meet you!

February

Movies Dorrit

We use our projector to create a home cinema experience for our residents which they love. A selection of refreshments enhances the sensory experience.



Music Workshops

We are utilising our skills and knowledge gained from our Live Music Now Music residency to deliver weekly PWH music workshops for our residents. Find out more about Live Music Now here <https://www.livemusicnow.org.uk/>



Farewell Tsitsi



We gathered at reception to say Goodbye & Farewell to Tsitsi our nurse on Copperfield. Everyone agreed it has been a joy to work with Tsitsi and we are grateful for her commitment and dedication during her time with us. We are sad to see her go but wholeheartedly wish her all the best!

February

Going the Extra Mile

We recognised and rewarded Ben our kitchen assistant for going the extra mile. Ben immediately stopped to assist a resident when he noticed that they were struggling to put on their shoe. This is a shining example of how our whole home approach to the wellbeing of our residents has a positive impact on their daily life. Ben is a joy to work with, always wearing a smile and happy to help! Well done Ben and thank you from all of us at PWH for your dedication and commitment.



Devrol's Birthday Celebration

We gathered in the multi-function room to celebrate Devrol, our Training Manager's Birthday. Devrol was delighted to receive a card, flowers and warm wishes from everyone. It was great seeing everyone taking time out of their busy day, getting to know one another better and celebrating Devrol! Happy Birthday Devrol! Thanks for all you do!



February

Reminiscence Singalong @ Park Theatre

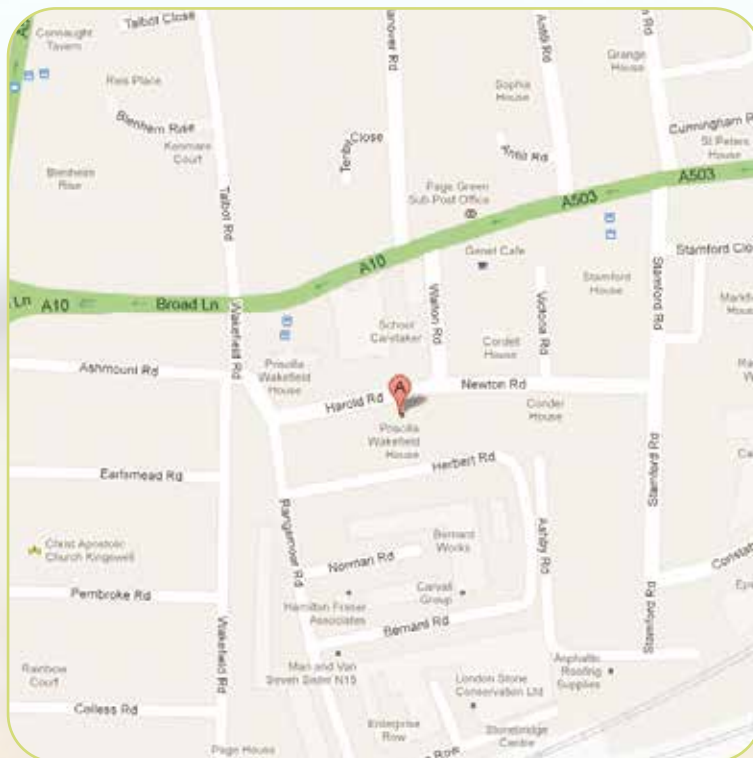
We look forward to our weekly reminiscence singalong at Park Theatre. Joining together in song lifts everyone's spirits and there's always lots of smiles and laughter. Big thanks once again to Gareth, Chiltern Music Therapy and all the volunteers at Park Theatre.



Celebrating Valentine's Day

In the run up to Valentine's Day we enjoyed making cards and decorations which were proudly displayed at our Valentine's Party in the multifunction room on the day. Love was in the air as our residents gathered together listening to romantic songs, enjoying a selection of sweet treats along with tea, coffee or a drop of wine. We were excited to be joined by Edward who serenaded us with swing and soul classics much to everyone's delight! Many sang along, tapped their toes or had a dance. It was a joy to see everyone enjoying each other's company and having a great time!





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