

# NEWS LETTER

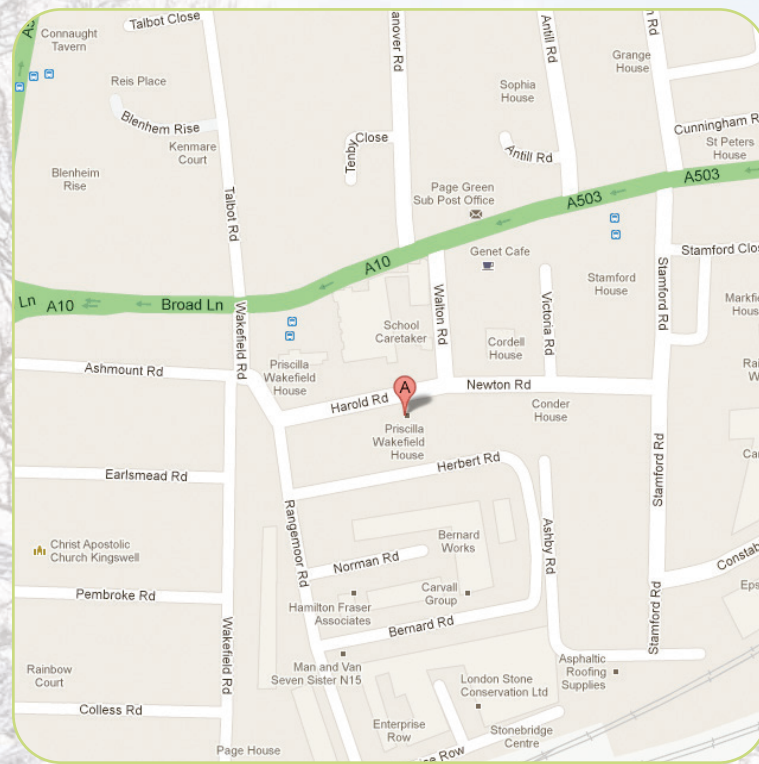
ISSUE 32 SPRING 2023



Priscilla  
Wakefield  
House

Nursing Care Home

[www.pwhnursinghome.co.uk](http://www.pwhnursinghome.co.uk)



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# Spring 2022

Dear Family and Friends

**HAPPY NEW YEAR 2023!**

*It seems like 2022 has flown past very quickly. We are looking forward to a new start and to re-visit all the things that we may have missed due to other priorities which may have overtaken the relationship centred care and engagement.*

*We will be revamping the corridors, lounges and all communal spaces then moving onto the bedrooms. We would like you to have your say, there are some paper forms at reception and an electronic survey which was sent out to seek your feedback and ideas as this is due to start in April of this year. If you still may want to share your thoughts around this, please email [activities@pwhnursinghome.co.uk](mailto:activities@pwhnursinghome.co.uk)*

*We also have a resident dog called Kobi who joined us this year and will be visiting the residents twice weekly. He has been such a joy to have around and seeing the happiness and joy on the faces of the residents has boost morale.*

*We now have a new karaoke machine which this month saw residents and staff singing in the lounges to some of the resident's favourite tunes from Doris Day to Elton John, they were thoroughly enjoying themselves.*

*We also have many activities planned monthly for the residents to participate in and some competitions among units to bring the fun factor and get staff involvement.*

*We look forward to seeing what this year has to offer and we welcome you to give your input into the day-to-day happenings so we can use this to improve the services for all.*

*Thank you for your continued support.*

Sincerely,

Sue Ann Nnamani  
Registered Manager



# Birthdays

Cynthia Lawrence - 82  
Dercella Cole - 83  
Dorothy Burlington - 87  
Gladys Dickerson - 93  
Iraj Keshavarzi - 67  
Jeanne Patternott - 86  
Joyce Medora Clayton - 89

Kathleen Winterbottom - 93  
Leleith Davis - 80  
Mary Murphy - 86  
Nina Sayers - 87  
Pearl Agnew - 91  
Pedro Martinez De Canto - 63  
Rohan Joseph - 55

Sara Jacobson - 50  
Shirley Stigant - 86  
Sohodra Ganesa - 98  
Stavros Procomennos - 77  
Tony Walsh - 76  
Zila Taylor - 89

# December

## Donation from UCKG

We would like to say a big THANK YOU to UCKG for their generous donation of luxury hampers for our staff and residents which were delivered on Christmas Day. Their recognition and appreciation of our staff was gratefully received.



## Boxing Day - Fun and Games

We had lots of fun on Boxing Day playing traditional festive games. It was great seeing everyone having fun, laughing, and enjoying each other's company.



## End of Year 2022 Quiz



Everyone got their thinking caps on for an End of Year Quiz. It was a great way to reflect on the past year and awaken everyone's competitive spirit!

# December

## Pet Therapy with Kobi

Everyone was delighted to receive a visit from Kobi, a toy poodle. It was wonderful to see faces light up when they saw him. We are looking forward to seeing much more of Kobi in 2023.



## Christmas Karaoke

We had a fun filled afternoon singing Christmas songs and moving and grooving to the music. Everyone had a great time!



## Winter Wonderland and Mince Pie

Everyone enjoyed our Winter Wonderland on Christmas Eve. There were warming drinks and mince pies at hand for all to enjoy. Mrs. Claus welcomed everyone with festive greetings



# Interviews

## Congratulations Jesia!



All at PWH would like to congratulate our team member Jesia on achieving a BA in Business Administration. Well done, we are proud of you! Jesia kindly shared her experience with us.

I have been working at Priscilla Wakefield House since 7th of February 2022. Training at PWH gave me the necessary skills to provide the best care possible. The staff I work with are very helpful and taught me a lot during the time I have been working here. I've got my sponsorship for a few years. I Graduated with a Master of Business Administration from East London University. Sue Ann the General Manager gave me flowers and a card for my achievement. I am looking forward to working and growing in this prestigious establishment. **Jesia**

Thank you Jesia for all that you do!

## Megha's Journey at PWH

Hello Megha, please share with us your experience of working at PWH.

I graduated with Master of Business Administration from East London University. As an international student I was struggling to get a job in the UK, but Priscilla Wakefield House gave me the wings to fulfill my dreams. I received my sponsorship to work in the UK. I've been working at PWH for one year. It was my dream to buy a car for my father, which came true thanks to getting this job at Priscilla Wakefield House. I've got all the sufficient training from PWH to become a good Health Care Assistant.

Thank you Megha for sharing your experience with us and thank for all that you do. We wish you all the best!



# September

## Lunch at the Local Cafe

We are all glad to be able to get out and about again. We enjoyed lunch in a local café and a good natter. It's always good to have a change of scene and feel part of our local community. Good food and great company, what more could we ask for?



## Live Music Now Music Workshop



We welcomed Urska and Helena, Duo Furioso back for the second music workshop of our music residency. Everyone had great fun warming up their voices and sharing their favourite music. Our team are getting lots of inspiration for leading musical sessions.

## Her Majesty The Queen Elizabeth II

It is with great sadness that we join with the nation in mourning the death of Her Majesty The Queen Elizabeth II.

We welcome all our visitors to write a message in our Book of Condolence, which you will find at reception.



# December

## Live Music Now Concert

We welcomed Alice a musician from Live Music Now on 20 December to deliver a performance on the Harp. It was wonderful to hear the melodic sound of the harp which everyone loved. Everyone had a great time tapping, singing, and dancing. Thanks to our team member Maria who sang Christmas Carols beautifully accompanied by the Harp and a big Thank you to Alice for bringing live music to PWH!



## Nickleby Christmas Arts & Crafts

Our artists on Nickleby got into the Christmas spirit colouring festive images with bold vibrant colours. They were very proud of their creations which we displayed for all to enjoy.



## Mince Pies & Mulled Wine



We visited our residents and offered a taste of Christmas, much to their delight. What better way to get into the Christmas spirit than with festive greetings accompanied by a glass of mulled wine and a mince pie! What a wonderful festive treat. A big THANK YOU to our resident Charles who gave a helping hand.

# December

## Christmas Parties

We had a week of festive fun with Christmas Parties on each floor. There was music, dancing, fun and an amazing array of delicious food & drinks! We had some very special guests, Mr & Mrs Claus who delivered gifts to each and every resident with a smile and festive greetings! It was wonderful to see residents, staff and visitors having a great time together!



## Carol Singers from West Green Baptist Church

We were delighted to welcome members of West Green Baptist Church who spread festive cheer through singing Christmas Carols. We were truly delighted by their beautiful voices which raised everyone's spirits. We would like to say a big THANK YOU for reaching out to us, from all at PWH.



## Canaan Church Service



It was a pleasure to welcome Pastor Omideyi and members of Canaan Church for a Christmas Service on 18 December. Everyone was uplifted by the joyous service and joined together in song to celebrate the season. We would like to express gratitude on behalf of all at PWH for reaching out to us.

# September

## Celebrating Life of Her Majesty Queen

We have been celebrating the Life of Her Majesty Queen Elizabeth II, recalling her years of service to our nation and key events in her life. Our residents were happy to have their photographs taken within a frame of photos of Her Majesty in remembrance of her life.



# September

## My Memories of the Queen

During this time of mourning our residents have been sharing their memories of the Queen with us. All remember her with great fondness. Conversation and TV coverage of this historic event has prompted lots of reminiscence.



## Paying our Respects to Her Majesty Queen Elizabeth II

All at PWH are saddened by the passing of Her Majesty Queen Elizabeth II. We have been engaging our residents in conversation and encouraging them to share their feelings about the passing of the Queen. We have invited residents, staff, and visitors to make an entry in Condolence Books.



## PWH Staff Past & Present Pay Their Respects to the Queen

PWH staff past and present joined the nation in mourning Her Majesty Queen Elizabeth II visiting Buckingham Palace and St. James's Park to pay their respects. We are all united in mourning the longest serving British monarch in history..



# December

## Performance by Pupils from Ferry Lane Primary School

Our residents on Havisham & Pickwick were excited to welcome Year 2 & 3 pupils from Ferry Lane Primary School on 7 December. The pupils performed Christmas songs for us, bringing smiles to the faces of all. The pupils also presented our residents with handmade Christmas cards. The pupils performed beautifully and are certainly a credit to the school and their care givers. A big THANK YOU from all of us at PWH. We hope all your Christmas Dreams come true!



## Performance by Pupils from Earlsmead Primary School



Our residents on Copperfield were delighted to welcome pupils from Earlsmead Primary School on 8 December. The pupils performed Christmas songs spreading joy and festive cheer. The pupils also brought handmade cards for each of our 117 residents! The pupils are a credit to the school and their care givers, we would like to say a big THANK YOU & Merry Christmas & Happy New Year from all of us at PWH!

## Winter Wonderland in the Courtyard

Our courtyard has been transformed into a Winter Wonderland with Christmas Trees, lights, festive figures, and Santa's Grotto. The Wonderland was launched on 9 December hosted by none other than Mr and Mrs Claus. Residents and staff enjoyed having photos and banter in the grotto with Mr & Mrs Claus. Hot chocolate with marshmallows was on hand to warm everyone up and an array of sweet and savoury festive fare. Everyone had a fabulous festive time!



# December

## Christmas Jumper Day Competition

We decided to add to the fun of Christmas Jumper Day this year with a competition for the best Christmas Jumper. Everyone wearing a Christmas jumper was invited to reception to do a catwalk to showcase their jumpers. The judge was Pravesh our Deputy Manager. After due consideration Teresa our resident on Pickwick was named as the winner. Teresa was delighted!



# September

## Molly's Birthday Celebration

A celebratory lunch was held for Molly our Head of Care on her birthday. Happy Birthday Molly from all of us at PWH!



## Visit of the Mayor of Haringey



We were happy to receive a visit from The Mayor of Haringey Cllr. Gina Adamou and Vicky Murphy, Assistant Director for Adult Social Services on 15 September. They reached out to our residents during this time of national mourning to reflect on the life of Her Majesty Queen Elizabeth II and share memories of her.



# September

## Funeral of Her Majesty Queen Elizabeth II



Residents, some of whom were accompanied by their relatives, joined together in our multi-function room to watch the Queen's funeral on a big screen, Gwen wife of our resident John expressed, "It felt like I was in Westminster Cathedral with all the guests". Others gathered in the lounges, and some chose to watch in the privacy of their rooms. It was an emotional experience which united us all. Thanks to our kitchen team who provided an array of refreshments for the occasion.

## Live Music Now

Our residents look forward to participating in our weekly music workshops facilitated through Live Music Now. This week in addition to the group session, our musicians Urska and Helena visited our residents Alan and Marie in their rooms, they were delighted to hear their favourite songs played live.



# December

## Elf Day Celebration

Staff, residents, and elves gathered at Dickens Café to celebrate Elf Day, raise awareness for the Alzheimer's Society and spread Christmas cheer! Everyone enjoyed Hot Chocolate with marshmallows and a selection of delicious cakes. Christmas songs raised everyone's spirits and there was plenty of merriment! After all, tis the season to be jolly!



## Best Dressed Elf Competition

We invited our staff to dress as an elf or wear red and green on Elf Day. The best dressed elf earned themselves a prize. Congratulations Patricia our health care assistant on Dorrit who was the most stylish elf on the day!



## Pantomime - Aladdin

Residents and staff thoroughly enjoyed Aladdin performed by The Entertainment Providers. Everyone was wowed by the larger-than-life colourful characters bringing the story of Aladdin to life. The room was filled with laughter and Christmas spirit. A magical afternoon was had by all!





# November

## World Hello Day

We celebrated our diversity on World Hello Day with residents and staff from different countries sharing a greeting in their mother tongue. It was a great way of getting to know one another better and learning about different cultures.



# September

## Alzheimer's Day Celebration

To mark Alzheimer's Day, we raised awareness of Alzheimer's at reception through sharing information and providing an array of healthy snacks. In the afternoon we got together and got active playing a variety of games. According to the Alzheimer's Society Doing regular physical activity is one of the best ways to reduce your risk of dementia. It's good for your heart, circulation, weight and mental wellbeing. If you wish to find out more visit <https://www.alzheimers.org.uk/>



## Singalong Together in Time at Park Theatre

We were delighted to be back in person at Park Theatre for the reminiscence singalong. Everyone had a great time singing familiar and new songs. We had a lovely catch up over coffee and sandwiches in the café before returning home. We are looking forward to next time.



## Project Garden



As the season changes our gardeners are planting new vegetables and herbs. There is always work to be done. We appreciate all the support we have received from family and friends. Please let us know if you would like to get involved.

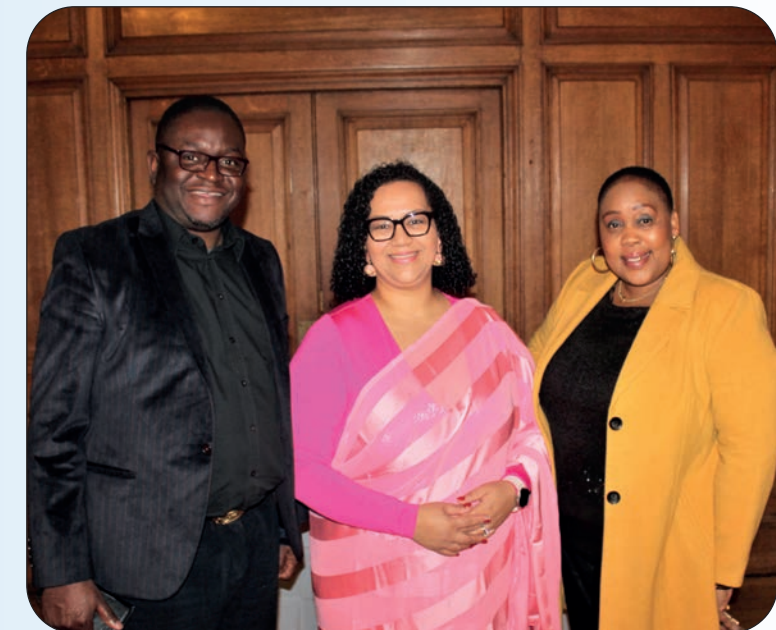
# September

## National Day of Arts in Care Homes

We encouraged everyone to get creative to celebrate the National Day of Arts in Care Homes. Our residents and staff created lovely works of art using paper collage. There was a sense of relaxation and calm as everyone focused on their artwork. Thank you to our kitchen team for providing our artists with an array of tempting refreshments to complete the afternoon.



# November



# November

## Staff Awards Night

We held our annual Staff Awards Night on November 2022 at The Moselle Hall, Dream Centre. The theme was Bollywood, our team certainly dressed for the occasion, and everyone looked fabulous! This year we presented spoof wooden spoon awards which brought the fun factor to the occasion! There was an array of tempting Asian and Caribbean cuisine to cater for all tastes. Thank you to our amazing kitchen team who went the extra mile providing a magnificent feast for all. The Awards presentation was followed by music and dancing, it was great to see everyone letting their hair down and enjoying themselves! Our nurse from Havisham & Pickwick, Adrian performed a song for us which everyone enjoyed. We have a star in our midst! It was without a doubt a night to remember!



# September

## Live Music Now Music Workshop

We had a fantastic time at our weekly music workshop facilitated through Live Music Now. Helena and Urska delivered an energising, engaging session. Our residents enjoyed conducting, warming up their bodies and voices and singing of course. We can't wait till next week!



## Free Monthly Buffet Lunch for Staff

Our team enjoys a free buffet lunch once a month as a gesture to recognise their hard work and commitment. It's a great opportunity to get together and get to know one another better over a meal. As you can see everyone is spoilt for choice from the tempting array of dishes.



## Thank You Kitchen Team



Sue Ann presented members of our kitchen team with gifts as a token of appreciation on behalf of all of us at PWH for the great work that they do. Our fantastic team not only provide tasty, varied meals catering to differing dietary requirements for our residents they also provide subsidised meals for staff. Their input is also invaluable to our activity provision and events. THANK YOU from all of us. YOU ARE AMAZING!

# October

## Black History Haringey 365 Launch Event

We had a great evening at the Black History Haringey 365 Launch event in Wood Green Li-brary on 4 October.

Monday's event featured speeches from Mayor of Haringey, Cllr Gina Adamou, Leader of the Council Cllr Peray Ahmet, and local MPs David Lammy and Catherine West.

We enjoyed a series of performances celebrating Black history and culture. The performanc-es opened with pupils from St Thomas More Catholic school, who performed a rousing musi-cal rendition of Labi Siffre's classic (Something Inside) So Strong.

This was followed by pupils from Haringey Learning Partnership performing original poetry and spoken word about what Black History Month means to them.

The evening's performances were rounded off with an African storytelling session by Usifu Jalloh, and a dance piece by Tottenham-based Steppaz.

Everyone enjoyed some refreshments before returning home and commented on how enjoy-able the evening had been.



# November

## St. Andrew's Day Celebration

We celebrated St. Andrew's Day with music, dancing, and traditional Scottish savoury snacks. Everyone had a great time!



## Christmas Decoration Competition

We challenged our staff to work together to decorate their units in a creative way for the festive season. We provided some resources but encouraged our teams to upcycle everyday items found within the care home into festive decorations. Our teams certainly didn't disappoint as you can see from the photos. Everyone set to work unleashing their creativity! The winner was Dorrit, first runner up was Havisham & Pickwick, and second runner up was Copperfield. Nickleby received a special prize for Resident Engagement Congratulations everyone and a big THANK YOU for all your efforts!



## Project Garden



Pedro our resident on Copperfield has been making good use of the plentiful supply of mint planted on Copperfield balcony, making delicious mint tea. The flowers are still blooming and Emily our resident on Pickwick has been doing some planting with her friend Mary. The project continues to give our residents and staff lots of enjoyment.



# November

## International Men's Day



We celebrated International Men's Day at Dickens Café. There was football and burlesque dancing accompanied by beer. What more could a man ask for?



## Great British Care Awards

Our team attended the Great British Care Awards Night at The Hilton Bankside to support Devrol Vanderstraaten, Training Administrator, finalist in the Workforce Development Award category and Kevin Muyingo, finalist in the Care Home Chef Award category. Neither won this time but we are very proud of them both for being shortlisted as finalists in the London region. Congratulations Devrol and Kevin from all of us at PWH!



# October

## PWH Shop

Teresa our resident on Pickwick, manager of PWH Shop decided to recognise and reward the work of her assistant Emily who also resides on Pickwick. Teresa presented Emily with a thank you card and box of chocolates. Emily was delighted as you can see!



## Thank You Gwen!



Gwen, wife of our resident John on Dorrit presented Gori, senior wellbeing coordinator with a beautifully personalised gift on the occasion of her leaving to embark on her new role as a newly qualified Occupational Therapist. Gori truly appreciated this kind gesture, and we would like to say a big thank you to Gwen who always goes out of her way to show appreciation for our team.

## Welcome Baby Jewel Duah

We were delighted to welcome Mary-Ann night staff who visited PWH to introduce her new baby Jewel Duah, born on 8th September 2022 weighing 3.46Kg.

Congratulations Mary-Ann from all of us at PWH!



# October

## Live Music Now Music Workshop

Residents and staff are enjoying our weekly music workshops with Helena and Urska, facilitated through Live Music Now. We have been busy creating our own song accompanied by our very own Oliver, wellbeing coordinator on guitar. He is without doubt a multi-talented team member. Thank you for sharing your talents with us Oliver!



## Enjoying the Outdoors

Our residents Patricia and Panayiotis from Dorrit decided to make the most of a beautiful autumnal day enjoying some fresh air outside on the green space opposite the home. They both enjoyed taking in the view especially the seasonal colours of the leaves on the trees.



## Together in Time Reminiscence Singalong @ Park Theatre



Our residents had a great time as always at the Together in Time Singalong led by Gareth. Everyone enjoyed singing along and playing percussion instruments to their favourite songs. A nice cup of tea and a choice of delicious sandwiches rounded off the morning beautifully.

# November

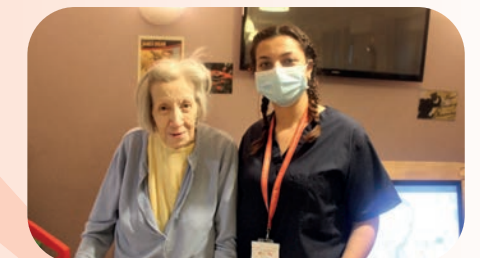
## WASHCO Love Laundry Awards

Congratulations to our Laundry Team who were awarded the WASHCO Love Laundry Engineer's Choice Award! They were nominated by Chief Technician Chris Gaynor for making a real difference at PWH and supporting our residents and staff team. The team were presented with a trophy, certificate, DAB Radio and chocolates in recognition of their hard work and commitment. Well done Laundry Team, we are all proud of you!



## Remembrance Day Afternoon Quiz

We joined together for a quiz on Remembrance Day which prompted lots of reminiscing. Everyone also enjoyed wartime songs followed by a delicious afternoon tea.



# November

## Fireworks Projection

Family members and residents spent the evening celebrating Bonfire Night in the multifunction room. Our team made sure everyone could see the fireworks via our screen while enjoying a lovely hot chocolate with marshmallows and other delicious treats such as cakes, jellies, and hotdogs. The celebration was completed with sparklers, music, and dancing!



## Alexandra Palace Café Palais



We had a wonderful afternoon at Cafe Palais, a free café for older people to enjoy tea, cake, and creative activities in the Transmitter Hall at Alexandra Palace. Everyone enjoyed relaxing and chatting over a cuppa and an array of sweet treats. Ruby Barker performed a Jazz and Motown Medley encouraging everyone to sing along and dance. We had lots of fun and can't wait till next time!

## Marking Remembrance Day

Remembrance Day is a national opportunity to remember the service and sacrifice of all those that have defended our freedoms and protected our way of life. We invited staff, residents and family and friends to wear red on Remembrance Day as a mark of respect.



# October

## Black History Month Celebration



We gathered in our multi-function room to celebrate Black History Month. We talked about and celebrated the contribution of famous black figures such as Barack Obama, Nelson Mandela, Martin Luther King Jr, Whoopi Goldberg, Malcolm X, Benjamin Banneker, Desmond Tutu, Muhammad Ali, Harriet Tubman, Jackie Robinson, Rosa Parks, Kofi Annan, Madame C.J. Walker and tested everyone's knowledge with a quiz. We also enjoyed music by black artists like Paula Abdul, Michael Jackson, B.B. King, Dizzy Gillespie, Ella Fitzgerald, Sarah Vaughan, Tina Turner, Bob Marley and played percussion instruments along to the songs. The inspiring history and joyful music lifted everyone's spirits.

## Book Launch - Messages from the Divine Mother by Dee Buchanan at Marcus Garvey Library

Emily our resident on Pickwick was delighted to attend a book launch, part of the Black History Haringey 365 programme of events at Marcus Garvey Library.

She was inspired to attend the book launch when she met the author of Messages from the Divine Mother, Dee Buchanan at the Launch of Black History Haringey 365 Event at Wood Green Library.

Emily enjoyed listening to extracts from the book read by Dee and a Question-and-Answer session.



## Wear it Pink at PWH

Thank you Team PWH for Wearing it Pink and raising awareness of Breast Cancer Research. You are all pretty in pink!



# October

## Wear it Pink Coffee Morning



Residents, staff and visitors gathered at reception to participate in our Wear it Pink Coffee Morning. There was lots of laughter capturing funny photos using props and everyone enjoyed a cuppa accompanied by a delicious treat. Thank you to our Kitchen team who provided a tempting array of cakes, pink of course!

## Diwali Celebrations

Dicken's café was filled up with residents celebrating one of the most popular festivals of Hinduism, Diwali that symbolises the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance".

The café was filled with music in the background, followed by dancing and enjoying snacks and drinks. Diwali art was painted and adorned with colourful lights.



## Halloween Pumpkin Carving

A pumpkin carving competition was held on all units unleashing our residents' hidden talents. The residents helped to choose the best shapes for carving and other arts and craft materials to bring the pumpkins to life! Our residents were rewarded with some Halloween treats for their hard work!



# November

## Together in Time Reminiscence Singalong

On Wednesday morning our residents gathered in Dorrit 2 lounge ready to show their singing skills at the Together in Time Reminiscence Singalong via Zoom. They joined residents and staff from other care homes and familiar faces from the group in song.

After the singalong, drinks and biscuits were served for everyone to enjoy while chatting about the day.

