



THE  
WHITE  
HOUSE  
NURSING  
HOME

Friends & Family

NEWSLETTER

June - 2022

## LATEST UPDATES FROM THE HOME

### INTRODUCING THE BRAND NEW WHITE HOUSE SENSORY LOUNGE!



We are proud to finally announce completion of our Top Floor Sensory Lounge!

We now have a most wonderful space to provide residents with an extra sensory experience with our nature corner, pub area (duly named by Vince as The White House Tavern) and fully fledged beach pod complete with sounds and smells.

There are so many people to thank for this project! But first and foremost a huge thanks to all our incredibly generous donors who have given so graciously for this project. The current total spent on this project stands at almost £3,500 (and we are not done yet!) and you and your donations have all had a big hand in adding this extra source of quality activities into our residents' lives!

Secondly a big thank you to Home Manager Ajitha who was the brains behind this idea and last but not least to Shirley our Home Services Administrator, Vince our Facilities Manager and Tomasz our Facilities Operative for all the measuring, ordering, painting (and repainting!), wallpapering, construction and dedication to brining this project into fruition. We look forward to sharing lots of visits to the woods, seaside and pub with you in the near future!

## TWH CARERS MARIYA AND AJEESH'S "MADE WITH CARE" CAMPAIGN ARTICLES PUBLISHED

A couple of months ago we reported on the exciting news that two of TWH's carers Mariya and Ajeesh were selected to help assist with the Department of Health's "Made in Care" sub campaign, focusing on a carer recruitment drive within ethnic minorities.

We are now happy to inform that both Mariya and Ajeesh's articles have now gone live within the targeted publications.

**EasternEye**  
 News  
 Trending Now: Education: Growing number of Brits use personal finance apps  
 Sponsored Feature  
 'What is working in adult social care like? Read Ajeesh's story to find out'

**n it comes to inclusion?**

**'What is working in adult social care like? Read Ajeesh's story to find out'**

**"It's something I enjoy, and I appreciate the immense reward that it brings."**

**Made with CARE**

**Supporting**

By Eastern Eye  
 AJEESH always knew he wanted to have a career where he could help others, which stemmed from memories of his mother supporting his grandmother with dementia in her later years.

Ajeesh initially came to England from India to study, but like many students he also needed to find work to support himself. However, he needed something flexible that could fit around his education and preferably a role where there were opportunities to earn, learn and develop.

Before coming to England, Ajeesh had never visited a care home but his brother who already lived here worked in adult social care. Ajeesh's brother spoke passionately about his job and how passionate he was about it being able to make a positive difference to the lives of the people he supported every day.

Despite having no previous experience in adult social care, Ajeesh's brother encouraged him to apply for a role as a Healthcare Assistant in a nursing home and assured him that training and support would be available. Needless to say, he was successful and secured a great job.

"Although there were aspects of the job that were new to me, at the heart of the role is a desire to support others, and that wasn't new to me," said Ajeesh. "It's something I enjoy, and I appreciate the immense reward that it brings."

Before he started his job, Ajeesh was a little worried about being able to build a good rapport with the residents and his colleagues but had nothing to worry about. "I feel completely at ease and confident and know that I am an integral part of the team," he shares.

Ajeesh has taken advantage of all of the training opportunities that are available through his employer, explaining that by completing a number of courses, he has been equipped with the skills needed to thrive in his role.

Ajeesh has also found his knowledge of Tamil particularly useful in his role and was able to talk to a Sri Lankan resident in her own language, which made her very happy. "It's great I can use my language skills at work to make the residents feel more comfortable as well," says Ajeesh.

"Now, after two years in his role, Ajeesh continues to build on his successful career in adult social care." He encourages anyone looking for a meaningful job where you get to empower those you would support whilst benefiting from a wide range of training and development opportunities, to apply for a role in adult social care. "I have learnt so much, grown in confidence and am incredibly proud of the support I bring daily to my care recipients," says Ajeesh.

If you're looking for a flexible and rewarding job opportunity like Ajeesh, consider a job in care. Visit [www.adultsocialcare.co.uk](http://www.adultsocialcare.co.uk) today to see which roles are available in your local area.

You can read the articles by clicking on the below links:

**Mariya's article:**  
<https://www.asian-voice.com/News/UK/Inspiring-and-rewarding-careers-in-adult-social-care>

**Ajeesh's article:**  
<https://www.easterneye.biz/what-is-working-in-adult-social-care-like-read-ajeeshs-story-to-find-out/>

We are extremely proud of Mariya and Ajeesh's contribution to this worthy Campaign and of the eloquence and warmth with which they have shared their positive experiences of working in care.

## TWH INTRODUCES "NAMASTE" INTO ITS ACTIVITIES PROGRAMME

### NAMASTE - TO HONOUR THE SPIRIT WITHIN

The TWH Activities Team of Nicky and Galina were extremely fortunate to participate in a new Activity Training Initiative run by the Princess Alice Hospice entitled "Namaste" which is centred around meaningful connections and activities with residents.



Nicky explains more about the training and what it will bring to the residents of TWH below:

"Namaste is a Care Programme for people with Dementia with the principles of delivering a person centred approach to activities in a calm, relaxing and safe environment. Galina and I had no real idea of how the programme would work but after the training we received from



the Princess Alice Hospice we are both keen to get started as Namaste Champions!

Often people with advanced Dementia find it difficult to engage in the daily activities. Although we do a vast number of 1-1 activities, by following the Namaste approach we can deliver an extensive range of activities in a calm environment away from any noise and distraction.

The sessions are based around our senses so will be centred around using aromatherapy oils, soft lighting, music, hand and feet massage, reminiscence and soft fabrics. We anticipate that as the sessions progress we will come up with new ideas to suit each resident.

We are offering Namaste sessions to all residents alongside our regular group activities

and for residents who for medical reasons won't be able to come to the sensory room we will extend the programme to them on a 1-1 basis in their room.

A staff taster session was planned and as the day arrived I was pretty nervous! Galina and I set the room up with a rose scent and dimmed the lights. After a period of relaxation I took us on a journey through the forest with some surprises on the way. Then it was time to have a hand massage and fully relax and feel calm. The feedback from the session was amazing. The staff really enjoyed the experience and wished it had been longer! (I thought I could hear snoring at one point!) After such positive feedback I really can't wait to get started"

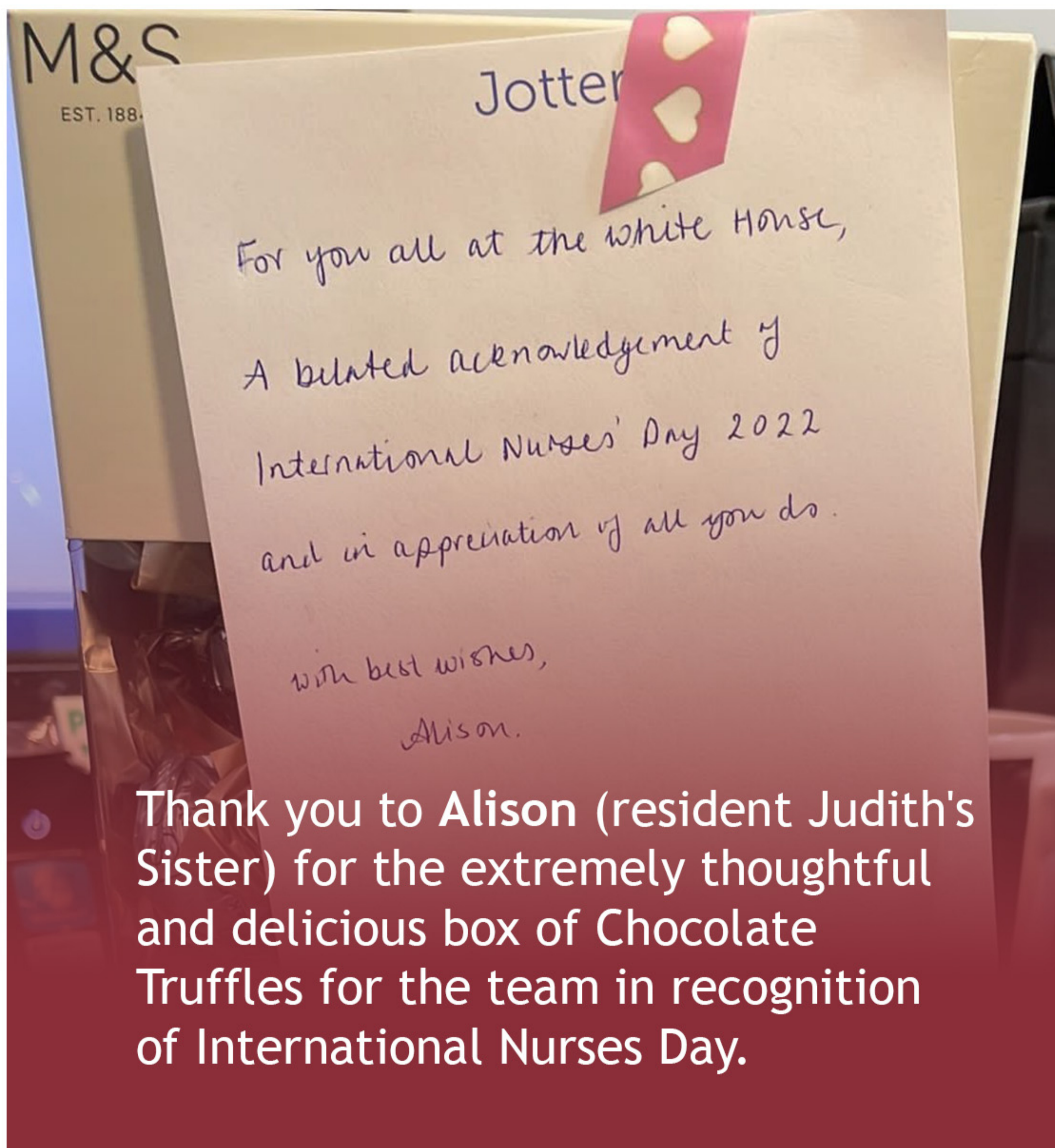
## TWH 2022 F&F SURVEY

PLEASE GIVE US YOUR FEEDBACK



The TWH Friends and Family survey 2022 has now been issued to friends and families of our current residents and we would love to hear your feedback on how you feel we've been supporting our residents and families during some challenging times. We've put together a survey that will take just a few minutes of your time to complete.

# THANK YOU



Thank you to **Alison** (resident Judith's Sister) for the extremely thoughtful and delicious box of Chocolate Truffles for the team in recognition of International Nurses Day.



Thank you to **Mary** (resident Eileen's Daughter) for the tin of Jubilee Shortbread. We will keep the tin as a memento of this wonderful occasion.

## ACTIVITIES UPDATE

How nice to see the (intermittent) sunshine this month. It really does perk you up a bit to have some sunny days. Even sitting in the garden in temperatures that are quite barmy for us, a number of residents can still feel the chill so we have lots of blankets are on hand. Also plenty of sun lotion is on hand for those who like me love the feel of the sun on their skin. In our update this month you will note we have inserted links to our FB posts for some of our events - so please do click to see more!

**Art and Craft** has been busy this month. We have had the paints out and made some lovely art work. We also had a lovely morning of making crowns ready for the Queen's Jubilee Celebrations. and got the creative juices flowing with some Jubilee pictures.

The troughs outside have had a lovely summer makeover during our **Flower Arranging** session

with Gaye and are attracting many admiring glances. We have also had a couple of sessions making fresh flower arrangements that always add a vibrant and colourful touch to the Home.

**Sewing and Knitting** should be renamed as knit and natter!! Sue always comes laden with goodies for us to make and we do get a fair number of pom poms made in a session along with an awful lot of chat!! It is a really sociable session and if that is what the residents want then Sue and I are happy to oblige.



# ACTIVITIES UPDATE

In **Music** we had our final music session with **The Study School** students and Chiara from **Intergenerational Music Making Team**. The Children had been away to the Isle of Wight for a week so we enjoyed chatting to them about their trip. The lounge was packed and the instruments were out and we had a really delightful morning of music.

The Children also left us some delightful messages telling us a bit about themselves and their dreams for the future. If all goes to plan there will be Coders, MI6 Agents, Authors or a Dentists! We would like to thank The Children from The Study School and Ciaran (Mr McAuley) and Chiara for making the sessions happen.

The residents love music and "little people" so it was a win win.

We've also had so much fun with our entertainers this month. **Jimmy** our resident DJ is very popular with residents and always has a long list of music to play and always gets the feet tapping and residents singing. **Jane** payed us a visit this month and we are delighted to have secured regular bookings with her. Jane's warm nature and beautiful voice is really enjoyed by us all. Jane sings all the favourites and gets the room buzzing. **Dave Mac** brings the room to life with his accordion. He is a cheeky chappie who is perfect at reading the room and engaging with the residents. The smile on his face as well as the residents always makes his sessions very popular. We even had some of the staff come in and join in with a bit of dancing. I definitely had my daily exercise!!



In our Celebration and Awareness Days this month we started the month with Garden Meditation Day. As the weather wasn't on our side we held the session in the lounge! We had the sounds of nature and all the residents closed their eyes and I took them on a virtual journey through a forest and then to a beach. It seemed appropriate to mark World Hand Hygiene Day. This was to remind us all of the importance of washing our hands. We had some fun with this one using the word "Hand Hygiene" to find songs starting with each letter.

Check out the collage (next page) for the songs we chose.

**Deaf Awareness Day** was a chance for me to use some past skills! I gave residents and staff a brief lesson in some common Makaton signs for example to say tea, coffee, hello, goodbye and dinner. With us all wearing masks while at work communication can be very hard at times especially for residents who are hard of hearing. This way we can use basic signs when needed to help us all communicate better.

# ACTIVITIES UPDATE



International Nurses Day was a well deserved day of tribute to our Nurses. Ajitha made a speech thanking the Nurses for all their hard work and dedication during what has been another tough year with all the COVID restrictions and changing regulations. We are fortunate to have such a caring and dedicated team.

Dementia Action Week was a week of celebration. We kicked off the week using

digital technology for a range of activities. We used a fantastic website called MD4 Radio which was amazing. It has songs from all eras and you can chose what to listen to. We found some songs that residents haven't heard for years. The week also included hand massages, spot the difference and sensory games. Staff also had a refresher Dementia Awareness session led by Delia our Dementia Champion.



**Trips Out** have been a bit sparse this month with the weather constantly changing all day! However I was delighted to take not one but two residents of the tender age of 101 for a drive in the van. We headed to Isabella Plantation at Richmond Park. As we arrived the weather put a spanner in the works! We had a lovely drive around looking at the Deer and then parked in the car

park and cracked open the picnic bag. The residents, carer Delia and I all enjoyed a hot drink and quite a few custard creams. The afternoon continued with us having a chat about old times such as the milkman, newspaper deliveries and getting 10p back when you returned a lemonade bottle to the newsagents lol.

# ACTIVITIES UPDATE

**1-1 Sessions** are a great way to get to know the residents and this month is no exception. We have enjoyed the usual music sessions, art, games and also looking at family photos. The residents do love to share their pictures with us. I also had a lovely session with one resident where we chatted while I gave her a hand massage which she said she really enjoyed.



The **Interactive Activity Table** continues to be really popular and used for the regular music sessions. We have playlists of residents favourite tunes and when we have new residents we also gather new music which is great for my education to! We have one resident who enjoys using the screen for Spot the Difference.

We have had a number of **Word Games** sessions this month. We use scrabble tiles to make words (who needs to stick to tradition!) and also some matching pictures and word games. There was also a lively session of higher and lower using a very large pack of cards.

We hope friends and families have enjoyed the recently shared residents online Activity Albums. If you have any issues accessing the album then let me know and I can send a link for you to use. We have had some really positive feedback so far and hope you all find this a nice new addition to keeping up to date with your loved ones day.

Well, that was another action packed month and we are kicking off June with a wonderful Jubilee Celebration and of course launching Namaste to the residents which we are very excited about!

## FOLLOW US ON FACEBOOK

Don't forget to follow us and share our FB page with family and friends:  
**@TheWhiteHouseNursingHome**  
to get even more updates and extra pictures from the Home.

