



THE
WHITE
HOUSE
NURSING
HOME

Friends & Family

NEWSLETTER

July - 2022

LATEST UPDATES FROM THE HOME

TWH's EPIC PLATINUM JUBILEE CELEBRATIONS AN EVENT TO UNITE AND CELEBRATE AT THE TAIL END OF A CHALLENGING ERA

TWH proudly celebrated her Majesty's Platinum Jubilee in style last month. With the Jubilee celebrations being the first landmark event at TWH since relaxation of restrictions, you could feel the extra joy, relief and need to celebrate in the air.

The house was decorated as never seen before with flags, pom poms and the most amazing balloon art (thanks to staff member Diane who also turned out to be a balloon artist extraordinaire) and we were ready for the celebrations!



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We held the biggest and longest party we have had in a very long time commencing on Thursday with music from Jimmy, entertainment from the staff and a display of Line Dancing from our lovely Volunteer Sue and her dancing group. We enjoyed a wonderful BBQ, lots of fun and laughter and of course the obligatory rendition of "God Save The Queen". This is certainly a party we will remember for years to come and none of us will ever forget "where I was" on that day...

The celebrations continued on the Friday with one of our favourite singers Jane coming to TWH to entertain the residents. There were lots of traditional tunes and once again the House was alive with music.

The celebrations ended with a wonderful performance from Rah Rah Theatre Company who came to give us a show free of charge (thanks to National Lottery Funding). The flags and singing voices were put to good use with an incredible display of the most fantastic costumes and performances to mark the end of our celebrations.

MANAGER AJITHA SHARE INSIGHTS FROM HER RECENT PARTICIPATION IN THE ANNUAL RESIDENTIAL AND HOME CARE SHOW

Both Home Manager Ajitha and Deputy Rowena recently attended the annual prestigious Residential Home Care 2022 Show in London. The Show is the go to event for the Care Home industry and showcases all the latest pioneering products and services available in the Care Home sector.

One also tends to find that these events are a good barometer of where one's organisation is within the care sector today!

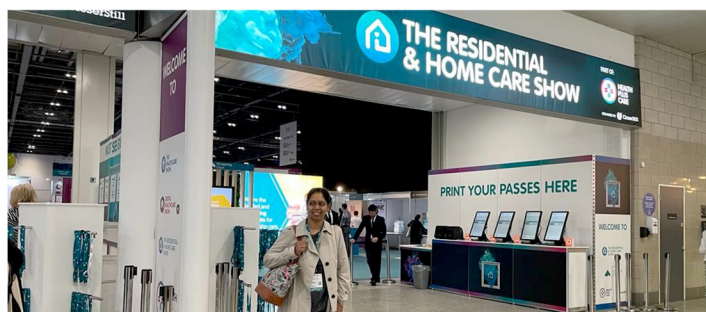
Ajitha shares her experiences of the event below:

" Having not been in place for the last couple of years; it was obvious within a short time of arriving that the whole theme of the re-established Care Home show was centred around **digital advancement** in Care and the recent pandemic has no doubt had a big hand in digital and technological developments within the care sector.

Love it or hate it, its here to stay, and grow! As representatives of TWH we were proud to witness that whilst many Homes were obviously still perusing the different advancements on offer; we already seem to be at the forefront of the the digital and technological revolution in the care industry:

Mobile Care plans? Check

Electronic Medication Recording? Check



Digital NHS pathways such as the E-red bag and Coordinate my Care? Check!!

However one area which was new to us and the source of great excitement is the introduction of **Digital Wound Care Assessments**, where through special equipment and technology, wound scans can be sent directly to Tissue Viability Nurses for fast and efficient assessment and coordination of efforts towards treatment and healing. This would be a fantastic addition to our digital toolkit, however it's currently not a facility available in our local CCG ... but I've already emailed them so let's watch this space!"

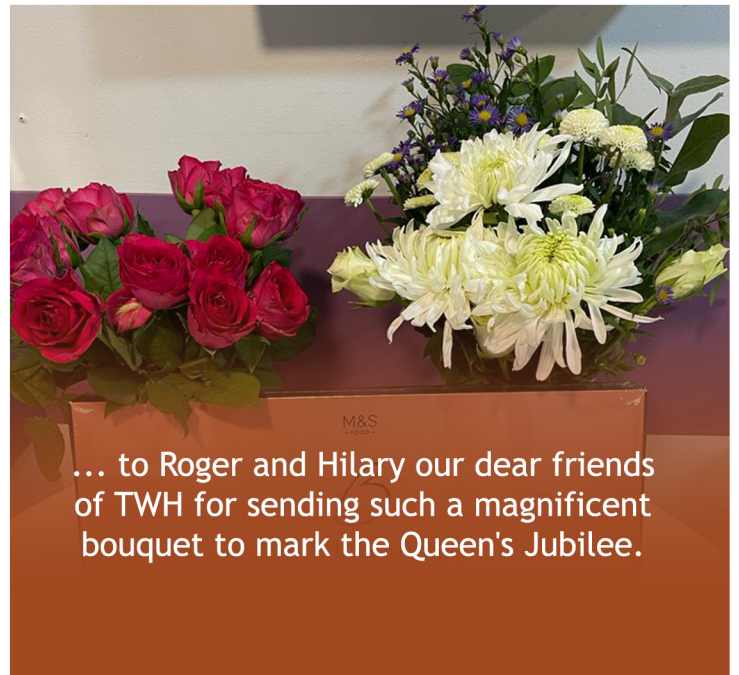
CQC CONTINUE'S TO MAINTAIN TWH'S OUTSTANDING RATING



For the third consecutive time, CQC have written to inform that our Outstanding rating has been retained! The recent notification from CQC announced that from their most recent data review on 09/06/2022 they once again have found no reason to conduct an inspection or review our current Outstanding rating.

This is obviously welcome news that CQC continue to be reassured of our service provision and are maintaining our Outstanding rating!

THANK YOU



ACTIVITIES UPDATE

It's been another hectic month! In **Art and Craft** Galina was on a very creative streak. She had the residents creating picture frames that were decorated with pieces of old jigsaw puzzles. The effect is stunning. We also had the clay out and used it to make some lovely leaves. Sometimes the simplest idea brings fantastic results.

Flower Arranging sessions have been lively and resulted in some beautiful vases of summer flowers. The troughs in the back garden have also had a makeover and look really lovely thanks to our lovely Volunteer Gaye.

Knit and Natter with Sue this month has seen us making some more pom poms in purple and green which is getting us into the spirit of Wimbledon. We do have one keen knitter who I think may start a little project of her own!



Apart from all the Jubilee **Music** Celebrations we also had our usual sessions. **Pete** is a whiz with his guitar and in no time at all we were singing along. The conservatory doors were open wide and I have it on good authority from our neighbour and volunteer Pat that it was a good session as she was doing some gardening and singing along to some old favourites.

We've also had the pleasure of **Dave Mac** who is like a whirlwind and soon has the room whipped up into a frenzy of singing and dancing. The session is always longer than it should be as Dave gets carried away. The room was packed and at one point I thought we were playing musical chairs with residents!

ACTIVITIES UPDATE

I think **Namaste** deserves its own section this month! The day finally arrived for our first resident session. The room was set up and we used the Forest Section. We had lavender essential oils in the diffuser, soft lighting and some calming music. As the residents arrived you could see them looking around the room. The session then started with some relaxation followed by an imaginary walk through the forest which included some sensory surprises along the way. Once everyone was relaxed then the hand massage commenced on those who wished.



We use either an orange scented oil or hand cream whichever is preferred by the recipient. Next we have a number of things we can do and we chose scents to smell, blowing bubbles (this was a great hit for one resident) and feeling different fabrics. The session is so relaxing and was enjoyed by those who attended.

We have since held a couple of Forest sessions and have started on the Beach Experience. The Beach Experience is quite different to the Forest and is more interactive as we also reminisce. It still includes soft music and a hand massage along with different items to see and touch.

Each Namaste session is different as when you have a mix of residents the dynamics change. Galina and I are able to adjust the sessions and

at the moment it is a case of trial and error in places to ensure the best experience.

Our aim was to have every resident attend one session to see if they liked it. We have a small number still to try but we now know who will benefit from the sessions and what combination of residents to put together. We have to remember that this is designed for people with Advanced Dementia so it is not suitable for everyone. Saying that some residents who do not fit that category have loved the sessions so will continue to be included.

We were delighted that Pat our bingo volunteer has now become our Namaste Volunteer. Pat has been with us on and off (COVID) for a few years and her caring and patient nature is just what Namaste needs

This month our **Celebration and Awareness Days** kicked off in spectacular style!

We often have what can seem like mad ideas and this one was a cracker. Once Ajitha and I get talking a small idea often escalates into something major and you couldn't get more mad cap than organising a mass exodus of residents to the local park for a picnic to celebrate **National Picnic Week!!** We had the most amazing day and the residents really did enjoy the change of scenery, good weather and a wonderful picnic. Huge thank you to the team for all pulling together to make such a **special day** for our residents.

Nutrition and Hydration week was celebrated on the hottest day of the year! The hydration trolley was filled with some delicious fruity and refreshingly minty drinks. The drinks were

ACTIVITIES UPDATE

The drinks were popular and one resident consumed as many as 3 cups as she said it was delicious! We did want to use our new pub area but to be honest the residents and staff were feeling the heat so instead we had room and table service!

International Sunglasses Day was a day for a bit of fun with the sunglasses. There is a serious message behind the day which is about the danger of UV rays to your eyes and using sunglasses for protection. I was armed with the camera and took a few pics for you to enjoy.



We had the most wonderful **Trip Out** one sunny Wednesday morning. Vince and I are the double act of TWH when it comes to trips. We have it down to a fine art taking everything we need and getting the residents safely strapped into the van. Our favourite place at the moment has to be Richmond Park and the Isabella Plantation.

There really is something so tranquil about the setting. Sylvia, Kate and Amir really did enjoy the sunshine and just getting some fresh air whilst watching the ducks go about their day.

Religion is so important to many people and I was honoured to take two residents and Ajitha to the **Hindu Temple in Wimbledon**. It was so important to me that I followed Ajitha's lead on respectfully observing rites and ceremonies and so I was duly dispatched home for a quick shower, change of clothes and to adorn a bit of nice jewellery. On arrival at the Temple it was clear how much this trip meant to Param and Leela. The ladies all had time to pray and enjoy the peace and tranquillity of the Temple. There were a few photos to mark this very special day which I am sure will be treasured. I just know that this trip will not be our last to a place of worship.

ACTIVITIES UPDATE

A Friday afternoon is always a great day to have a trip out. With bellies full of fish and chips (residents not me, I had a healthy salad :)) we headed to **Richmond Park**. The heavens opened so it turned into a drive around. I really didn't realise how large the park is! As the sun came out to shine on us we had our hot cuppa and biscuit in the van. This is the perfect time to really relax and chat with the residents and find out a bit more about them. A change of scenery is always appreciated even if just for a short while.



1-1 Sessions have seen residents enjoy a variety of things this month. We had the VR headset out and took a few residents to "the beach" which they enjoyed. It can be a very odd sensation for residents to wear the headset so we often take it on and off a couple of times so they enjoy short bursts if they wish. Word games and mini sports are also really enjoyed.

One afternoon we had a period of **Reminiscence**. The residents love to talk and

share stories so we had the white board at the ready to capture their memories. We started off with toys and games we used to play as children. Memories came flooding in of "Knock Down Ginger", "Hop Scotch" and "Marbles". We then moved on to shops we used to go to and of course Woolworths was the one shop we all miss to this day. It was a lovely afternoon and a real chance for everyone to relieve some distant memories (including me!)

ACTIVITIES UPDATE

Galina and the residents enjoy weekly **Exercise Sessions** and they are often so focused they forget to take pictures! We have balls, balloons and skittles amongst other things to play with.

We have had a number of **Word Games and Quizzes**. and One afternoon we did a couple of quizzes all about June and then moved on to "Who Am I". The residents were happy listening to my dulcet tones as we tried to work out from the clues who the celebrities were. It was a great session. One of the things

struck us the most was how so many famous people from the past had had several marriages and quite a few children! Who said things were more "proper" back in the day!!

I'm not sure how we can top the wonderful June celebrations but I just know the rest of the summer will be full of fun too.

Keep an eye for photos added to your loved ones Personal Activity Album. If you have any problems accessing the album then please get in touch with me and I can send a quick link to make life easier.

TWH NEWSLETTER IS TAKING A BREAK FOR SUMMER AND WILL SEE YOU AGAIN IN SEPTEMBER. IN THE MEANTIME DONT FORGET TO ...

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to get even more updates and extra pictures from the Home.

