



THE
WHITE
HOUSE
NURSING
HOME

Friends & Family

NEWSLETTER

May - 2022

LATEST UPDATES FROM THE HOME

HOME MANAGER AJITHA BECOMES NHS DIGITAL CHAMPION

NHS PILOT SCHEME AIMS TO PROMOTE SAFE DIGITAL USE IN THE WORKPLACE



TWH were recently made aware of the the recently launched **Digital Champions** programme inviting health and social care staff (new and existing) to invest in their own digital skills as part of a piolt scheme. Subsequently we are proud to inform you that Home Manager Ajitha having recently completed the Digital Skills for Care pilot programme for Adult Social Care is now officially a Digital Champion!

So what exactly is a Digital Champion?

Put simply a Digital Champion is someone who helps others to understand the benefits of being online and can spend some time showing them how. Digital Champions do a range of simple things that can make a big difference to people who can't or don't use the internet, such as using web browsers or explaining computer terms and internet jargon.

Champions also are able to provide a friendly and accessible point of contact for those who

support with understanding, using and enjoying digital technology. As a Digital Champion, Ajitha can now help colleagues to become Digital Champions themselves and create a continuous cycle of learning and peer-support.

The overall aim of this training programme is to create a health and social care workforce fit for the digital future and we are proud to have Ajitha as an Adult Social Care Digital Champion contributing to this great cause!

TWH LAUNCHES RESIDENT'S ONLINE ACTIVITY ALBUM FOR FRIENDS AND FAMILIES

KEEPING THE LINK BETWEEN YOU AND YOUR LOVED ONE

The past couple of years have been challenging for our residents and families as Covid put so many restrictions to our Open House Visiting Policy.

This has led us to think of innovative ways we can keep the connection between you and your resident alive and to this end we are delighted to announce the launch of our brand new **Online Resident Activity Albums!**



As you have all hopefully come to know by now; we have such a range of activities on offer including art, craft, knitting, exercise, bingo music, entertainment as well as many other personalised 1-1 sessions. There are regular trips out and more places will be added to the diary during the summer months.

Every day we take photos which we share through our FB posts (not everyone has access to) and monthly Newsletter (you have to wait a month!) and we have now thought of another way to share images with our resident's nearest and dearest through their very own personalised online Activity Album.

Friends and Families will soon be receiving an email with more details about the initiative as well as the online activity album link for your resident. We hope you will enjoy this new initiative and welcome your feedback!

TWH FRONTLINE STAFF GRATEFUL RECIPIENTS OF RBK PRE-PAID CARD SCHEME



All the staff at TWH would like to convey a huge thank you to the **Adult Social Care Quality Assurance Team at Royal Borough of Kingston** who have helped with facilitating a Prepaid Card scheme for frontline staff of Care Quality Commission, Adult Social Care registered providers.

As part of the scheme, RBK have distributed front line staff working in CQC registered services, a prepaid card worth £120 to spend at a wide range of outlets within South West London. We are very grateful to the ASC QA Team for this extremely kind gesture for our hardworking staff.

THANK YOU



Thank you to **Martin** (resident Myrtle's nephew) for the stunningly delicious box of Hotel Chocolat chocolates sent in for the staff.

Thank you to **Judith and Nuala** for the gorgeous box of Green and Blacks chocolates given to the team.



ACTIVITIES UPDATE

This month did not get off to the best of starts. The dreaded COVID put a spanner in the works just as we thought life was returning to some sense of normality. We are not ones to let changes of plan get in the way of our days so despite challenges we concentrated on lots of 1-1 activities to keep the residents occupied.



Residents have enjoyed some **Art and Craft** sessions with some delightful animal and flower pictures created. There were some great pictures using tissue paper and glue to capture some great colours. We had great fun making some Easter Bonnets which we thought were really cute. Colouring is great at any age as it really is relaxing. There are even colouring books designed for adults which are great so why not check them out and try something new.

It was so nice to have Gaye back this month for

Flower Arranging and I have to say the Home looks fabulous with fresh flowers around. So many people can enjoy flower arranging and its great to think we can create such beauty.

We are so lucky to have our **Sewing and Knitting** Volunteer Sue who always thinks about things way in advance! For this reason we had already made a number of chicks and "eggs" that we could use to decorate the Home for Easter. I am reliably informed that one of our new residents is a "knitter" and I am sure she will enjoy our sessions.

ACTIVITIES UPDATE

We have not been able to enjoy the delights of our regular entertainers as much this month however we have still filled the Home with an array of music every chance we have!

One morning some residents were feeling "bright" and we enjoyed a morning of **Music** with a huge variety of songs including favourites such as

Sweet Caroline, Mamma Mia and Underneath the Arches then we branched out to include Elton John and Gary Barlow.

For those who know me I have a passion for music. I love the delight that can be seen when I play a song that the resident has either requested or I've chosen ("you choose, you always play nice music" is a phrase I hear a lot!) and they then talk to me about memories they have or they sing a long. I have several ways of playing music (Activity Table, laptop or my phone) so no matter what equipment I have with me music is something I can always do! I have enjoyed the music of Brendan Shine and Johnny Mathis and I'm sorry to say but I have been singing along to! I like to get to know what songs individuals like and even when they can't tell me I try a few songs to gauge a reaction and by doing this I spent a very happy half an hour holding a residents hands while she was sitting contently listening to the music.



We were so happy to be able to welcome **The Study School** students and Chiara from **Intergenerational Music Making Team**, not just once but twice this month! We have been learning songs together and even made a great song using the music from Sound of Music and added words for all the things the residents and children enjoy.

Dave Mac was back! I am so upset I missed his session as you can't fail to have a smile on your face at his accordion playing and silliness. The residents absolutely love him and we now have dates in the diary for the year!!

Pete was our last entertainer this month and he came with his guitar and sang some beautiful songs including a selection of Irish and Scottish plus a few favourites such as John Denver, Neil Diamond and Elvis. We finished with Jerusalem which was so nice to hear. The residents were really engaged and had a lovely morning of singing so I have booked Pete in as a regular.



Compared to last month it looks like we have had a quiet month!

Wild Life Week sounded like a day for us to celebrate. We had many 1-1 sessions having some fun playing animal picture bingo, listening to animal sounds and doing quizzes and fun facts all about animals. It made a change to have a "topic

ACTIVITIES UPDATE

of the day" for me to share with the residents. It was great to look at a range of animals and to hear their favourites'. One resident said she loves cows as they provide so much variety from just their milk alone. Others were so happy to look at the pictures of polar bears and the cat got quite a reaction as it was really cute.



The **Easter** Bunny came to visit and every resident had an Easter Egg to enjoy. The sun was shining and lots of residents were able to enjoy the sunshine over the long weekend. We have been making pompom "bunnies" and "chicks" over the previous weeks and we had made some gorgeous Easter Bonnets which were worn with pride.



We had one day where we celebrated 4 events in one! There was **National Tea Day, National Picnic Day, St George's Day and The Queen's Birthday**. As they were spread over a few days we thought it would be perfect to celebrate them all together. What better way than to hold a morning tea complete with posh china and jam tarts for us all to enjoy.

We started the morning by singing Happy Birthday to the Queen followed by traditional music such as Land of Hope and Glory, English County Garden and Jerusalem. It's amazing how a morning tea and a bit of a sing song can make you smile.

Trips Out are like buses, you wait ages and then two come along at once! Just before Easter the conditions were perfect for us to enjoy a couple of trips to **Isabella Plantation at Richmond Park**. We found the perfect spot by the lake and watched the ducks and geese entertain us. Believe it or not they were quite partial to a custard cream!



ACTIVITIES UPDATE

Residents were memorized by the wildlife and we also encountered many dogs who came over to see us. It really is a little bit of escapism which we all need at times. On another trip as we got the van ready "Peanut" the dog tried to sneak in! The residents love looking around and chatting to anyone who is walking past. There is nothing more relaxing than having a cup of tea and listening to all the sounds of nature.

Having canvassed for future trips, I have been asked for a trip to New Malden to have a look around so that is on the cards. I also have a trip to a Church that I promised a while ago for one

resident who wishes to revisit where she got married. There will also be an outing to a local Temple for one resident. So lots to look forward to.

Galina and I are also really happy to take residents around the local area for a breath of fresh air. On one trip I had to reassure the resident that when she had had enough we would go back Home. It's so important to build up trust as for some a trip out even if it is just down the road is quite daunting. I'm happy to say the trip was brief but enjoyed by the resident and something she would like to do again.

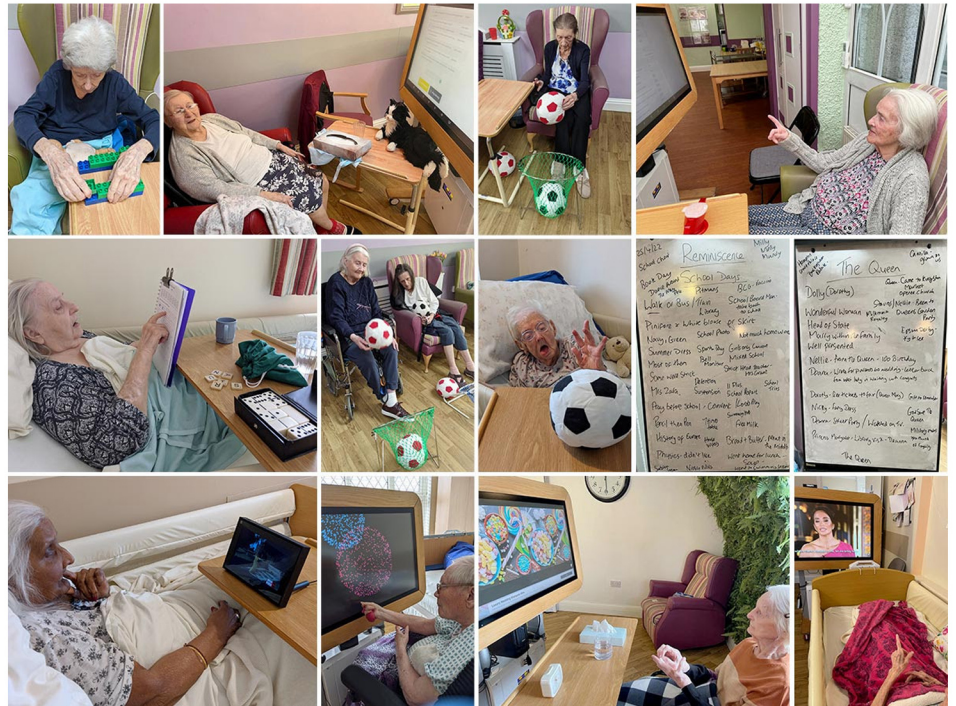
This month **1-1 Sessions** have been a vital way to keep residents engaged. We have so many resources available to us and each day we set off with our box of tricks. Some sessions have been using sensory items to hold and squeeze, music, art, word games and so much more.

The **Interactive Activity Table** has had so much use this month. I have one resident who is a bit hard of hearing and she has always enjoyed **Quizzes**. Its become a bit harder for her to hear the questions so we use the screen and she can read the questions herself as it is so large. It means she can participate in a group or 1-1 and can do something she really enjoys. Many other residents have enjoyed the array of quizzes available to us. One resident wanted to try the "Horses" quiz but my goodness we both realised we didn't have a clue about horses lol.

I have a couple of ladies who love "Songs of Praise" so they can watch that in the comfort of their rooms while others enjoy the **Word**

Games on offer. One game gives you just 5 letters and you have to come up with a number of 2,3,4 and 5 letter words. The residents love this type of game. Spot the Difference is getting hard now as we are on level 105 and we sometimes have to result to a clue to find all the differences!

Reminiscence is something we have done a bit more of this month. We had a really lovely afternoon talking about the Queen and memories of her Silver Jubilee.



ACTIVITIES UPDATE

We have residents who have attended the Queen's Garden Parties as well as others who have met members of the Royal Family.

Another session was remembering our school days. We talked about the free milk that was given, the cane / slipper if you were naughty and what lessons we enjoyed.

Bingo is a lovely session as you don't necessarily need to do it in a group but can just do with two of you. Saying that we do love the group sessions as the tension of needing one number is quite exiting and Pat our volunteer

really helps ensuring as many can take part as possible.

Exercise Sessions are a regular feature of the week and believe it or not is looked forward to! There is so much exercise you can do in your chair!

The month was quite a challenge but I hope you agree we have still managed to make the days as fun as possible for the residents and I can guarantee there will be some really fun things to look forward to so watch this space.

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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.



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World Hand Hygiene Day 2022

With the world as it is right now we all know the importance of hand hygiene so the theme this year is "Unite for Safety: Clean Your Hands"

The pandemic has shown us how we can stop the spread of infection by washing hands when required, using hand sanitizer and gloves when needed. At TWH we have everything we need to make sure all staff and residents practice good hand hygiene as part of our daily routine.

Th... See more

The White House Nursing Home is feeling relaxed. May 2 at 9:06 PM

Meditation at TWH

Tomorrow is Garden Meditation Day but we thought why not have a go today even if it was indoors!

Garden Meditation is an annual event to encourage people to take time for themselves and relax. We all need a bit of self love every now and then.

W... See more