



THE
WHITE
HOUSE
NURSING
HOME

Friends & Family

NEWSLETTER

December - 2022

LATEST UPDATES FROM THE HOME

Season's Greetings



Wishing all our Friends, Families and Colleagues
a Safe, Healthy & Happy New Year!
-From all of us at TWH

TWH COUNTS DOWN TO CHRISTMAS!
LOOKING FORWARD TO A MONTH OF FUN AND FESTIVITIES

TWH have been busy with lots of pre-Xmas activities in preparation for the festive season!

Our preparations for Christmas have included festive flower arranging sessions to make some beautiful table decorations and residents have also been busy helping to decorate the main tree in the conservatory and making other decorative accessories for the Home in our Knitting and Craft sessions. Of course we've had lots of Christmas Trips to Chessington Garden Centre and the busy Christmas preparations were all capped off with the grand turning on of the outdoor lights. (all this is before December has begun!). We hope the lovely decorations around the Home and in resident's rooms will help all our visitors & viewers get into the festive spirit!

Contd...



We are also delighted to share with you all our Christmas Activity Calendar featuring a jam packed schedule of festive fun! We're sure you will agree the residents have got a very fun-filled Christmas ahead of them!



Christmas

Activity Schedule - 2022



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| <ul style="list-style-type: none">  Fri 2nd - Christmas Music and Entertainment from Dave Mac  Wed 7th - Christmas Music & Entertainment from Jeremy and Big Heart Band  Wed 7th - Christmas Trip to Chessington Garden Centre  Thur 8th - Staff Christmas Jumper Day/ Burlington Junior School Choir Visit & Countdown to Christmas Mini Concert  Fri 9th - Christmas Music and Entertainment from Pete  Mon 12th - Christmas Gingerbread Baking  Tue 13th - Christmas Flower Arranging - Table Decorations  Wed 14th - Christmas Themed Knitting and Sewing/ Christmas Trip to Chessington Garden Centre | <ul style="list-style-type: none">  Thur 15th - Christmas Raffle and Resident's Morning Tea/ Richard Challoner School Choir Visit  Fri 16th - Christmas Music and Entertainment from Jane  Fri 16th - Christmas Trip to Chessington Garden Centre  Fri 16th - Christmas Trip to see local Christmas Lights  Mon 19th - Resident & Staff Christmas Carol Music Session  Tue 20th - Christmas Flower Arranging/ Staff Christmas Variety Show  Wed 21st - Christmas Themed Knitting and Sewing/ Christmas Baking - Mince Pies  Thur 22nd - Christmas Bingo  Fri 23rd - Visit from Santa/Staff & Resident Christmas Party with Music from Jimmy  Wed 28th - Christmas Trip Out - Location to be decided  Fri 30th - Christmas Music and Trivia with Franz / Staff and Resident New Year Party |
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Again due to ongoing restrictions; we are sad to not be able to extend our usual invitations to Friends & Families to join us for our Christmas festivities as well as to join residents for Christmas Day/Boxing Day and New Years Day lunches as we have done in previous years; we are nevertheless overjoyed to at least be able to welcome visitors into the Home again this Christmas. Families can be rest assured that we will be doing everything possible to ensure our Residents have the best Christmas in the safety and comfort of our Home.

IT'S A TIME FOR GIVING

TWH SUPPORTS IT'S LOCAL FOODBANK COLLECTION

The current economic climate has affected us all but its been particularly hard hearing accounts on the radio and news of so many people including the elderly walking for miles to get to food bank depots in order to be able to eat. Moved by the plight of so many people struggling in



able to eat. Moved by the plight of so many people struggling in these extremely challenging economic times, TWH made a special trip to their wholesale suppliers to purchase items of need for the local community. The items purchased were duly dropped and gratefully received by Ian and his team of Volunteers at the Kingston Foodbank depot. We extend our thanks and appreciation to all the Volunteers and people who are giving their time and resources for this extremely worthwhile cause.

TWH LAUNCHES IT'S CHRISTMAS FUNDRAISER

PLEASE SUPPORT AS GENEROUSLY AS YOU CAN

We are delighted to announce that as part of our annual fundraiser, TWH have launched our annual Christmas raffle with a delightful selection of goodies to be won including a luxury hamper, Waitrose & JL voucher and many other small prizes.

We understand that with current economic issues things are a little tighter for everyone and we have therefore reduced our raffle ticket prices from £2 a strip to ONLY £1 per strip.



Additionally we have some beautiful Christmas centrepiece decorations to grace your Christmas tables, all lovingly handmade by the residents themselves.

The larger pieces cost £10 and smaller pieces are £6.50

Make sure you grab yours while they are still available!



All funds raised go towards the Resident Welfare fund so we can continue to push the bar in bringing fun and meaningful activities into our residents lives. Please do donate as generously as you can. Tickets can be purchased when you are visiting, passing by or by **emailing Nicky on homeliason@twhnh.com**. Thank you to all of you who have supported us so far and we look forward to even more support.

THANK YOU



Thank you to Judith (former resident Anne's friend) for such a thoughtful and generous Christmas donation to the staff fund



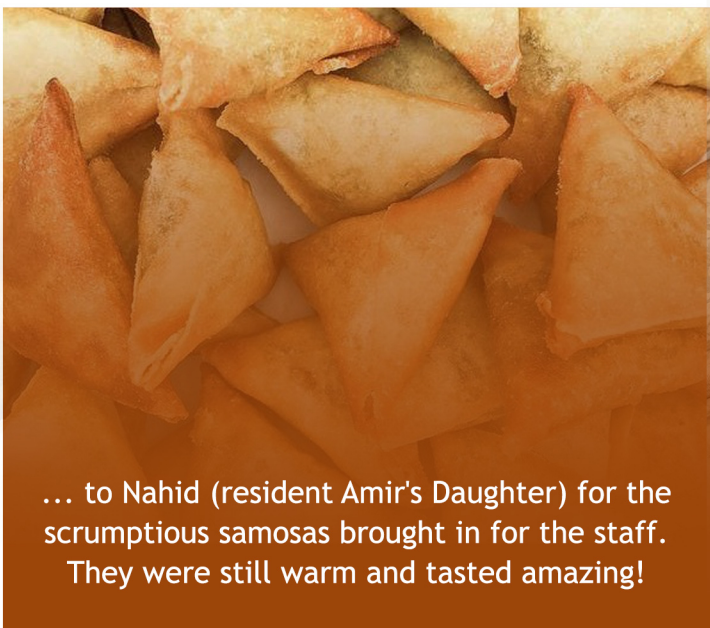
... to Milada (partner of resident Kate) for the collection of sweets and nuts given to the staff.



... to Station Fruits in Worcester Park for their generous donation of a fruti hamper for our Christmas Raffle



... to Lola (former resident Helen's daughter) for the thoughtful sweet treats for the staff



... to Nahid (resident Amir's Daughter) for the scrumptious samosas brought in for the staff. They were still warm and tasted amazing!



... to Liz (resident Helen's daughter) for the box of Heroes she gave to staff. The sugar boost was very much appreciated!

... to Debbie (resident Dorothy's Daughter) for the thoughtful sweet treats bought along for the staff.



ACTIVITIES UPDATE

What a great month we have had. The month before Christmas is always super busy with planning as well as delivering all our usual activities but that's just how we like it!

We love **Art and Craft** and this month is no exception. There was some brilliant firework pictures done at the start of the month (that seems a lifetime ago!). Galina had the resident's using toilet roll tubes dipped in paint to make some stunning art. Of course as we've also had lots of Christmas themed sessions including Christmas card making and a morning of painting some Christmas artwork that is going up on the stair wall for you all to appreciate.

Flower Arranging focused on Remembrance Day flowers at the start of the month (see Celebrations for pics) and then went on to Christmas table decorations. Residents have worked hard to make some stunning decorations which have gone on sale to TWH friends and families. The decorations are all unique and look wonderful.

Knit and Natter is always a very relaxed session. We have one lady who likes to hold the wool as I make a pom pom with her. This ensures the lady feels a part of the session even when she may struggle to fully participate. One week as the lounge was full to capacity, we decided to play some music to. On asking a new resident who her favourite singer was we enjoyed a few tunes from none other than Ed Sheeran!



ACTIVITIES UPDATE

Again, our first entertainer this month was **Dave Mac**! With his unique style he literally gets the Home rocking. The energy he has is next to none. Next, we welcomed **Pete**. His visit coincided with Remembrance Day where during his "set" we observed the 2 minutes silence and had a few moments of personal reflection. Pete prides himself on learning the residents' names and we could tell he's definitely settled in when he cheekily asked for a cuppa during the tea service! We like all our entertainers to feel part of the Home so this really made me smile.



It is so nice to have **Franz** back in the Home. He has the most stunning Operatic voice, and his mix of music and trivia makes for a lovely morning. He even completed "The White House Choir"! We do love to sing lol. **Jane** was our final entertainer this month. She had on a sparkly outfit which had the residents talking about how lovely she looked. We had a wonderful morning of songs from Frank Sinatra, Doris Day and The Carpenters. The mix had the residents singing and foot tapping for the whole hour.



This month, Volunteer Pat and I had the most amazing Namaste session. We decided to do a group session in the lounge. With 14 willing residents we started with a visualisation that saw us walking along a beach and submerging ourselves in the virtual sea. We then had a bit of stretching before we blew some bubbles, offered hand massages and looked at the

range of knitted soft animals that "turn" into other things (fox into a chicken, dog into a dog house and a dinosaur into an egg!) By the end of the session everyone was relaxed including the staff.

1-1 Sensory Sessions are a favourite of mine. The simple question of "do you fancy a hand massage" often follows with the response of "go on then" or "yes please". I can spend as little or as much time with each resident depending on how they feel. One thing for sure is that it's hard to take pictures with your hands covered in cream!

We have one resident who just loves the VR Headset. She has "visited" Lapland this month as well as Switzzland to look at the terrain and even a circus. She gets so much pleasure from the headset and during the session she is either saying "look, look" (oblivious to the fact I have no idea what she can see!) or she is in silence enjoying the moment. These experiences really make my job so rewarding.

ACTIVITIES UPDATE

Celebration and Awareness

Day's were a bit lacking this month but the one we did have was very special. As Remembrance Day approached, Galina had the residents making poppies. They were made from tissue paper and were adorned with pride on Remembrance Day. We had the most stunning flowers created by our volunteer Gaye and her trusty group of flower enthusiasts. The display on the reception area was quite breath-taking. As the day fell on a Friday, we had the lovely Pete in singing and he made sure we had some songs to mark the day along with the 2 minutes silence. All in all, a perfect way to mark such a special day in history.



Trips out are always fun. This time of year, our favourite haunt is Chessington Garden Centre. One trip we had a surprise for resident Sylvia. We had spoken to her daughter and arranged for her to join us on one of our weekly outings. It was such a pleasure to take Thelma and Sylvia for a mother / daughter day out. At TWH

we love granting "wishes" when we can and this was another feel good one.

One trip saw us wearing silly Christmas hats as well as indulging in croissants and doughnuts. Each trip really is different depending on what the residents would like to do. We treat it as if it is the first time we've been!

Another trip made me laugh when Mary said she would need some help to eat the large slice of chocolate cake but a few minutes later she had managed to eat the lot! There is something about a breath of fresh air increasing your appetite!

Our last trip of the month saw us rained off in the morning, so we ventured out in the afternoon. We headed to Chessington once more and had a lovely look around the Christmas bits and I picked up some very reasonable baubles for one of our trees (I think I should be on commission with Chessington..). Resident Dorothy also purchased a couple of bits that caught her eye. The restaurant was so quiet and we settled down to enjoy the hugest scones I have ever seen and enjoyed a couple of cups of tea. As we drove Home the evening was drawing in and we all said what a great afternoon we had had.

ACTIVITIES UPDATE



This month the residents have been enjoying balloon and parachute **Exercise Sessions**. When the parachute is out there is lots of laughter which is also fantastic exercise by increasing air into the lungs so win win. Residents in their rooms have also enjoyed ball games.

We have a huge range of **Games** which we can play and residents enjoy spot the difference and wordsearches.

Word games are really good for keeping our brains active. There was also dominoes as well as the Home's favourite games of bingo.

1-1's have been varied as usual. The Activity Table has been used for spot the difference, relaxing under the sea scenes and music. We have used "flash cards" for reminiscence and the puzzles have also been out.

When I saw we only had one celebration day this month I thought how will we keep residents occupied but of course with so many resources available to us we just kept finding more and more things to do! Now we can officially start the Countdown to Christmas, and I just know it's going to be a good one.

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.

