Awards special

TAKING PART IN RESEARCH

Also in this issue
MacMillan coffee morning report * QCF/SVQ results * A life less ordinary * Puzzles galore
Hello & welcome

It’s been a jam-packed few months since our last colleague newsletter was published in the summer.

Homes have been busy engaging in a host of interesting activities and outings as well as supporting MacMillan with their World’s Biggest Coffee Morning event – take inspiration from the pictures and stories on pages 6, 7 and 15. Two homes have been involved in medical research projects, and many colleagues have achieved great results in gaining qualifications.

We are very proud of all the homes and individuals who have been shortlisted for, and involved in medical research projects, and many colleagues have achieved great results in gaining qualifications.

Whilst no new homes have joined the Caring Homes family in the past few months, there are plenty of new colleagues within our 61 homes.

In the pink

Bradbury House has received a wonderful gift from Braintree’s Dolphin WI group – a knitted replica of the building. The 18 inch high model, complete with every detail including lace curtains, is now proudly displayed in the home’s dining room for all to admire.

Marion Jeffreys and Maureen Woodward presented the gift to the home as Marion’s mother Wyn Carter is one of our residents.

New name

Whittington House is the new name for our Cheltenham home, formerly known as The Summerfield Nursing Unit. The name Whittington House was chosen in consultation with the local community, residents, families and colleagues.

Royal approval

The royal corgis are no doubt dozing cosily after receiving a knitted patchwork blanket from many hours knitting colourful squares before the many colleagues who have achieved their QCF/SVQ qualifications.

Our congratulations go to the following colleagues who have achieved their QCF/SVQ qualifications.

QCF Level 2: Anita Gurung, Abbotsbury; Grazela Gomez, Dear Park View; Francesco Pinheiro, Miranda House; Kanchan Limbu, Miranda House; Jade Averitt, Sanford House.

SVO Level 2: Lynn Armstrong, Beechwood; Waldamar Zawisza, Beechwood; Melissa Cruoe, Beechwood; Lorna Callin, Hillview Court; Kim McDougall, Hillview Court; Min Muller, Hillview Court; Helen Mitchell, Hillview Court; Jane Chalmers, Marchglen.

QCF Level 2: Marina Platas, Dear Park View; Samantha Dickenson, Perfoot; Augusta Elcho, Galway House; Ashley Pearce, Galway House; Emily Finnes, Horwill Lodge; Ruth Suter, Horwill Lodge; Carla Taylor, Latham Lodge; Elaine Dickenson, Laverstock; Eva Hlele, Laverstock; Vanessa Roberts, Sanford House; Kelly Baker, Sanford House; Theresa Kimber, Tall Trees; Rachel Edwards Carter, Tall Trees.

QCF Level 2 in Professional Cookery: Jo Roe, Rendlesham Care Centre; Candy Guo, Deputy Manager at Horwill Lodge; Urszula Wegorzyn, Deputy Manager at Kippington and Gemma Lowery to regale everyone with tales of when he competed in Kayaking events at Olympic Games in Rome and Japan the 1960s. It brought back lots of treasured memories and his wife Kathy brought along a host of memorabilia including Bob’s blazer, shirt and keepsake medal.

Surprise donation

A generous donation from the family of a former Deer Park View resident is enabling colleagues at the home to plan a celebratory end of year function. Long-time resident Margaret Godbolt’s family collected £500 for the staff fund as a thank you for the loving care she received. The thoughtful gift is much appreciated by all at DPV who are looking forward to a great party.

Going for gold

Entering into the Olympic spirit this summer, both Ivy Court and Dormy House hosted their own mini Olympics. Competition was fierce with Dormy’s residents vying for gold in the well-recognised world sports of bean bag toss, quoits, skittles, crazy golf and best Dormpher, among other challenges. At Ivy Court ‘Field’ events staged in the garden included hook the duck, hoopla and tin-can alley. Both homes held medal ceremonies for participants.

The Olympics was also an opportunity for Dormy House Resident Bob Lowery to regale everyone with tales of when he competed in Kayaking events at Olympic Games in Rome and Japan the 1960s. It brought back lots of treasured memories and his wife Kathy brought along a host of memorabilia including Bob’s blazer, shirt and keepsake medal.

Stay well this winter

Please take note of the recent poster displayed in all homes, which encourages visitors to stay away if they are feeling poorly. The campaign by NHS England and Public Health England aims to reduce the risk of people spreading germs in places like care homes where they can have a devastating effect.
Perfect purées

When you’re used to the dizzying pace of a top restaurant kitchen, retiring and putting your feet up can seem a bit too quiet.

Head Chef at Dormy House, Steve Harding spent more than 30 years working in restaurants, hotels and his own pubs, some with Michelin and RAC Rosette recommendations. Not long after deciding to take it easy, Steve heard about the Dormy job. He says: “Working in a care home kitchen was something completely different for me and I thought, ‘maybe I can make a difference.’”

He quickly noticed a large gap between the standard of the puréed food for residents with swallowing difficulties and the restaurant style meals served to those who are eating regular food, just in a different form. “Working in a care home kitchen was something completely different for me and I thought, ‘maybe I can make a difference.’”

He says: “The technical side of producing such food is quite easy, but understanding correct consistencies, and how people engage with food and mealtimes, is more complex.”

Consideration of dignity and respect features highly on the catering team’s approach to creating appetising dishes. Around 95% of Dormy residents with swallowing difficulties sat in the dining room. It is important to them that their meals don’t look too different, and the chefs take care to ensure that residents understand they are eating regular food, just in a different form.

Restaurant standard puréed food has been on the menu for 15-18 months, and the results have had undeniable impact. Residents and care team members are very happy with the transformed meals and subsequent mood lift they engender. Evidence obtained over the last eight months shows residents gaining weight. “It’s been very positive,” declares Steve.

“We have nutritional meetings weekly, we are getting compliments and people’s plates are coming back empty or half empty, so there’s less waste, too.”

So how do they do it?

“We set aside sufficient portions of the same food that we prepare for everyone else,” explains Steve. “Next we add agar-agar powder and blitz the various elements of each meal in a Thermomix for about 10 minutes. Agar-agar is obtained from algae - you can reheat it to 85°C and it just melts in the mouth.”

The art is in the presentation and flavour. I have been dealing with that style of food, presentation-wise, all of my life, it’s just the consistency that’s different. We use moulds obtained from Chef Express and others that I sourced from Chef Express and others that I sourced and bought myself. The whole team has worked hard together on the meals and it’s actually less time consuming to do this than other puréeing methods. The vegetable lasagne is a favourite – it looks like a gateau with its colourful layers.”

Left to right: Pork belly with pear jelly, black pudding, green beans and roasted carrot with honey; roasted cod with spinach and basil herb crust, pea and lemon mint purée, butternut and orange purée, and mashed potato; vegetable lasagne with garlic bread; fish pie with chequerboard of two vegetables.

Soaking solution

Thick and Easy soaking solution has enabled residents with dysphagia at Latham Lodge to enjoy foods such as biscuits and sandwiches. The powder is mixed with stock or water, then poured over solid food items. The food retains its original shape and look, but transforms into a soft consistency for eating with a spoon.

Training focus

Chef from Abbeywood, Kippington and Goostrey spent a day learning Dormy’s puréed food techniques in November. In addition, the November Chef Development Day in Covent Garden was dedicated to puréed food preparation, introducing the Thermomix. Hospitality team members from Oak Manor, Hutercombe, Denham Manor, Cranmer Court, Laverstoke and Castle View attended the informative session.

“Working in a care home kitchen was something completely different for me and I thought, ‘maybe I can make a difference.’”

Steve Harding
Up, up and away
Carolyn Rutherford conquered her fear of heights to realise a long-held ambition to ‘go up on the sky’, thanks to carers at Marchglen and the charity Walking on Air. The 40 year old resident took a ride in a glider ‘to make her mum proud’. Despite her nerves on the day, Carolyn had a wonderful experience, taking off from the Scottish Gliding Centre. Of the unforgettable trip, she said: “It was brilliant, but I’m never doing that again!”

Chelsea comes to Bexhill
Dressed in their traditional uniform of scarlet long coats and caps, a group of Chelsea Pensioners visited Southlands Place in September. The gentlemen thoroughly enjoyed a seaside lunch of Fish and chips, accompanied by musical entertainment from a local singer, plus a stroll along the prom with an ice cream. They chatted to residents, colleagues and members of the public as well as the Mayor of Bexhill, Cllr Simon Elbord, sharing their life stories of times in the armed forces. The power of song
Springwood Song Birds is a monthly gathering for reminiscent song and friendship at Hefle Court. The musical group includes volunteers Lynne Fraser, Katey Ann Fraser and Fiona Goodwin, plus residents Barbara Fisher, Anne Douglas and Maxine McGhee. The volunteer members all have a close connection with the Heathfield home and residents are encouraged to join in with the singing and chatter.

Pumpkin spectacle
A Hallowe’en art class at Tall Trees in Chipping Norton saw residents drawing and decorating pumpkins and other spooky shapes. The pumpkins were given ghoulish faces, and silhouettes and models of black cats, ghosts and spiders were created. Wearing witches’ hats added to the fun. At head office, Vicky Brown in Property Services won our best carved or decorated pumpkin challenge with her spiky-toothed entry.

Austrian tradition
Sanford House in Dereham resonated to The Sound of Music on October 26th, as they celebrated Austrian National Day. Part of the home’s Wish List programme, the all-day party brought to life the desire of three residents to visit the country. Instead of travelling there, Austria was brought to the doorstep. As well as watching the favourite musical, residents were treated to the care team dressing up in traditional national clothing, plus a meal of goulash and apple strudel. Austrian flags were also displayed to mark the occasion.

Honouring the fallen
A special ‘poppy’ was planted in Flanders fields on Armistice Day this year on behalf of everyone at Denham Manor, near Aylesbury, in return for a donation. The handwritten message on the reverse of the card, held out by Agnes Mercer, reads ‘We live you died, you fought we cried, sunrise to sunset, Denham will never forget.’

A day on the river
When residents at Mellish House requested a boat trip at their monthly meeting, Activities Co-ordinators Glenda and Theresa immediately set sail to make their wish come true. A cruise down the river Stour taking in the sights and wildlife along the way was organised for September. The envigoration afternoon was followed by refreshments in the café along the river. Pictured are relative Jill Watson and Brenda Bourne, resident, enjoying the fresh air.

Activities around the regions
Exciting and inspiring events and outings for residents, organised by our tireless Activities Co-ordinators

Boomwhack–a–doo
Have you heard of Boomwhackers? No, we hadn’t either, but Mill House residents are keen fans since trying out the light, tuned percussion tubes. Each colour has a different length and pitch, and when struck on the palm or other surface they produce a pleasing mellow tone. The room was buzzing with excitement before, during and after the activity, run by Izzy one of the Chipping Campden home’s regular entertainers. Designed as a slow or fast moving session, Boomwhackers enabled everyone to be involved and raised smiles as well as heart rates.

Brighton rocks
Residents, relatives and colleagues from Sundridge Court in Bromley enjoyed a great day out at Brighton seafront in August, making the most of the good summer weather and some upbeat photo opportunities! The trip, which included the traditional fish and chip meal, was made possible by lots of volunteer helpers and a very accommodating minibus driver.

These colourful shapes were made by crafty residents at Sundridge Court from tissue paper and black card, with the assistance of Creative Minds. They have been brightening up the conservatory for many weeks.

Feathered and furry friends
Miller’s Ark Animals brought the sights, sounds and experiences of the farmyard to Galsworthy House in August. A host of animals visited, from sheep, lambs, goats, pigeons, miniature donkeys and ponies to rare breed poultry, duck, geese, hens and chicks plus a giant rabbit. The mobile farm was set up in the garden and animals were also brought inside for residents in chairs or in bed.

A special ‘poppy’ was planted in Flanders fields on Armistice Day this year on behalf of everyone at Denham Manor, near Aylesbury, in return for a donation. The handwritten message on the reverse of the card, held out by Agnes Mercer, reads ‘We live you died, you fought we cried, sunrise to sunset, Denham will never forget.’
This year, we’ve been entering lots of awards, locally and nationally, showcasing the work of homes, colleagues and the company. Since August, we’ve been successful in the following:

WINNERS
Princess Royal Training Award
Living in My World
Wiltshire Care Partnership Extra Mile Award
Kelly Bartlett at Laverstock
West Sussex Partners in Care 2016 Accolades
Car Home Worker Award: Doreen Knight at Walstead Place
National Care Awards
Carer of the Year, Doreen Knight at Walstead Place
Richmond Council Dignity in Care Awards, Carer of the Year (Older People’s Care)
Tina Ravinhill at Deer Park View

FINALISTS
National Care Awards
Care Team, Brooklyn House; Care Housekeeper, Jacqui Law at Deer Park View; Dignity and Respect Care Home of the Year, Mount Pleasant; Care Home Group, joint entry with Consensus
National Dementia Awards
Best Dementia Team, Beacon View; Support Service, Hawkhill House
Care Newcomer
Diane Buchanan, Forth Bay
Meaningful Activities
Court units
Specialist Adult Care
Kellymarie Jack, Beechwood Park
Management/Leadership
Lorraine Ashbridge, Marchglen
Nutrition/Eating Well
Rosanne McKinsley, Beechwood Park
Best Activities Co-ordinator
Doreen Knight at Walstead. She then scooped Carer of the Year in the prestigious National Care Awards. (see front cover picture of Doreen with awards compere Keith Duffy)

Doreen was promoted to her current role 12 years ago and is a great mentor to new team members. She combines care with activities, working alongside team members developing an engaging programme. It would not be unusual to find Doreen dressing up as Father Christmas or Bud Flanagan in her wonderful attempt to bring joy and laughter to residents. She has also developed a passion for dementia care and has been instrumental in developing these activities at Walstead.

Doreen says: “I’m still taking it in, but it feels very special. I’m lucky to work with a wonderful team at Walstead and I enjoy what I do. It is lovely to be recognised for my work.”

Scottish buzz
During May and June colleagues, residents and relatives completed Caring Homes Scottish Recognition Awards nomination forms for team members. The awards celebrate excellence in Scotland across all job roles and there were dozens of entries for the eight categories.

After interviews, shortlisted nominees attended a fabulous awards event in August at Marchglen, together with long service colleagues. Regional Manager, Jackie Morrison, said: “It was a fantastic event and there was a real buzz of excitement and expectation. Congratulations to all the winners.”

Nurse of the Year
Angela Baird, Fort Bay; runner up Leanne Reed, Marchglen
Care & Support
Linda Ritchie, Strathtay; runner up Katrina O'Donnell, Scoonie House
Nutrition/Eating Well
Lorraine Ashbridge, Marchglen
Management/Leadership
Kathyrnne Jack, Beechwood Park
Specialist Adult Care
Aberfoyle Unit, Marchglen; runner up Hillview Court units
Meaningful Activities
Rosanne McKinsley, Beechwood Park; runner up Diane Buchanan, Fort Bay
Care Newcomer
Diane McCullay, Fort Bay and Kasia Domaniska, Hawkhill House
Support Service
Brian Hutchinson, Hawkhill Court; runner up Julie Thompson, Scoonie House

Caring Home Worker Award: Doreen Knight at Walstead Place

Having worked at the home for 29 years, Doreen won Care Home Worker Award for West Sussex Partners in Care 2016 in October. She then scooped Carer of the Year in the prestigious National Care Awards. (see front cover picture of Doreen with awards compere Keith Duffy)

Doreen was promoted to her current role 12 years ago and is a great mentor to new team members. She combines care with activities, working alongside team members developing an engaging programme. It would not be unusual to find Doreen dressing up as Father Christmas or Bud Flanagan in her wonderful attempt to bring joy and laughter to residents. She has also developed a passion for dementia care and has been instrumental in developing these activities at Walstead.

Doreen says: “I’m still taking it in, but it feels very special. I’m lucky to work with a wonderful team at Walstead and I enjoy what I do. It is lovely to be recognised for my work.”

Senior Care Assistant Doreen Knight has had a bumper year to her career at Walstead Place.

Congratulations to everyone involved!
advancing medicine

Two homes have recently been helping with medical research projects on dementia and antibiotic resistance, involving both residents and colleagues.

The MARQUE stream 2 study conducted by University College London, is taking part in 97 care homes across England, exploring agitation and the quality of life of people living with dementia. At Deer Park View it involved researchers observing and talking individually to relatives, colleagues and 30 residents.

Researchers also noted how interactions took place, and any symptoms of agitation experienced by residents. Colleagues could complete a set of questionnaires looking at the ways they cope with caring stresses. The results will be used to test the theory that agitation is an important factor in determining residents’ quality of life and that the way staff cope with it about the impact that agitation has on quality of life.

Isabella Mackenzie, Home Manager, said: “We were delighted to participate in the study. It is an opportunity to increase our understanding of agitation and its impact on quality of life. It is an area that has not been highlighted before.”

To care for up to 1,000 residents, 1000 relatives and 1600 care team members are participating and findings will be used to develop an intervention programme.

At a meeting of the Portsmouth Nursing Home Managers Support Group, Sylvia Morse-Carter from Latham Lodge heard a research nurse from NHS Solent ask for volunteer homes to participate in a project on antibiotic resistance.

A joint venture between NHS Solent and the University of Southampton, the research is looking at what bacteria people are carrying among others. It is hoped that this knowledge will determine new treatment and prevention.

Three swabs were taken from each volunteer – from the back of the nose, front of the nose and back of the throat. Researchers visited in October to take swabs from 18 residents and returned in November to complete the tests on five colleagues. Latham will receive a certificate of participation to display in reception.

Sylvia said: “Our residents were very supportive and all very positive about their involvement. It was very quick and totally painless even though the nose one was very tickly and made your eyes water. I know as I had mine done!”

This year we have celebrated the opening of four new homes – Southlands Place, Home of Compassion, Wytham House and Belmont House.

The painstaking planning and building of these has resulted in wonderful places in which to live and work. We have also taken on the running of Whittington House in Chiltenham, another superb home. Welcome to the business, everyone who has joined us.

Operationally, we now have three Regional Operations Directors, ten Regional Managers and ten Franchise Managers to help support the management of caring homes, making it structurally very strong for the years ahead.

A special mention goes to Marchglen for their outstanding work incontinence. Their Centred Care approach has resulted in wonderful places in which to live and work. We have also taken the management of Caring Homes, making it structurally very strong for the years ahead.

A joint venture between NHS Solent and the University of Southampton, the research is looking at what bacteria people are carrying among others. It is hoped that this knowledge will determine new treatment and prevention.

At a meeting of the Portsmouth Nursing Home Managers Support Group, Sylvia Morse-Carter from Latham Lodge heard a research nurse from NHS Solent ask for volunteer homes to participate in a project on antibiotic resistance.

A joint venture between NHS Solent and the University of Southampton, the research is looking at what bacteria people are carrying among others. It is hoped that this knowledge will determine new treatment and prevention.

This year we have celebrated the opening of four new homes – Southlands Place, Home of Compassion, Wytham House and Belmont House.

The painstaking planning and building of these has resulted in wonderful places in which to live and work. We have also taken on the running of Whittington House in Chiltenham, another superb home. Welcome to the business, everyone who has joined us.

Operationally, we now have three Regional Operations Directors, ten Regional Managers and ten Franchise Managers to help support the management of caring homes, making it structurally very strong for the years ahead.

A special mention goes to Marchglen for their outstanding work incontinence. Their Centred Care approach has resulted in wonderful places in which to live and work. We have also taken the management of Caring Homes, making it structurally very strong for the years ahead.

A joint venture between NHS Solent and the University of Southampton, the research is looking at what bacteria people are carrying among others. It is hoped that this knowledge will determine new treatment and prevention.

At a meeting of the Portsmouth Nursing Home Managers Support Group, Sylvia Morse-Carter from Latham Lodge heard a research nurse from NHS Solent ask for volunteer homes to participate in a project on antibiotic resistance.

A joint venture between NHS Solent and the University of Southampton, the research is looking at what bacteria people are carrying among others. It is hoped that this knowledge will determine new treatment and prevention.

This year we have celebrated the opening of four new homes – Southlands Place, Home of Compassion, Wytham House and Belmont House.

The painstaking planning and building of these has resulted in wonderful places in which to live and work. We have also taken on the running of Whittington House in Chiltenham, another superb home. Welcome to the business, everyone who has joined us.

Operationally, we now have three Regional Operations Directors, ten Regional Managers and ten Franchise Managers to help support the management of caring homes, making it structurally very strong for the years ahead.

A special mention goes to Marchglen for their outstanding work incontinence. Their Centred Care approach has resulted in wonderful places in which to live and work. We have also taken the management of Caring Homes, making it structurally very strong for the years ahead.

A joint venture between NHS Solent and the University of Southampton, the research is looking at what bacteria people are carrying among others. It is hoped that this knowledge will determine new treatment and prevention.

At a meeting of the Portsmouth Nursing Home Managers Support Group, Sylvia Morse-Carter from Latham Lodge heard a research nurse from NHS Solent ask for volunteer homes to participate in a project on antibiotic resistance.

A joint venture between NHS Solent and the University of Southampton, the research is looking at what bacteria people are carrying among others. It is hoped that this knowledge will determine new treatment and prevention.
A spiritual journey

Learning of Eileen’s very strong faith and life history, Home Manager Scarlett Macdonald invited her to join the Diocese of Arundel and Brighton annual pilgrimage. The diocese’s 2016 group numbered almost 900 people, including able and assisted pilgrims, volunteer helpers, nurses, doctors and chaplains, travelling by coach and plane.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

Learning of Eileen’s very strong faith and life history, Home Manager Scarlett Macdonald invited her to join the Diocese of Arundel and Brighton annual pilgrimage. The diocese’s 2016 group numbered almost 900 people, including able and assisted pilgrims, volunteer helpers, nurses, doctors and chaplains, travelling by coach and plane.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

The week-long spiritual journey to the world-famous shrine of healing had enormous significance for Eileen as not only was she in poor health, she previously visited Lourdes in 1970s as a Carmelite nun.

A highlight of 2016 for Eileen Stabler-Smith was her pilgrimage, at the age of 84, to Lourdes. Eileen moved to Rectory House in March from another local home which was closing.
Meet our centenarians!

We’ve celebrated a number of milestone birthdays at Caring Homes care homes in the past few months.

In August, Peggy Hanney reached the grand age of 100. Peggy, who is Huddersfield’s oldest resident, likes to take advantage of any fine weather and is photographed reading in the lovely garden (right).

Jane Ingram received a special delivery from The Queen on her 100th birthday, also in August. Her special day started with a manicure, followed by a champagne lunch with her granddaughter, plus a cake, cards and flowers from all at Coppice Lea (below left).

The Deputy Lieutenant of Fife and a local councillor attended Peggy Dixon’s centenary birthday celebrations at Scoonie House in October, together with friends and all at the Lower home (below right).

Congratulations to everyone who has had a significant birthday recently whether or not the age includes a zero. Many happy returns.

“Achievements”

Through the Caring Homes 100 Club, we have received a number of accolades from our residents. These are a testament to the care and dedication we provide to each and every one of our residents.

In May, Margaret G, relative of resident at Mill House, wrote: “I was apprehensive about coming here in June not knowing anyone who knew of Huntercombe Hall Care Home. However, on arriving in a great deal of pain I found the care I received quite remarkable. The staff are so caring, nothing is too much trouble. They have a spirit of friendship and cheerfulness I have never found before. I was so struck by the kind and gentle way the people with dementia were treated.”

Jean S, Resident

“My family were looking for a home who could offer my mother day care as she has advanced Alzheimer’s. First impressions of The Orchard were excellent. Friends had already reassured us that the home was good… my family and I found we have really noticed an improvement with my Mother. She is happy to attend and is extremely well cared for by the warm-hearted staff.”

Andrew L, Son of Resident

In August, Veronica and Mike Wigman celebrated their 27th wedding anniversary at Oak Manor. Veronica has lived at the home since April 2015. Veronica and Mike Wigman celebrated their 27th wedding anniversary at

Wedding smiles

Veronica and Mike Wigman celebrated their 27th wedding anniversary at Coshill Manor in September. Veronica has lived at the home since April 2015 and Mike visits every day. Champagne flowed for the happy couple, who also received a beautiful bouquet of flowers and heart-shaped confetti sprinkled on their table.

Veronica and Mike Wigman celebrated their 27th wedding anniversary at

Fundraising

World’s Biggest Coffee Morning

Many homes held coffee mornings in aid of Macmillan Cancer Support in September, inviting relatives, community members, residents and staff.

Thank you to everyone who helped out with these, whether organising, baking, selling or attending. Altogether, including the events held at Head Office, the total raised was well in excess of £3,000. As you know, Macmillan is Caring Homes’ chosen charity of the year and we are delighted to be able to help this deserving cause.

Tall Trees raised £47.29, while key Court’s coffee morning held in the bistros raised £129.16. Both homes held a ‘Spot the Cake’ (guess how many spots) competition. At Mill House (bottom right), a beautifully decorated lounge was the venue for the fundraiser, with entertainment from local entertainer Roland. At Whittington House, the morning’s events collected £116.

Competition was in the air at The Pines (centre), with prizes for Best Baker and Spot the Cake. They raised £136.52 with their selection of cakes which included foreign specialities from other countries baked by team members from overseas.

Cranmer Court (top and bottom centre) involved residents in making decorations in the week leading up to their event. The day itself included a raffle and Bring and Buy sale, with their total coming to £323.

Cranmer Court (top and bottom centre) involved residents in making decorations in the week leading up to their event. The day itself included a raffle and Bring and Buy sale, with their total coming to £323.

Singing for Marie Curie

The Pastimers, regular visitors to The Magna Care Centre in Wimborne, entertained residents, relatives and staff at a cream tea afternoon in July. The local singing duo are well known for singing to raise money for charity and a cheque for cash raised at the event was presented to them in August, made out Marie Curie.

Pretty Muddy

Cancer Research Race for Life events have taken a dirty turn with Pretty Muddy obstacle courses countrywide. Always a good sport, Michelle MacKay took part in a 5k event in Morden Park, South London in September and has allowed us to use this photo! Together with her daughter and two other team members, she raised £222.33. Business Development Executive Michelle has been working at Belmont House, The Orchard and Wytham House in recent months.
By way of a change in this issue, we’ve sourced a variety of brain teasers for you to solve. Many thanks to Puzzlechoice.com for these puzzles. Solutions on page 11. Good luck!

Word Ladder
A word ladder is a sequence of words formed by changing just one letter each time e.g. CAT - COT - DOT - DOG.

Can you find the missing words? Use the clues if you get stuck.

Hub Words
How many words can you make from the letters in the wheel? Each word must contain the hub letter R. Can you find a 9-letter word and at least 15 other words of five letters or more avoiding proper nouns?

Numerator
Each oval contains a different number 1-11. Follow the clues to find the correct location of each number in the Numerator diagram.

Note: ‘Left’ or ‘Right’ is from your point of view and means any location along the same horizontal line. ‘Above’ or ‘Below’ means any location along the same vertical line.

Clues:
Number 1 is below 3 and left of 9
Number 6 is below 10 and right of 7
Number 2 is below 8 and left of 11
Number 7 is above 4 and right of 5
Number 11 is right of 3

Winner of the summer issue caption competition is Marie Allen from Gildawood with “Does my tongue look big in this?” Her prize is a £25 Marks & Spencer voucher.

Get in touch
If there is something you would like to see in Caring Voices, or you would like to contribute an idea or story, please contact us by email voices@caringhomes.org or telephone on 01206 832531.

STORIES WIN PRIZES
Do you have a news story or best practice case study to contribute to Caring Voices?

We are offering a £50 prize of Marks & Spencer vouchers for the best story received, as judged by the Sales & Marketing Director, Mark Sherriff.

AND FINALLY
Our next edition of Caring Voices is published in April.

We hope to include pictures of your Easter preparations, so don’t forget to send them to voices@caringhomes.org.

Caring Homes Group, Bradbury House, 830 The Crescent, Colchester Essex CO4 9YQ