



Abbeyfield  
Making time for older people

# Resident Newsletter

December 2018



## A message from **Philip**

Welcome to the latest edition of your residents newsletter.

With evenings getting shorter and mornings colder, I needn't tell you that Christmas is just around the corner, and I couldn't believe that the floodgates of Christmas adverts on TV opened during the first week of November! We are already looking forward and planning Christmas in many different ways, from Christmas events to holiday cover; from resident's gifts to lunches for staff. There are a thousand and one things to think about and consider, and that's even before we think about writing our own cards and buy presents for our loved ones.

Our activities coordinators will be busier than ever this Christmas with a vast array of festive events to get involved with (which you can read all about later in the newsletter). Abbeyfield The Dales will again be doing our bit to tackle loneliness amongst older people during this festive period with the national Abbeyfield campaign 'Companionship at Christmas'. As with previous years we will invite older people from the community who will be alone this Christmas into our properties for a home cooked meal and to celebrate Christmas together with our residents.

I wish you all a very Merry Christmas and Happy New Year

**Philip Birkinshaw**  
Chief Executive Officer

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If you have any suggestions as to what you would like to see in future editions of the newsletters please contact Abi Andrew-Fletcher on 01943 886168 or email [a.andrew-fletcher@abbeyfieldthedaes.co.uk](mailto:a.andrew-fletcher@abbeyfieldthedaes.co.uk)

# Poetry Corner

Cricket brings the sound of willow against the leather,  
Its wonderful to watch in sunny weather;  
Cheering and clapping excitedly  
Then all play stops for afternoon tea.

We have the World Cup every four years  
But for England it usually ends in tears!  
So we choose to watch Tennis instead,  
On champagne, strawberries and cream, we're fed.

For the Royal Ascot, we can wear a posh hat  
And shout for our horse from wherever we're sat.

Golf and cycling take place  
We remember sports days and the egg and spoon race.

Sport unites us and brings out a crowd,  
It makes us all happy and makes us feel proud.

Written by the Grove House Writing Group - June 2018



# Jill Ramsden

Volunteer - Fern House



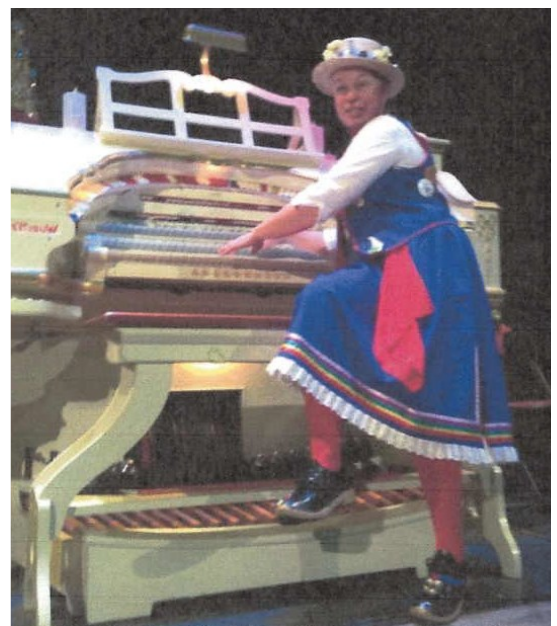
**In this section we usually introduce new staff members joining the Abbeyfield The Dales team but in this and future editions will also be getting to know our volunteers.**

Jill Ramsden, born in Brighouse in 1964. Her passions include animals and music. 'My childhood dream was to be a teacher— I've never had much of an imagination' she tells us. Although her dream came true in 1986 after completing a degree in classical music and a PGCE (at the same Exmouth college as Rowan). She taught in Bradford's Middle Schools, then moved to secondary in 2000. She made the decision in 2014 to leave school teaching and set up as a Piano teacher and dog sitter.

Jill's partner Lee introduced her to folk music and Morris dancing and they love going to local concerts and dance events together. Through this they made many friends, and even base their holidays around it!

Jill explains 'playing the piano for the Fern House residents has become a part of my daily life; it's quite difficult to prepare a weekly programme, and the challenge has reinvigorated my love of the piano, and all those old pieces I learnt, as well as the ones I never did until now.'

Jill loves Fern House and the Abbeyfield vision. Although it's only a year old, she counts the people she has met as true friends. She loves listening to residents' stories; they're funny, fascinating, inspiring and sometimes sad all at the same time, The staff and volunteers are all warm, caring people. 'I plan to surreptitiously spend more time there until no-one realises that I've actually moved in' .





# “Home”

Marion Brushett was one of the first residents of Abbeyfield The Dales, Fern House, moving in shortly after it opened in June 2017. She is 96 years young, born in Bingley and spent most of her life living in Bradford before moving back to her roots.

She enjoys the Monday Literature Afternoon and enjoys writing poems about significant things that happen in life, most memorably about the sad departure of her husband.

When chatting to a new resident, Marion realised that, when you leave your family home to come to live in Abbeyfield, you feel different to everybody else. However the people that move here have gone through the same experience when they first arrived. The main thing is that after the settling in period, everybody is in the same boat and that it is important to join in with the rest of the Abbeyfield family. She said that not everything at Fern House is perfect for everybody.....but it's not far off. Marion put her view of the feelings of new residents into words and decided to write a poem, “Home”.



## Home

They've all gone  
My children now grown  
Have left me alone  
Alone in my new home.

These are my rooms  
To fill with ways new  
To find out what to do  
Among strangers who

Seem kind, I must get my mind  
Adjusted to communal ways

What time to eat ?  
Where is my seat ?  
Which is my floor ?  
Where is my door ?

Oh the lift !!!!

But it won't be long, they say,  
When I'm at home  
And fill the day  
With things to do

And people who  
Become my friends  
But don't intrude  
And think it rude

To ask too much  
We now accept  
THIS IS OUR HOME.



# the gold standards framework<sup>®</sup>

The National Gold Standards Framework (GSF) Centre in End of Life Care is the national training and coordinating centre for all GSF programmes, enabling generalist frontline staff to provide a gold standard of care for people nearing the end of life. GSF improves the quality, coordination and organisation of care leading to better patient outcomes in line with their needs and preferences and greater cost efficiency through reducing hospitalisation. The GSF Centre CIC is a not-for-profit Social Enterprise Community Interest Company.

## **The GSF Mission Statement:**

**Our aspiration is to deliver training and support that brings about individual and organisational transformation, enabling a 'gold standard' of care for all people nearing the end of life.**

### **What is GSF?**

Gold Standards Framework (GSF) is a way of working which helps carers, nurses and doctors give better care to you and your family as you approach the last years of your life.

It enables people to receive a 'gold standard' of care and to help them live well until they die.

### **How will YOU benefit?**

The services you use will be better co-ordinated. Doctors, nurses and your carers will meet regularly to discuss your care.

Your needs and wishes will have greater priority and your care will be planned with you and your family.

You are more likely to get the kind of care you want in the place that you want.

### **What about my family and carers?**

The Gold Standards Framework is designed to support you, your family, friends and carers.

We can discuss their needs and concerns.

**We will only talk to them about YOU with your permission.**

### What About What I Want?

If you wish, you can tell us how you want to be cared for now and in the future.

This information will be used to help plan the best care and services for you as time passes.

This is called Advance Care Planning (ACP).

It will also help to include your family when making and recording these plans.

Your keyworkers will organise an Advance Care Plan meeting and will invite those you wish to help you discuss the issues.

### What Sort of Information will be Shared?

The information will tell us about:  
Where you want to be cared for.

Decisions you have made about your care, including resuscitation.

Where you would like to spend your final days.

Who you wish to speak for you if you are unable to make decisions in the future.

This information will only be shared with the healthcare professionals involved in your care and only with your permission.

## What others have to say about GSF

*“Over the past 10 years, the work of the National Gold Standards Framework Centre has helped to raise standards of care for many thousands of people in the final stages of their life, which we know is so important. Schemes like the Gold Standards Framework show that the delivery of high quality and compassionate care is achievable.”*

Andrea Sutcliffe, Chief Inspector of Adult Social Care, CQC

*“GSF means that we are able to put all the appropriate care in place to meet the needs and wishes of our residents in their last years, months and days of life. It allows staff on the unit, nurses, doctors and out of hours staff to work together to achieve this.”*

Ellie Judd Carer, The Residential Unit - Abbeyfield The Dales Ilkley

*“The service supported people at the end of their life as they wished to remain at the service. Care Plans identified people’s wishes for their end of life care and whether they wished to be admitted to hospital or remain at the home. The service is in the process of working towards accreditation to the Gold Standards Framework (GSF). This framework is a practical, evidence based approach to providing the best care for people as they approach the end of their life. Accredited services must be able to demonstrate they have effective systems in place to ensure good end of life care.”*

Abbeyfield Residential Unit CQC Inspection Report February 2018.





## Abbeyfield The Dales

Beautiful

Balcony

Competition

2018 WINNERS!



### Best Balcony - Anne Gill (Fern House)

Runner Up—Doreen Storey (Grove House)

### Best Planted Tub - Sheila Proctor (Woodlands)

Runner Up—Christine Bullen (Fern House)

### Best Hanging Basket- Betty Thornton (Grove House)

Runner Up—Jane Downs (Woodlands)

### Best Creative Approach- Vera Lake (Grove House)

Runner Up — Francis Wood ( Grove House)

**THANK YOU TO ALL WHO ENTERED**  
**Roll on next years competition!**

# What's On...

We've got lots of activities you can join during December all over Abbeyfield The Dales Ltd.

## Saturday 1st December

Grove House 14.00pm

Barnoldswick 14.00pm

Christmas Fayre

Christmas Fayre

## Sunday 2nd December

Ing Royde 14.00pm

Woodlands 8.00am

Gladding's School Choir

Christmas Market

## Tuesday 4th December

The Beeches 18.30pm

Skipton Building Society—Bingo

## Wednesday 5th December

Grove House 14.00pm

The Beeches 18.30pm

Bingley 16.00pm

Ilkley Choral Society Carol Singing

Cromwell Cubs Singing

Beckfoot School Christmas Party

## Thursday 6th December

Fern House 10.00am

Craft Club Christmas cards

## Friday 7th December

Grove House 10.30am

Fern House 14.30pm

Grove House 11.00am

Woodlands 14.30pm

The Beeches 14.00pm

Christmas Creative Writing

Many Hands Christmas Crackers

Alzheimer Elf Coffee Morning

Alzheimer Elf Coffee Afternoon

Christmas Crafts

## Saturday 8th December

Woodlands 16.30pm

Woodlands Christmas Party

## Sunday 9th December

Settle

Pre-Christmas Lunch

## **Festive activities continued...**

### **Monday 10th December**

Woodlands	15.30pm	Skipton Building Society Bingo
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### **Tuesday 11th December**

Barnoldswick		Pre-Christmas Lunch
Fern House	12.00pm	Resident Christmas Party
Grove House	13.45pm	Christmas with vocalist Colin
The Beeches	14.00pm	Guisley Brass Band

### **Wednesday 12th December**

Grove House	14.00pm	Christmas with Stevie Fields
The Beeches	14.30pm	Christmas Carols with Mary
Woodlands	15.00pm	Skipton Building Society Christmas Party
Grove House	18.00pm	Brownies Carol Singers

### **Thursday 13th December**

Grove House	TBC	Resident Christmas Party
The Beeches	13.30pm	Christmas Flower Arranging
Grove House	14.15pm	Christmas sing-a-long
Woodlands	14.30pm	Woolpack Band
Ing Royde	18.30pm	Warley Street Choir
Grove House	18.45pm	Joze School of Dance

### **Friday 14th December**

Fern House	All Day	Christmas Jumper Day
Fern House	12.00pm	Resident Christmas Party
Fern House	13.30pm	Eldwick Scholl Christmas Choir
Grove House	14.15pm	Christmas sing-a-long with Leanne



## Even more activities to enjoy...

### Sunday 16th December

Barnoldswick	16.00pm	Christmas Party
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### Monday 17th December

Fern House	13.30pm	Christmas Carols
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The Beeches	14.00pm	Christmas Bingo
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### Tuesday 18th December

Fern House	13.30pm	Christmas Carols
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The Beeches	14.00pm	Menston Primary School Singing
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Fern House	14.30pm	Many Hands Jewellery Workshop
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Ing Royde	15.00pm	Christmas Party
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The Beeches	18.30pm	Ladies Movie Evening
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### Wednesday 19th December

The Beeches	TBC	Christmas Party with entertainer Andy Wiseman
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Fern House	13.30pm	Christmas Carols
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### Thursday 20th December

Woodlands	14.00pm	Woolpackers
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Fern House	10.00am	Craft Club Christmas Table Mats
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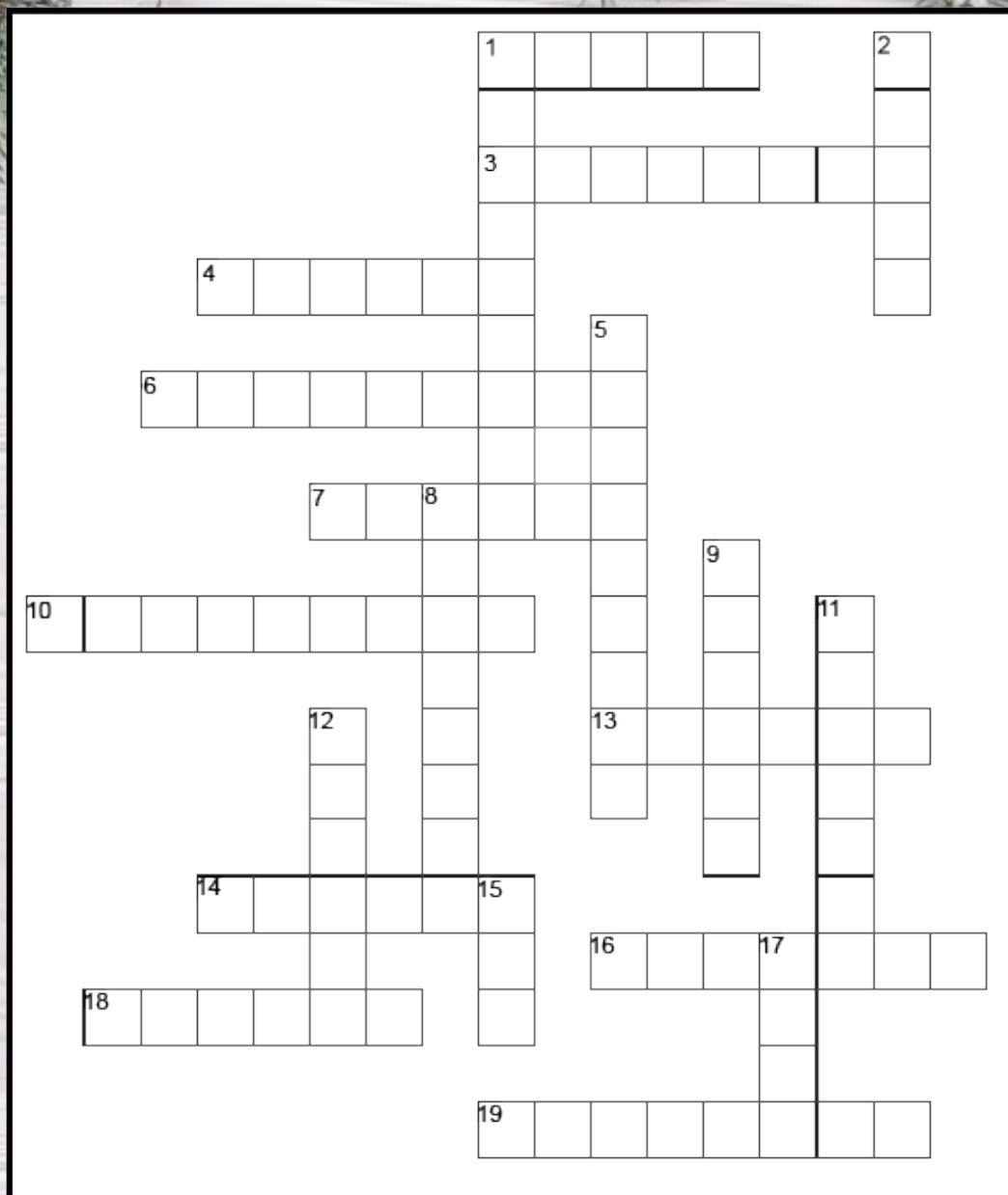
Fern House	13.30pm	Christmas Carols
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### Friday 21st December

Fern House	13.30pm	Christmas Carols
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### Monday 31st December

Grove House	18.00pm	Abbeyfield Arms Quiz of The Year
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### Across

1. Christmas hymn
3. The original Santa Claus
4. A bird traditionally eaten on Christmas dinner
6. A crystal of snow
7. Father of Jesus
10. An evergreen plant producing white berries
13. A traditional Christmas drink
14. Vehicle used by Santa Claus
16. Santa enters the house through this
18. Circular Christmas decoration for the front door
19. Another name for Christmastime

### Down

1. A hard candy in the shape of a rod
2. December 25 is his birthday
5. The birthplace of Jesus
8. A sock filled with goodies on Christmas day
9. The sound bells make
11. A human figure made from packed snow
12. The four weeks leading up to Christmas
15. A mischievous fairy
17. The three wise men belonged to this tribe

## Rose Garden

Three years ago Abbeyfield held a “Beautiful Balconies” competition to encourage people to take pride in their homes and, at the same time, get out into the fresh air. Residents at Woodlands took up the challenge and were successful in winning several prizes for their hard work. They decided that they wanted to carry on working outdoors and were looking for another challenge. As good luck and



perfect timing would have it, Abbeyfield was running a ‘Residents As Volunteers’ project, Woodlands was nominated to take part. Their application was successful and residents Jane Downs, Wynne Shaw and Hugh Walker started the Gardening Club. Their ambition was to create a rose garden that everybody associated with Woodlands could enjoy.

Jane and Wynne contacted David Austin Roses for their advice, and together, using their free design service, varieties of roses specifically for their blooms, aromas and colours were chosen. Hugh offered to take charge of securing donations from Skipton Rotary Club and the Duke of Devonshire. These monies, together with the funds available from the ‘Residents As Volunteers’ fund, were essential for the project to continue.

Through our contact volunteer, Kate Oliver at Skipton Building Society, a team of volunteers spent a day preparing the ground and then returned to do the planting; together with Volunteer Students from Ermysteds Grammar & Skipton Girls High schools they marked out where each rose bush was to be planted. All of the work was done under the skilful eyes and supervision of Jane, Wynne and Hugh. Everything was in hand and all that was left was to plan an official opening ceremony. To mark such a special occasion. Hugh invited the Duke of Devonshire and he duly accepted.

The recent dry weather has proved challenging for Jane and Wynne and other volunteers with daily watering, sometimes they would be enjoying a chat and glass of wine whilst watering the garden until 10 o’clock in the evening.

On Thursday 9<sup>th</sup> August all of Woodlands residents were dressed in their finest (sadly Hugh passed away a few months before the opening but was certainly there in spirit), together with the senior management team of Abbeyfield The Dales, representatives of Skipton Building Society and Skipton Rotary Club, welcomed the Duke of Devonshire to a Mad Hatters themed tea-party where staff dressed up appropriately and His Grace officially opened the rose garden. The occasion was a celebration of the efforts of all concerned, particularly the resident volunteers Jane, Wynne and Hugh. The garden will live on forever and will be enjoyed by the current and future members of the Abbeyfield family.



# Abbeyfield's Youngest Volunteer

## Volunteers

Abbeyfield Grove House recently recruited their youngest ever volunteer, 8 year old Ruby Taylor. Ruby lives in Otley and attends St Joseph's school. She is half American (on her mother's side) and likes to visit her grandmother, so much so that she really loves the company of older people and wanted to meet more of them.

With the help of her mother she approached Grove House to enquire about volunteering, meeting Ruby for the first time she was so enthusiastic and eager to meet the residents. She was a little disappointed when you couldn't introduce herself to all our lovely residents right away. A meeting with John Durkin was arranged promptly to interview Ruby, accompanied by her parents, and she passed with flying colours.

Because of her age Ruby needs to be supervised by a responsible adult at all times so she was entrusted to the care of Mave Greenwood. Mave is a resident volunteer and is happy to look after Ruby while she is at Abbeyfield The Dales.

During the school holidays Ruby would love to come as often as possible to share memories about her trips to America and also stories that she has written in her English lessons at school. She is also keen to help at the coffee bar and chatting to residents in general.



# Has Got Talent

Abbeyfield The Dales provides activities, events and entertainment for residents from many sources and we are always on the lookout for new ones. Jill Ramsden, a volunteer at Fern House, came up with the original idea of a talent show where residents would entertain each other. Jill explained:

*"The inspiration for this event came from a Fern House resident - a lady whose speech and movement has been almost completely lost following two strokes. Although it's a challenge to hold a conversation with her, I discovered that she was a scholar in Latin and Ancient Greek languages and a fine classical pianist."*

*I felt humbled to realise that there are such depths of talent and experience within people whom I might at one time have dismissed as too difficult to reach. It was also apparent other residents had hidden talents and I wanted to find out more.*

*It became a passion for me to give the residents the opportunity to "take the stage" again; to feel the adrenalin of preparing and stepping up, and then to receive their applause - to feel the thrill of doing something that they didn't think they still could! And they didn't disappoint."*

On the day the weather was glorious and it began with a barbeque in the garden. Eldwick Primary School kindly loaned some trestle tables so there were plenty of places to sit. Soon residents, family members and visitors packed the place out, the garden was literally almost standing room only. After a hearty lunch everybody made their way into the lounge and again it was so well attended that it was necessary to bring in extra chairs.

Jill Ramsden acted as MC then played the piano and sang songs, residents recited poetry and prayers, there was a lecture on lace-making, a talk on the creation of a beautiful garden, more singing, guitar playing, a duet where one person read a poem while the other one acted out the story, plus a comedian who told his scripted jokes and was enjoying himself so much that he then went on to ad lib his full repertoire!

The talent on stage was thoroughly enjoyed by everyone and the Fern House community was warm and generous in their applause, knowing that each performer had done their very best and made a valuable contribution to the event.

John Durkin, Volunteer Manager said

*"Many thanks to Jill for all of her hard work in preparing & running the event, and congratulations to those who attended and took part. You were all fantastic".*



# Preparing for Christmas

Ing Royde

Recently the residents of Ing Royde have been preparing for Christmas...

The residents were making Christmas cards, the session was well attended and much enjoyed by all. Residents are looking forward to more Christmas themed activities in December.



Mean while Jackie and Elizabeth have both been busy knitting cute little teddies and colourful patchwork blankets.

Their finished works have been kindly donated to those less fortunate. Jackie's teddies have already made the long journey to Uganda bringing smiles to the faces of Ugandan children.

They have been lucky enough to receive pictures back from the Ugandan children and it is lovely to see the joy the teddies are bringing.

Keep up the good work ladies!



  
**BIKE-A-THON**



On Wednesday 7th November Ing Royde held a sponsored Bike-a-thon. Residents, family, friends and staff kept the peddles moving, non-stop from 7:00AM till 7:00 PM. Everyone was a little bit saddle sore for a few days but it was all worth it when it was time for the final count and realised they raised an amazing £563.02. The well earnt funds raised will allow the fun activities to continue making a huge difference to the lives of Ing Royde residents.



# Strawberry Fair

Grove House 9th August 2018



The sun was shining, our strawberry bunting, table cloths and decorations were all up and it was time for Grove House's annual Strawberry Fair. The fair was well attended by residents not only from Grove House but from The Beeches and Fern House. The staff all got involved manning stalls and helping out from set up to clean up.

The Abbeyfield Singers performed a summer medley complete with coconuts and grass skirts from the dance number.

The coffee bar hosted all of the strawberry treats prepared by the kitchen from fresh strawberry tarts to strawberries and cream.

There were plenty of stalls from the very popular plant stall to the tombola. Our big summer raffle was a hit with some lovely prizes donated from businesses within the local community.

We raised an amazing £700 on the day for the Grove House resident's amenities fund.



Everyone had a lovely day and the weather was perfect for everyone to be outdoors.

**Philip Birkinshaw (CEO)** "It was lovely to have such a mix of generations come together and spending time in such lovely surroundings and great atmosphere"

**Helen Bowtell (Grove House Residents)** "The strawberry fair was really lovely such a nice day and nice to see so many people"

# Resident Author

Settle

Joan Coombs who lives at our Settle House was born in Bristol and grew up in Staffordshire. She returned to Bristol University to study medicine where she met Gordon Coombs. They were married in 1956. In the early 1970s they and their four children came to holiday in Fowey and quickly became fascinated by the boats the harbour and the town.

They moved to Fowey in 1993 and became in-port members of the Royal Fowey Yacht Club and in March 2000 her husband Gordon was elected Commodore of the club. Joan's Book *A Fowey Jig-Saw The History of the Royal Fowey Yacht Club* was published in 2000 with a foreword by H.R.H Prince Philip, Duke of Edinburgh and signed by him. H.R.H became patron of the club in 1953 and has taken an interest in it ever since.

This is Joan's second book. The first was a history of the village in which they lived in Yorkshire entitled "The Area of Benefit"







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Angel

Christmas

Snowflake

Gifts

Presents

Family

Scrooge

Merry

Nativity

Manger

Crackers

Grinch

Jolly

Friends

Tree



# Policies & Procedures Updates

Listed below are the Abbeyfield The Dales Ltd Policies and Procedures that were recently updated. If you have any queries regarding these or you wish to view these then please speak to your service manager.



**End of Life**

**Advance decision to refuse treatment**



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