

Resident Newsletter

February 2019

Abbeyfield

The Dales
Making time for older people



Happy
New
Year



A message from Philip

Philip Birkinshaw

Chief Executive Officer

The festive season seems to be a distant memory as we're now over a month into 2019. A belated Happy New Year to you all, and I sincerely hope that this year is a positive, prosperous and fulfilling year for you in whatever you do.

I hope you all enjoyed a peaceful and happy Christmas, and there was certainly plenty of activities and events around our sites for residents to enjoy or participate in. I would like to say a personal thank you to all the staff for their continued hard work and dedication in looking after and supporting all our residents during the busy December period.

Wintry weather is definitely upon us with forecasters warning of frost, ice, snow and bitterly cold temperatures, but the good news is that the days are getting longer and the spring bulbs are beginning to emerge from their winter sleep. In this edition of the Abbeyfield The Dales newsletter we share some tips on how to keep safe in the freezing conditions. Let's hope for warmer and sunnier times in the months to come so we can benefit from and enjoy the outdoors.

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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 Dawn Robinson on 01943 886017 or email d.robinson@abbeyfieldthedaes.co.uk

Stay Safe In The Snow



Keep moving

Staying active is not only essential for your general wellbeing and fitness - it also generates heat and helps to keep you warm. When you're indoors, try not to sit still for more than an hour. If walking is difficult you can do chair-based exercises while sitting. Even moving your arms and legs and wiggling your toes can help you keep warm.

Eat well

Hot meals and drinks help to keep you warm, so eat at least one hot meal each day and have hot drinks during the day. Include a good range of foods in your diet and it's also important to eat enough, especially in winter. Not eating enough and becoming underweight is bad for your health as it makes it more difficult to keep warm and fight infections.

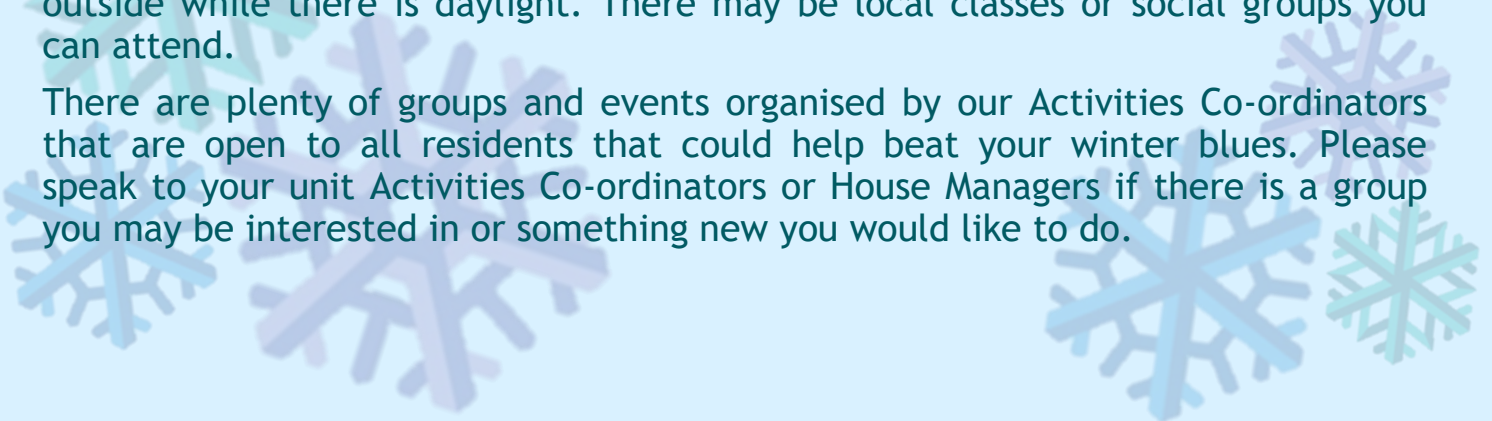
Consider taking a vitamin D supplement

Our bodies create vitamin D from sunlight when we're outdoors. We need it for healthy bones, teeth and muscles. During the winter months in the UK the sun isn't strong enough for our bodies to make vitamin D, and it's difficult to get the amount we need from food alone. You might want to speak to your GP to discuss taking a supplement to boost your levels in winter.

Keep your spirits up

It's not unusual to feel down in winter - particularly when the days are short and it can get dark by 3.30pm. Try to keep to your usual routine and if you can't visit friends or family, make sure you phone them regularly for a chat. If you can and it's not too cold, go for a short walk in the middle of the day, or at least go outside while there is daylight. There may be local classes or social groups you can attend.

There are plenty of groups and events organised by our Activities Co-ordinators that are open to all residents that could help beat your winter blues. Please speak to your unit Activities Co-ordinators or House Managers if there is a group you may be interested in or something new you would like to do.



Dawn Robinson

Administrator - Grove House



Dawn joined us in the New Year from a local primary school and is really enjoying her now role as administrator at Grove House. She says she already feels part of the Abbeyfield family as everyone has been so friendly and welcoming. Dawn will work alongside Stephen and Abi in the offices and will also help Helen and Sue with recruitment. You may also see her covering the ladies on reception at Grove House – she says be sure to say hello if you're passing as she would like to get to know all the residents .

Dawn worked as a teaching assistant for almost 10 years and thoroughly enjoyed watching the children learn and grow. She lives with her partner near Keighley and together they are renovating their house which is a bit of a building site at the moment. They have 2 cats - Ozzy and Maisie - who are brother and sister and very cheeky! Dawn's family lives in the Canary Islands and her niece and nephew are half Spanish – Dawn can speak a little Spanish which she has taught herself over the years.

When not at work Dawn loves to walk – often along the canal or over the moors counting the steps on her Fitbit device, her record is 27000 steps in one day! Together her and her partner Darren enjoy city breaks where they love the sights, sounds and tastes of the local culture. Their favourite city is London which they have visited many times and enjoy learning about the colourful history of the Victorian capital.

“My career to date has been a lovely cocktail of administration work mixed with caring for both adults and children. There's nothing I enjoy more than getting to know new faces and having a good old natter and a laugh. I am an animal lover and my cats are a big part of my life – though being woken up during the night with a mouse in my bedroom is not so much fun! I feel very lucky to have been accepted into the Abbeyfield family and I look forward to my new role here and getting to know everyone”.



If you have any questions or queries you can contact Dawn on:

01943 886017 or e-mail: d.robinson@abbeyfieldthedaes.co.uk

Andrew Russell

Health & Safety Officer

Abbeyfield the Dales new Health & Safety officer is Andrew Russell (or Andy as most people call him). He joined the company just before Christmas and spent his first few weeks getting to know his way around all our lovely properties.

Andy is married and has one grown up daughter living in her own home.

His family also includes an English Springer Spaniel called George who he says is a bit of a pest but he would not be without him.

Andy's previous job was with a security and training company, where he looked after the health & safety for staff that worked in student living accommodation all over the country.

In his spare time he is very active and enjoys running, cycling and hiking. He is a running coach and a level 4 sports therapist which he tell us fits in nicely with all the things he does when not at work. He has been up Ben Nevis, Scar Fell Pike, Snowden and done the Yorkshire three peaks. In 2018 he took over 157 new runners on a "Couch to 5K" program that takes complete beginner's from walking to running 5K without stopping—some of them are now doing half marathons! So it's safe to say Andy likes to be on the go — but most of all, he likes to help people and this is where H&S fits in pointing out improvements to help make things safer for everyone.



Andy's running has taken him international—including running a half marathon down the strip in Las Vegas at night!

"I'm not as fast a runner as I once was but still love it. I have run the London Marathon (26.2 miles) in under 4 hours. I'm a Yorkshire man - born in Bradford but have lived all over the place. It's really good to be part of a fantastic team that are making me feel very welcome. It is like one big family".

Andy frequently gets asked to work on the set of Emmerdale as an extra. He has been on the soap numerous times as a cyclist, a customer in the Woolpack and sitting in the Café. Look out for him in the background next time you're watching.



If you have any questions or queries you can contact Andy on:

01943 886013 or e-mail: a.russell@abbeyfieldthedales.co.uk

Bette Turner

Volunteer - Fern House

Bette Turner was born in 1934 which she tells us probably makes her the oldest volunteer on the Fern House team. Born in Bradford though her family moved to Rawdon during the war as her father was an engineer helping to produce Lancaster bombers at AVRO. She spent most of her childhood there.

She attended Aireborough Grammar School and was more sports focused than academically inclined - loving hockey, athletics and swimming - so was truly amazed to find she had achieved a very good result in her school certificate exam. This helped her to gain entry into her chosen career of nursing where she trained at Bradford Royal Infirmary and loved every minute of it.

Happily married twice, though sadly both Bette's husbands predeceased her. Following the death of her first husband she returned to nursing and opted to take a post in the Community Nursing Service as the hours and working schedules suited her family commitments – she was mum to twin sons.

It was on a visit to Bette's hairdressers that she learned Fern House were recruiting volunteers. She decided to apply and was thrilled to have been accepted.

Bette's forte is helping with the chair exercise classes and the residents who attend really enjoy the work out and gain benefit from doing it. She is also involved in the coffee morning where residents have the opportunity to socialise with others over a drink and a slice of cake.

Bette was "astonished and greatly honoured" to be nominated volunteer of the year 2018.

"I could not have made a better decision in volunteering at Fern House. It has given me great pleasure in being associated with this warm and friendly establishment. Residents, staff and other volunteers are a delight to work with I get a lot of satisfaction spending time there and would recommend anyone with a few spare hours to volunteer".



Chinese New Year

新年快樂

Tuesday 5th February



This Chinese festival marking the start of the new year, beginning on the second new moon after the winter solstice and ending on the full moon fifteen days later. It is marked by visits to family and friends, special meals, fireworks, and gift giving.

Grove House, Fern House and Woodlands all have Chinese themed activities, meals and nibbles planned to celebrate the festival on Tuesday 5th February. One of the biggest traditions of the celebration is gifting money to bring good luck to the recipient through the year. Linking to this tradition Fern House will be decorating piggy banks which we look forward to seeing in the next newsletter.

CHINESE
ZODIAC
RAT
OX
TIGER
RABBIT
DRAGON
SNAKE
HORSE
GOAT
MONKEY
ROOSTER
DOG
PIG
LANTERN
FORTUNE
DECORATION
CELEBRATION

R W U Z V X G I P Y Y F U C Q X L D A R
I W F Z B U E E C E V W A M P K O Q J Y
N E Y X T V N S J K T I H D P D X M L P
P Q G J M U X Y R N D H R S G N O H G S
Z S I D T O H H V O X E I Z C I R X X Z
T A K R H W G L Z M H F U S Q Z U A Y J
F J O E W C A H W W J W O Q I W V I S N
B F S U L X H U R A T J H S M X O H Z N
L C F P X C F Z U O F G W G Q L M J K M
X J J B F E R L H R Z G A B J F P F E W
X H T L L L N E G P D Y Z Z T B F E I R
L E B M U E A R T F E V Z Z P I T D A S
A S G C S B K U T S C V A B T L G Z U W
N L M P K R P A N W O G M A O M E E B V
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E V G N P T F D A S A D R W D R A G O N
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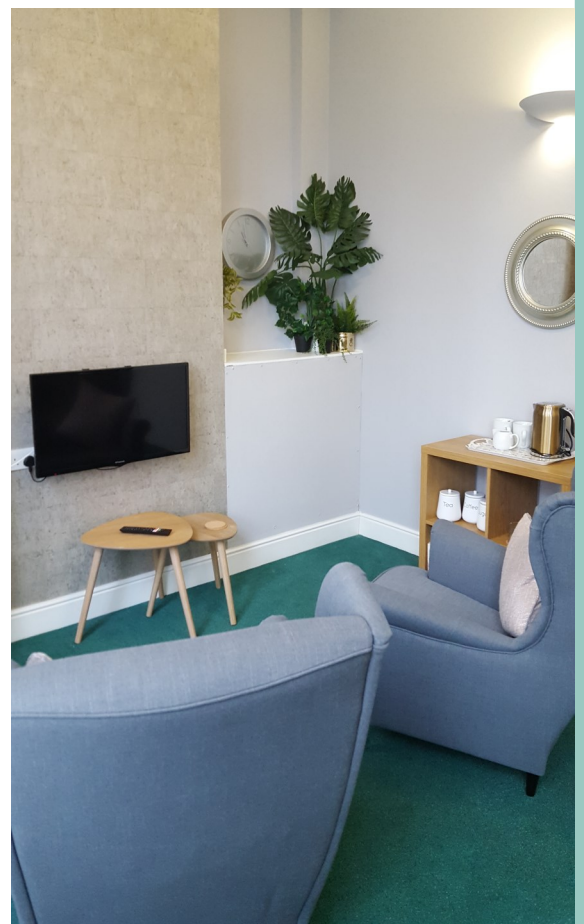
Family Room

The residential unit at Grove House has been working towards achieving the Gold Standard's Framework. They feel passionately about providing excellent end of life care; and ensuring that each individual cared for and their loved ones are treated with dignity and respect.

Part of the GSF focuses on "Relatives Support", the team realised that they lacked in providing care and support for the resident's families and loved ones. A decision was made that a space was needed for loved ones to spend time, away from the unit, that they could go to if they needed some time to themselves. They also thought that a facility was needed for loved ones to sleep, rest and grieve.

Over the last few weeks, the old training room has been transformed into a calm and relaxing space to be used exclusively by our resident's families. This space has two single beds, seating area with a television and tea and coffee facilities; and a bathroom just down the corridor.

If you have any questions about our new facilities, please ask! Staff are happy to show you the new facility and give you more information.





Friday 7th December saw the return of the Alzheimer's Society Elf Day with both Grove House and Woodlands hosting coffee mornings to raise money.

Elf day gave staff a chance to dress to impress in elf attire. The staff at Grove House got into elf mode and served residents and visitors at the coffee morning in support of the

Alzheimer's Society. Festive sweet treats were lovingly baked by our volunteer Cath Birch and donations were made in exchange for a cake and a coffee made by the Abbeyfield Elves.

The Grove House elves put smiles on faces and collected £24.11 for such a great cause.



Meanwhile Woodlands were also in full swing for their Elf themed Alzheimer's coffee afternoon. Home-made cakes were served whilst musical bingo was played to get the residents into the festive mood.

A raffle was also drawn to help raise as much money as possible for this special cause. Woodlands raised £64.20 in donations for the Alzheimer's Society.



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1940's TEA DANCE

On the 25th October a 1940s Tea Dance was held in the Activities Room at Grove House where around 40 Residents from Grove House, Fern House, The Beeches and Woodlands got together with staff, volunteers, family and friends to enjoy a trip down memory lane.

Following the success of the Abbeyfield Summer Fayre at Skipton in June the Activity Coordinators from Grove House, Fern House, The Beeches and Woodlands decided to organise an event which would give the Residents from the various homes a chance to reconnect again and hopefully raise a little money for the Residents Amenities Funds too!

The Tea Dance also provided a wonderful opportunity for the Residents to raise money for the Royal British Legion as the Activity Coordinators sold poppies on the day.

Natalie Aynsley the Senior Activity Coordinator helped create the atmosphere of a 1940s Dance by decorating the tables with patriotic Union Jack Flags, patriotic bunting and replica Air Raid Helmets (which many a gentleman Resident was spotted by his Activity Coordinator wearing!).

With the help of the kitchens at Grove House Natalie Aynsley organised for the Residents a delicious buffet of traditionally English party food served on paper plates which replicated the 1930s china patterns that would have been



used. Also on the table were included replica Ration Book, wartime ID cards and reproduction Cigarette Playing cards. The buffet included slices of bread and butter made to a special wartime recipe which was so loved that one Resident from Woodlands decided to take a basket of it back home to Skipton!



After the refreshments were served by the Activity Coordinators Amanda, Natalie Aynsley, Georgia Walker and Natalie Baines (who had come in Land Girl and 1940s Film Star Outfits) the entertainment began. The Residents listened to a selection of Wartime songs from Entertainers Hugh Dent and Lancashire Belle. After a rousing rendition of Rule Britannia with lots of flag waving from everyone Lancashire Belle encouraged everyone to dance – and one of the highlights was The Beeches' Amanda Lambert dancing the Jitterbug with Fern House Resident Jane Philbey!

The afternoon ended with a Raffle of several prizes all put together at Woodlands, The Beeches, Fern House and Grove House especially for the Fayre and included vintage jewellery from 'Rose & Brown' and a Casserole Dish of Fresh Food (which was won by a delighted Tony from the Fern House Kitchen).



One of the Activity Coordinators most enjoyed taking photos of our Residents enjoying themselves and Natalie Baines took a lovely one of Ann McHugh to send to her family in Los Angeles.

Sadly for all the party had to end when the SCAD Minibuses arrived which Georgia Walker from Woodlands had organised to get everyone back for tea at their respective homes. To continue the good mood the Residents of Fern House even borrowed a CD of music from Natalie Aynsley which their SCAD Driver kindly played for them on the ride home.

Christmas Activities

Woodlands Christmas Party

The annual Christmas party at Woodlands kicked off with the brilliant 'Hot Aire' concert band from Silsden who performed many classical Christmas melodies. Residents at Woodlands have always longed for a live concert band to perform at an event so they were thoroughly pleased to find out that they were performing at the Christmas Party. Mulled wine was served on arrival as family and residents got front row seats to the amazing performance. A festive themed Christmas afternoon tea was then served for the residents and guests including miniature trifles and tasty finger sandwiches. A fantastic raffle was drawn with many great prizes to be won. Residents laughed and shared fond memories together as they chatted with family and friends. It was a wonderful evening that will never be forgotten.



Christmas Markets

Georgia Walker (Activities Co-ordinator) at Woodlands Abbeyfield had a busy few weeks coming up to the December month. Woodlands had a stall at Skipton famous Christmas Yuletide Markets. It is the busiest event of the year for Skipton as hundreds of coaches pass through these famous Christmas Markets. And Georgia didn't want to let the Abbeyfield front down! Lots of hand-made giftware and yummy Christmas treats were created with the help of some of the staff and residents.

The first week was busy from the word go! Many things sold out within the first couple of hours and Georgia was worried she would have to pack up earlier than expected. Luckily as the afternoon passed the mad rush spread out more evenly. After the first week Georgia then knew what she was preparing herself for when the next weekend arrived.

With more merchandise and hands warm and ready, the second weekend flew by! It was as busy as the last if not busier. But by the time 4pm came Georgia and the staff and volunteers were ready for home.

The weekends were a success, with a whopping £587.60 was raised over both weekends.



Chinese painting

The last Chinese painting session before Christmas for the residents at Woodlands was in November as Christine Newson, a volunteer at Skipton Abbeyfield jets off to China for 3 months to collect more materials for her sessions in the New Year.

Personalised Christmas gift bags were created by the residents. Christine also kindly left plenty of supplies to keep the residents going over the Christmas period to make personal Christmas cards to send to family and friends. The 6 regular residents who have been attending Christine's monthly sessions met every Monday during December without fail and have all formed a great friendship! A job well done.



The Beeches Christmas Activities

There were so many wonderful activities and events held at The Beeches over the Christmas period and plenty of pictures were taken too, sharing their celebrations with the rest of the Abbeyfield The Dales family.

As well as the internally organised activities, The Beeches were visited by many local groups providing a variety of festive themed entertainment including;

- Jack & the Beanstalk performed by a local drama club
- Fairfax Cubs and Menston Primary School Carol Singers
- Guiseley Brass Band - Carol sing-a-long
- Skipton Building Society Christmas Party



Barnoldswick in Bloom...



During 2018 Horace Lowe of Abbeyfields Barnoldswick grew sunflowers to be enjoyed by all the residents. Unfortunately this news story was missed from the last edition so is appearing unexpectedly in the 'Winter' newsletter.

The sunflowers were admired by all and reached dizzy heights, residents Katie Blackburn, Rita Peel and Jenny Given pictured showing the heights the sunflowers reached.

Ing Royde Christmas Activities



Ing Royde were quiet during January, I think everyone was recovering from Christmas!

Their Christmas celebrations included a visit from Father Christmas, a festive themed photo booth, staff carol singers and a production of 'Jack and the Beanstalk' performed by staff and resident volunteers.

The Ing Royde version of 'Jack and the Beanstalk' received very positive feedback, especially the parts that didn't go to plan... Unfortunately no pictures of the pantomime were taken as all involved were so busy and enjoying themselves too much.

Although pictures were taken of the staff, volunteers and residents enjoying the photo booth and 101 year old Dorothy's visit from Father Christmas.



Christmas Activities

Fern House

Mince Pie Making

Joan and Jan helped Natalie make Mince Pies in the Ground Floor Kitchen at Fern House. The kitchen at Fern House provided all the ingredients (including a delicious pastry dough!) and the ladies helped make 20 Mince Pies for the Residents. For Joan it was the first time she had baked anything for 10 years but her love of baking & her skills were of great help. The Residents said that the Mince Pies made were the best they ever had.



Christmas Tree at All Saints Church Bingley

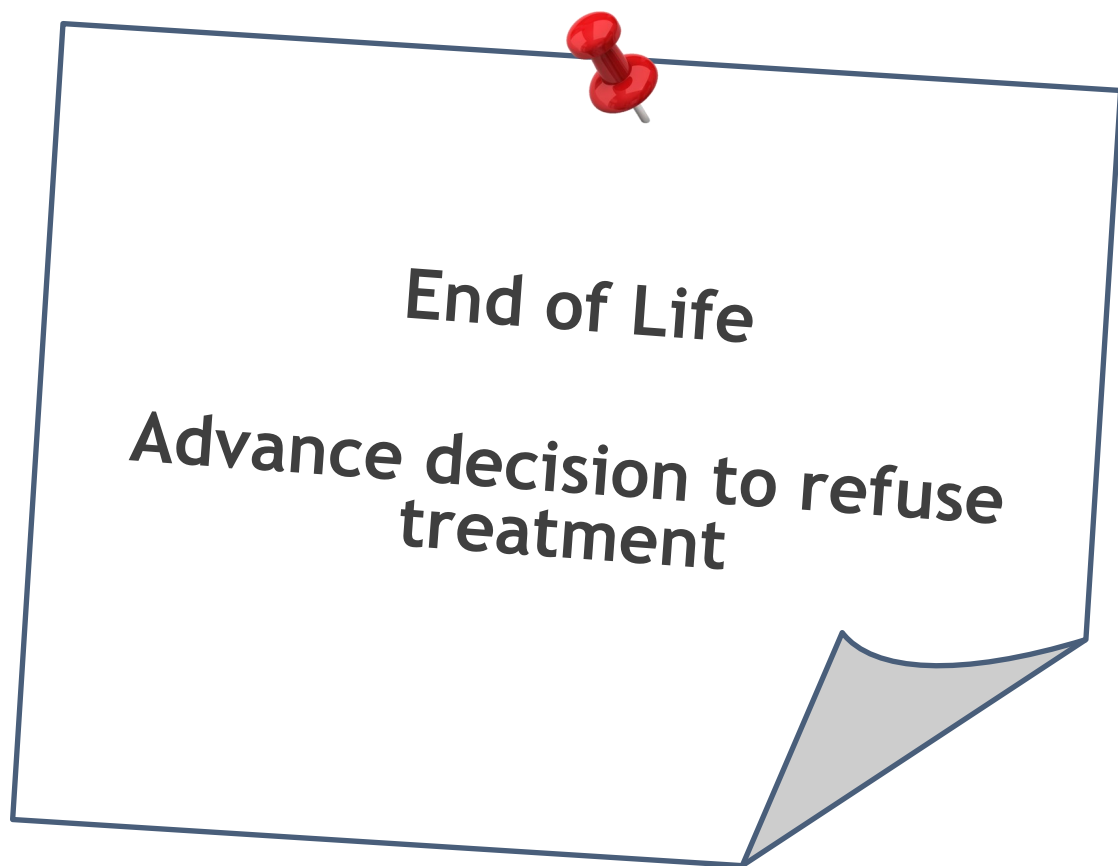
All Saints Church in Bingley asked the Residents of Fern House if they would like to decorate a tree for the Tree Festival which was held before Christmas. The Residents, Staff and Volunteers had to come up with an idea for decorating the tree which represented something of Bingley's Historical Past. As Fern House was built on the site of the old Bingley Hospital we decided to research this and make it our theme. We decided to use the images and various local people's reminiscences of the hospital in decorating tags for the tree. The rest of the tree was decorated

with baubles which the Residents personalised with the Abbeyfield logo and Tinsel in the Abbeyfield colours was also used. The Residents also strung painted snow cones (which they had collected from the grounds of Fern House) onto the tree. It was a rush to get the tree finished - and at the last minute our Resident Jean decided to do a special addition with our Volunteer Thahmina - they did tags where they wrote all the things they liked about living at Fern House. Everyone loved our tree and after the festival it returned to Fern House where it stayed for Christmas. It is still kept in the Garden for next Christmas.



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.



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