



Abbeyfield

The Dales
Making time for older people

Residents Newsletter

Summer 2019
Issue 9

A message from
Philip



Welcome to the latest edition of your residents newsletter.

Hello, and welcome to the summer edition of the newsletter. In this bumper issue we look at the many events and activities that have been happening around Abbeyfield The Dales, and introduce you to a few new members of the team. There is also a list of events coming up over the next few months; there is always something happening, and I hope you get the chance to join in and be part of the fun this summer.

Summer is a fantastic time where we all spend a little more time outdoors, if only to potter in the garden (I always find there is a lot of weeding to do in my garden), or sit with a drink and chat with friends in the sunshine. I realise we have had a period where the weather has not been the best for being outdoors in the last few weeks, but I'm sure, like me, you take any opportunity to be outside when it arises.

I do hope you have an enjoyable summer, and I look forward to meeting many of you when I come to visit.

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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 Lily Martinez-Stone on 01943 886168 or email l.martinez-stone@abbeyfieldthedailes.co.uk

WHATS ON!

Below are some events for the coming months. If you would like to attend or find out about other events then please speak to your site manager or events co-ordinator or check your notice boards for further event details.

JULY

Thursday	4th	Bingley Church Service	Fern House
Tuesday	9th	Wimbledon Afternoon with Strawberries and Pimms	Fern House
Wednesday	10th	Trip to Bolton Abbey	Woodlands
Friday	12th	Wimbledon Afternoon with Strawberries and Pimms	Grove House
Monday	15th	Pyjama Drama with Wishing Well Nursery	Fern House
Tuesday	16th	SCAD Canal Cruise	Fern House
Wednesday	17th	SCAD Boat Trip	Grove House
Thursday	18th	Violin and Piano Hour	Fern House
Tuesday	23rd	Trip to Bolton Abbey	Grove House
Wednesday	24th	Outside The Box Performance	Grove House
Thursday	25th	Community Hub Open Day	Grove House

AUGUST

Wednesday	7th	Summer BBQ Fete	Grove House
Thursday	8th	Grove House Talent Show	Grove House
Tuesday	13th	Beautiful Balcony Competition	Fern House
Thursday	15th	Summer BBQ	Fern House
Friday	16th	Beautiful Balcony Competition	Grove House



Not your cup of tea ...

Why not make activity suggestions to your service manager or activities / Events Co-ordinators.

Poetry

Looking Back

Memories come flooding back

As we relive times gone by

Looking at old photographs

Aware that years do fly

Returning to past holidays

Revisiting favourite places

Images of loved ones

And seeing their smiling faces

Remembering our weddings

As we turn the album pages

Christmases, new babies, birthdays

Our children at various stages

Photographs are so precious

And can be passed down the family line

Each one tells a story

And captures a moment in time

Written by Grove House Community Hub



Corner

Our Favourite Things in Life

There's many things that bring us cheer,
Like time spent with those that we hold dear,
Going for a walk in bright sunshine,
Being taken to restaurants to wine and dine.

Puzzles, colouring, knitting and reading,
Being out in the garden, growing and weeding.

Retail therapy, handbags and shoes,
Going on holiday – a beach or a cruise.

Being pampered - a new hairdo and nails
Then a well-meant compliment never fails,
Chocolate, cakes or anything sweet
Or a glass of wine is a special treat.

There's nothing better than the welcome from a pet
Or a wonderful movie that we'll never forget,
A song that reminds us of the good old days,
Favourite memories that last always.

Written by the Grove House Writing Group



Staying Safe In The Sun

1) Keep well hydrated.

The human body is 60 to 70% water and human being wilt in much the same way as plants if the level of hydration is not maintained. Daily requirements for water are much the same for adults of any age but a lot of research shows that older people do not drink enough water. The consequences of this can be profound with a much increased risk of urinary infections, headaches, confusion and falls. It is important to stay well hydrated all year round but especially so in the warmer summer months. When body temperatures are higher we perspire more, losing water, leaving us feeling tired and lethargic.

To try and avoid this, daily guidelines suggest drinking 1-2 litres of water daily, but not all at once. An easy way to stay hydrated gradually is by getting fluids at meal times, with medicine, and socially.

2) Wear protective clothing.

If possible, wear long pants, long-sleeved shirts, and hats. Hats with wide brims not only cover your face, but they also protect other easy-to-forget spots like your ears and your scalp.



3) Make sunglasses your favourite accessory.

Sunglasses shield your eyes from UV rays that can cause eye problems, like cataracts. Pricy sunglasses don't guarantee better protection. Look for a pair that says it blocks 99% or 100% of UVB and UVA rays.

4) Use sunscreen and use it right.

UV rays can damage your skin in as little as 15 minutes. To protect your skin, put sunscreen on every part of your body that will be exposed to the sun at least 15 minutes before going outside, even if it's cloudy out. Sunscreen is most effective when used with other sun protection methods, like those mentioned above.

When choosing sunscreen, pick one with at least SPF 15 and that offers broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. One coat of sunscreen doesn't last all day. **You need to reapply sunscreen every two hours**, and don't forget to put it on your hands and feet and to reapply after swimming or sweating.

5) Limit your time in direct sunlight, especially between 10 a.m. and 4 p.m.

That's when the sun's rays are at their strongest. Plan your outdoor activities early in the morning or later in the afternoon. You should also find or create shade during those hours.



Meet the team

In this edition we are getting to know ...

Darren Bruce Maintenance Manager



At the beginning of May Abbeyfield The Dales welcomed our new Maintenance Manager Darren Bruce. From being a child, Darren has always enjoyed creating, taking apart and fixing things. He has a range of skills from decorating to joinery and plumbing to tiling but his passion is woodwork. His workshop at home is regularly alive with the buzz and whirr of drills, saws and other woodworking tools. In the past he has run his own home improvement business and more recently worked in 2 local schools as site manager. The most bizarre challenge he was set was to build a pirate ship for the school to use during the Ilkley Carnival. The ship was crafted in the school car park over a number of days and went down a treat with the children.

Darren lives in Riddlesden with his partner Dawn (who also works at Abbeyfield) and their 2 cats. He has 2 children: Samantha 17 and James 15. Darren is currently helping to teach Samantha to drive and despite her impression of a Formula 1 race driver they've not fallen out yet! Darren and James enjoy archery and can often be found at weekends shooting arrows together.



Darren has already met lots of the residents and staff and is really enjoying getting to know The Abbeyfield family. He says "When you enter a building full of smiles you just know you're going to enjoy your day, and I couldn't have asked for a warmer welcome than the one I have received from Abbeyfield the Dales. For that, I would like to say a big thank you to all the residents and staff".

If you have any problems you can contact Darren on:

01943886034 or email maintenancegrovehouse@abbeyfieldthedales.co.uk

Meet the team

In this edition we are getting to know ...

Nigel Billson Quality Manager



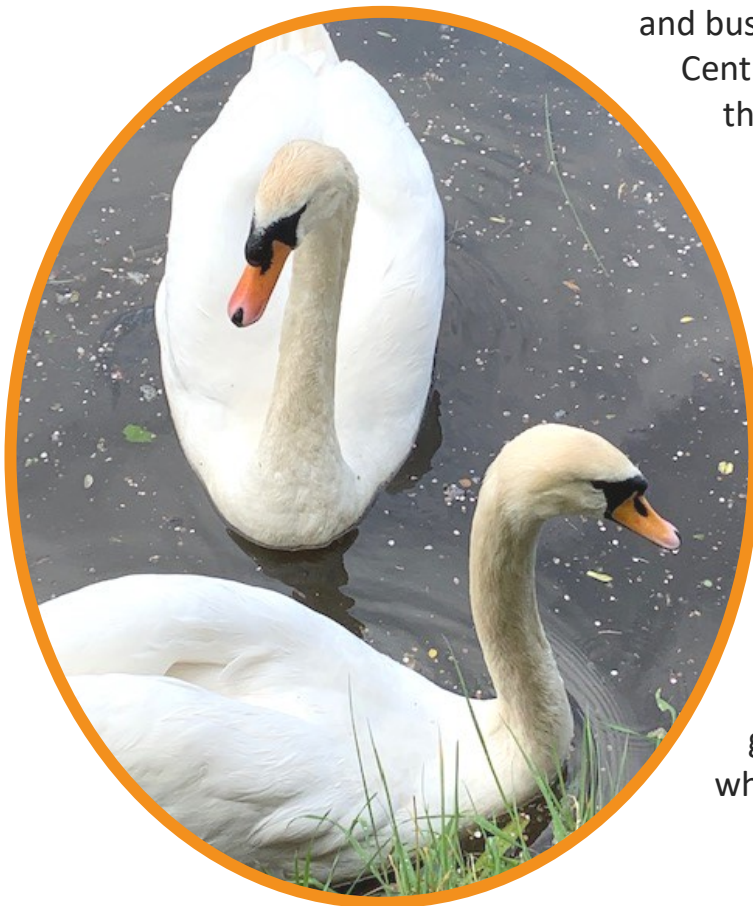
Nigel joins the Abbeyfield family as the Quality Manager. He lives with his fiancée Sheila in East Morton so has a scenic journey over the moors to work each day. He joins us after 18 years of running his own Care business, which was originally founded by his parents in 1986. It's main focus was providing a good service for local people and considered, like Abbeyfield the Dales does, that everyone is a part of an extended family.

Nigel started at Grove House at the beginning of June and is currently making his way around all the properties getting to know all the Residents and Staff. So far everyone has been friendly and welcoming and he thinks the activities and facilities available are wonderful.

Together Nigel and Sheila enjoy eating out, attending concerts along with overseas travel and short breaks. Nigel's favourite destination is New York. "It's an amazing place. The hustle and bustle along with the sanctuary and greenery of Central Park. Everywhere you go is like walking through a film set." His claim to fame is he met John Travolta in a hotel lobby there.

Nigel also likes cooking and his signature dish is Hasselback potatoes and rack of lamb with a red wine sauce. He is a lifelong supporter of Leeds United and says they have brought him years of misery!

Both also have a passion for wild life, in particular two local swans, who sadly this year didn't have any signets, and go to feed them most evenings. This is also a good way to walk off dinner! They're garden is also currently home to a hedgehog who keeps the snail population at bay.



If you have any problems you can contact Nigel on:

01943886008 or email n.billson@abbeyfieldthedales.co.uk

Meet the team

In this edition we are getting to know ...

Lily Martinez-Stone

Administrator



Lily joined the Abbeyfield The Dales family in the middle of May, joining Stephen and Dawn in the Head Office. She has joined us as an administrator where she has been doing ordering and other tasks. She has also been covering reception with Dawn on lunchtimes and has taken over this newsletter. She says "I can't believe how lovely everyone is, I already feel very much a part of the Abbeyfield family. I look forward to learning more and getting to know everyone better".

Lily was born and raised in London where she lived with her mum and her sister and her two family cats. Her mum is of Spanish heritage, whose uncle and cousin set up Martinez Wines on The Grove but later sold it on. Her dad is Jamaican and moved to England as a young adult. Growing up in London Lily loved to horse ride and go to see live music every chance she got.

She moved to Yorkshire when she was 18 and attended York St Johns University and never looked back saying "I love living in Yorkshire, it is so beautiful and everyone is so friendly compared to back home".

Since then she has moved around Yorkshire living and working in York, Leeds and Ilkley. She has worked mainly as a receptionist/administrator in the education sector, working at the University of York and then at Ben Rhydding Primary School where she was also a Teaching Assistant.

She currently lives in Ilkley with her own two house cats, brother and sister Khan (the tabby) and Khali who have just turned 3 years old.

Khan and Khali were birthday present from her family "They are the best present I have ever received. They are so gorgeous and kind natured.

The best cats anyone could ask for".



In her free time Lily enjoys going for country walks to enjoy the amazing views and visiting all the local attractions, spending time with her family and friends and training her cats to walk on a harness, so that they can also enjoy the outdoors.

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

01943886168 or email l.martinez-stone@abbeyfieldthedales.co.uk



HAPPY ANNIVERSARY!

Barnoldswick's' Harry and Sylvia Smith celebrated their 65th wedding anniversary in April this year.

They spent their day celebrating in style with their family, friends and staff enjoying a fantastic buffet tea.

When asked Sylvia said she only started going out with Harry because he had a car!

A Massive congratulations from everyone at Abbeyfield The Dales.



REMINISCING AFTERNOON

To support Dementia Week Georgia the Activities Co-ordinator at Woodlands, Skipton held a reminiscing afternoon on 23rd May. A table with replicas of things throughout the 1930s and onwards were set out for residents to look at and go through whilst Georgia and the Chef, John Watson brought out different courses of wartime meals like Dripping, Corn Beef hash, spam fritters, beetroot sandwiches, jam tarts, ginger cake and bread and butter pudding. Having an interactive afternoon like this brought back so many memories for the residents. Everyone



discussed the different recipes of how to make their favourite war time meals and their 'not so favourite' meals throughout the war. Stories of how they survived during the bombings and the laughter throughout the times when they celebrated once the war was over. It was a great afternoon that has spurred on Georgia to do more afternoons like this every month.



Clock Cricket



The residents of Fern House recently took part in a game of Clock Cricket, which is a form of cricket played indoors with a foam bat and a sponge ball that has a metal rattle in so it can be tracked by those hard of hearing. You can score runs and points if the ball hits a wall (4) or the ceiling (6). The residents loved being able to get involved in a sporting activity and enjoyed it even more being able to play a ball game inside!

World Book Day

WORLD
BOOK
DAY



The children from Ben Rhydding Primary School visited our residents at Grove House for World Book Day. The children were so lovely talking to all our residents showing their costumes which they were very proud of and reading verses from their favourite books. Some residents even swapped roles and read the book to the children.

Trip to Bolton Abbey



On Friday 31st May the residents of Fern House went to Bolton Abbey, many were looking forward to their first visit in many years. The residents travelled in their usual CABAD disability minibus and enjoyed listening to the 'Stars of Musicals' CD on the way there.

Activity Coordinator Natalie Baines and Volunteers Michelle, Bette, Jill & Jade joined them along with a pink wheelie trolley packed with crisps, Kit Kats and buns, tea & coffee made by Sue & her team in the Fern House kitchen.

The group based itself at the Cavendish Pavilion where there were reminiscences of previous trips, it was remarked on how nice Bolton Abbey was kept and how important it was to take lots of photographs. The residents enjoyed being together and taking time out to relax in the tranquil surroundings, and seeing so many families enjoying Bolton Abbey together with their small children sitting in huge deckchairs.

The weather was overcast but surprisingly warm, so a few residents took a walk along the bubbling River Wharfe and every resident took a walk to the gift shop!

The success of trip was also down to the minibus driver who is a great favourite with the Fern House ladies and a familiar face after having been behind the wheel many times since the 2017 St Wilfrids Church Party outing. As one resident remarked "Nobody is as good at getting the residents mobility equipment as safely stored and then delivered to the residents as he is!".





Woodlands in Skipton celebrated their first 100th Birthday for resident, Joy Tomlinson on the 1st May.

Joy who has been a 'Skiptoner' since she moved her life from Stoke in 1940 to be with her first husband Ernest Waddilove, where they welcomed daughter Yvonne to their family soon afterwards. After several years settling into Skipton Joy worked for Ida Whittaker at the Treasure Galleries in Skipton whilst her husband Ernest was the manager for Nicholas Smiths.

Joy and her family had a happy 30+ years in Skipton until she sadly lost her husband in 1971 which led her to move to Heswell, Cheshire in 1975. Joy finally returned back to Skipton in 2014 to be closer to her daughter Yvonne.

When the Activities Co-ordinator, Georgia Walker realised that Joy was due to turn 100 this year she knew that the day had to be one to remember. 13 members of Joy's family and friends came to surprise her on the day, alongside Woodlands residents. Joy was speechless when she came down to what she thought was an ordinary lunch time, but instead was treated like a celebrity with cheering as she came in. The Mayor, Alan Hickman also made a guest appearance to present the Queen's Birthday Card to Joy.

Balloons, banners, party poppers and a standing ovation gave Joy a smile from ear to ear but the surprises weren't over as the primary school children from Water Street paid a visit to sing some songs and hand over a personalised card. This was a great time for Joy to reminisce as her daughter, Yvonne was once their age and at that school on the very same day whilst Joy played the piano for the Maypole dancing on May Day.

Food, cards and gifts were given out as family and friends shared fond memories throughout Joy's life and the incredible things she had done. Once all guests had enjoyed their lunch Joy's final surprise was a performer, The Lancashire Belle, Jane Francis who specialises in 'Hits from the Blitz' came to sing many classics that everyone could sing along to, especially the ladies who came dressed in their finest attire!

The day was a great success and it showed how much of a close community Woodlands has when it comes to supporting and celebrating with one another, and staff were also very proud to be a part of this occasion.

Also, a big thank you to the staff and residents who contributed together to purchase Joy her own 2 seater chair and table with a personalised plaque to mark this special event, and for her to enjoy sitting in the communal Rose Garden at Woodlands Abbeyfield.



M&CO Spring Fashion Show



At Grove House there was a full house for the annual Spring fashion show.

Residents, family, friends and staff took to their seats to watch residents and staff strut their stuff down the catwalk.

The models wore 3 outfits each which they had pre chosen from M&CO along with music and a running commentary from a member of the M&CO staff, Everyone really enjoyed it and was a lovely atmosphere.

“ The residents and staff love the fashion show event. The models get to pick their own outfits at the M&Co shop which is something different for them to do”

- Allison (Activity Co-Ordinator)



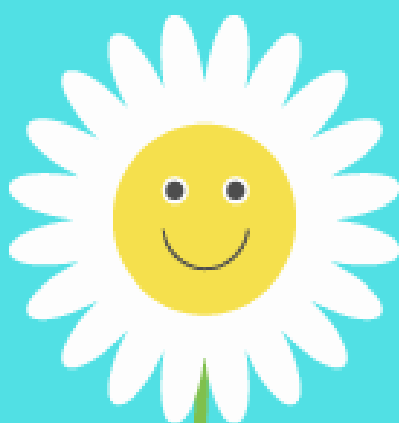
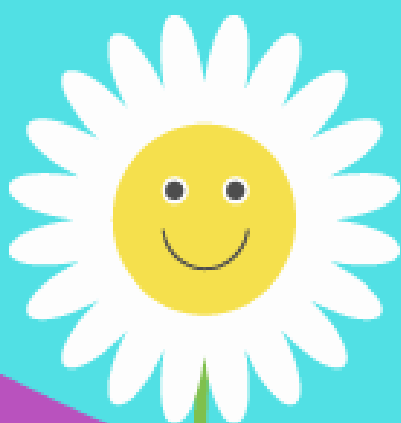
Crafts and Plants

Residents at The Beeches recently spent the afternoon painting some plant pots along side our volunteer Lynn.



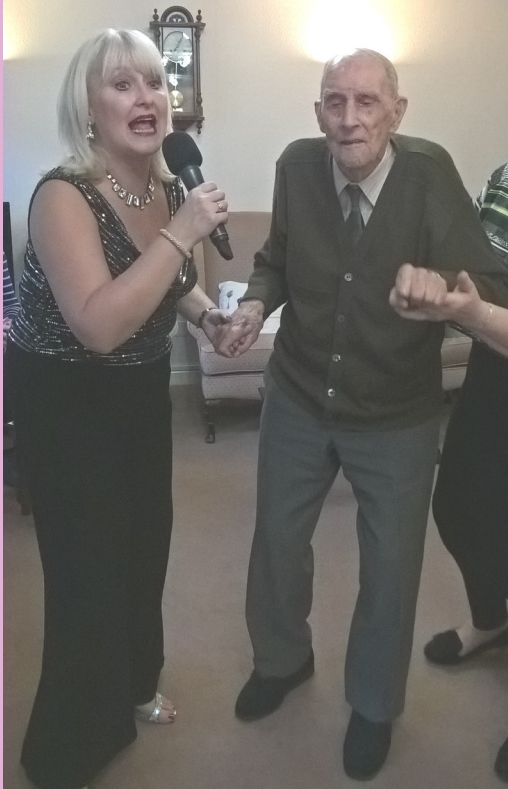
When their pots were dry and ready, Lynn came back in to assist the planting process. Where as you can see our residents have a natural Green Thumb.

These beautifully decorated pots and plants will be in The Beeches garden for the summer and have really brightened up the gardens.



If speaking to plants kindly helps them grow
Imagine what speaking to humans kindly can do

Music Entertainment



We all had a fantastic evening at Barnoldswick being entertained with songs from the musicals by the wonderful Emma James. Residents, family, friends and staff all joined in and enjoyed singing along to the well know songs and of course there was some dancing by our oldest resident who has just turned 103!
Many happy returns Arther Aldersley!



Pets As Therapy

At The Beeches there are two new PAT dogs that come to visit our residents.

The sheepdog is called Millie and the golden retriever is called Freddie.

Our residents look forward to them coming in and even bring their own treats for them!





1940's Tea Dance

On Sunday 9th June the Ing Royde residents, family, friends and staff enjoyed a 1940's inspired tea dance.

Residents and staff dressed for the occasion and enjoyed music performed by the all ladies 1940's singing group 'The Nightingales'. We all enjoyed old classics such as 'Wish me Luck as you Wave me Goodbye' and 'The Lambeth Walk'. The 'Best Dressed' competition was won by our new resident Margaret. The raffle which was organised by our resident volunteer, Hazel, who made an impressive £104.00 for the Ing Royde residents fund.



We laughed, cried, sang, danced and enjoyed a 1940's inspired buffet. A brilliant afternoon was had by all!



Summer Fayre

Woodlands hosted their annual summer fayre for the 5th Year on Sunday 9th June. Georgia Walker the Activities Co-ordinator had organised local stall holders to come and set up for the residents, family and friends to browse around. Skipton Building Society Choir kindly volunteered their time



to come and perform for the day. They did a brilliant 45 minute performance from classical to musical songs. Food and beverages was provided for people to help themselves to at their own leisure and a raffle was drawn with great prizes to be won. It was a sunny and bright day with a good attendance from family and friends joining in on the fun. The residents also enjoyed their summer party which took place on Saturday 22nd June with the Skipton Embroidery Guild, Brownies and Cubs joining in the fun.



A Few Photos



^ Beatrix Potter Tea Party at Fern House

Grove House had some chicks hatch on the residential unit. >



Fern House residents celebrate Liverpool's Champions League Win >



National Volunteer Week

We are really lucky at Abbeyfield The Dales to have such fantastic volunteers. To celebrate National Volunteer Week, on behalf of all of our residents and staff I would like to say a huge Thank You to each and every volunteer for the great work that you do every day at Abbeyfield The Dales. You make such a difference in making all of our lives just that little bit better. Thank you.

On Wednesday 5th June Community Action organised the Ilkley & District Community Showcase at the Kings Hall, Ilkley where 56 organisations attended, looking for new volunteers. John Durkin represented Abbeyfield The Dales and said "it was a great event, well attended by the local community and local dignitaries. Hopefully we've picked up several potential volunteers who will join our fantastic Abbeyfield family soon".

The Kitemark is a certificate awarded to organisations that show their volunteering programmes provide the best experience possible for volunteers. In addition, it benchmarks the quality of volunteer management and involvement, proves and improves the effectiveness of their work with volunteers and enhances the organisation's reputation. It also happens to be the best and most recognised sign of quality.

John Durkin originally enquired about it in 2018 and, after implementing some minor changes to the existing system, he submitted a formal application in February 2019. After a very thorough examination, the application was confirmed as successful in May 2019.



Puzzle Pages

Yorkshire Towns/Villages Names Quiz—created by one of the residents at Fern House

Can you guess the village/town names in Yorkshire from the following clues?

- 1) Does everyone cry here?
- 2) This sounds like a sum
- 3) Like ozone!
- 4) Not working
- 5) Pins and Needles
- 6) Use 2 of these to pick things up
- 7) Part of a deer
- 8) Not a comfortable seat
- 9) A good place for books
- 10) Let's climb it!
- 11) A Mediterranean country
- 12) Flowers on a slope *
- 13) Sounds like ½ of a Yorkshire emblem
- 14) Keep your horse here *
- 15) Dogs should be kept on these
- 16) Nearly tea for a cuppa!
- 17) Small pond
- 18) Do cows graze 'ere?
- 19) Below the precipice
- 20) Red Berries
- 21) Come to rest
- 22) Rotten (egg)
- 23) Comfort in cold weather
- 24) Make less soft
- 25) Sounds like electrical connections
- 26) Places of learning
- 27) People who live here shouldn't throw stones

*NB - * indicates part of a city, maybe not on the map*

Puzzle Pages

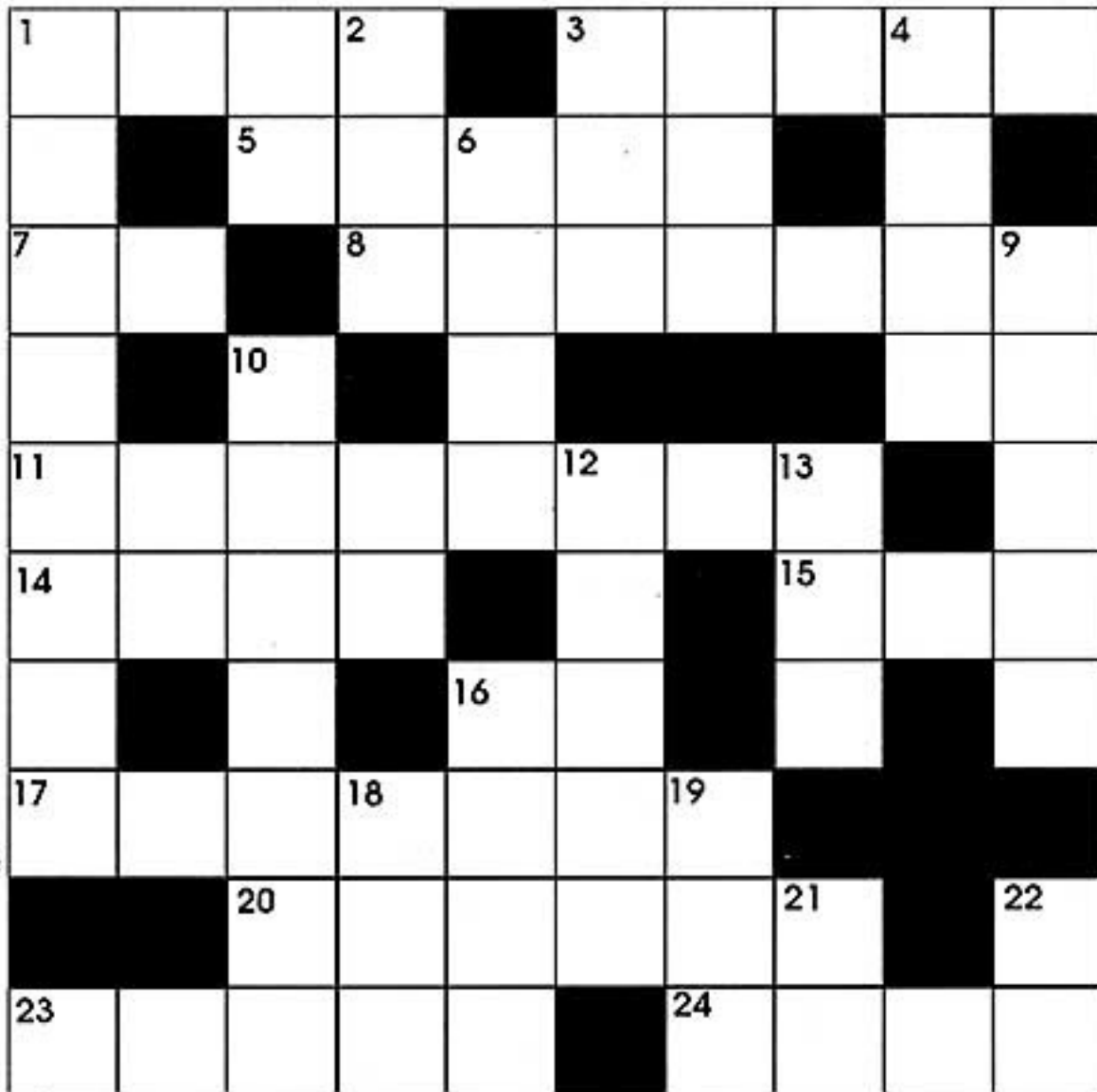
Yorkshire Towns/Villages Names Quiz Answers

- | | |
|-------------------|------------------|
| 1) Blubber Houses | 15) Leeds |
| 2) Addingham | 16) Thirsk |
| 3) Saltaire | 17) Pool |
| 4) Folk | 18) Huddersfield |
| 5) Tingley | 19) Undercliffe |
| 6) Tong | 20) Hawes |
| 7) Hearts Head | 21) Settle |
| 8) Stone Chair | 22) Adel |
| 9) Shelf | 23) Heat On |
| 10) Mountain | 24) Harden |
| 11) Egypt | 25) Leeds |
| 12) Daisy Hill | 26) Scholes |
| 13) Wrose | 27) Glass Houses |
| 14) Paddock | |

1	7		8					9
		6		1				7
					7		5	
		4	9		5			8
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					4	3		
	3						1	
		9	2					
3				5	8	7	9	4
8		5	7					
	4		3			2		

Puzzle Pages



CLUES ACROSS

1. Something one does in the sea in summer.
3. August is one.
5. You might lie on it on the beach, or dry yourself with it.
7. Is July a summer month in Australia?
8. We often leave them open in summer
11. The best part of the summer, for most people.
14. Your clothes look smarter if you do this to them.
15. Equipment, or something for you to build yourself.
17. It is longest in late June in the northern hemisphere.
20. You will feel this way at the end of summer, if you've had a rest.
23. Something we often do with time, when we're on holiday.
24. To travel round and visit lots of places.

CLUES DOWN

1. We like to have it on holiday.
2. To cut the grass, use a lawn ___er
3. Males.
4. Type of place we often like to get away from in summer.
6. Surfers like it strong, sunbathers don't.
9. Popular holiday direction in summer.
10. They make gardens pretty in summer.
12. He does good business in summer: a travel-.....
13. Do it on water in summer, on snow in winter.
16. Clever.
18. Children may fish with one.
19. To a tan means to become brown in the sun.
21. Can you this crossword?
22. Often follows "either".

Policies & Procedures Updates

Comments, Compliments and Complaints

Anti-Social Behaviour

Rent and Service Charges

Listed above 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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