



Abbeyfield

The Dales
Making time for older people

Residents Newsletter

Winter 2019
Issue 10

A message from **Philip**



Hello and welcome to the winter edition of our Residents Newsletter.

In this edition you will find out about all the many events and activities that are being planned; it is even more important that as the days get shorter and the weather colder, we all come together to have fun and keep active, so please join in if you are able.

Also, in this edition we learn more about how Abbeyfield developed, and in particular, in our area of the country. It is important to keep hold of and learn about our rich history and the innovation that kick started and created our part of Abbeyfield. There have been many individuals who have freely given their time to get the organisation to where it is today, and I am so grateful to these pioneers who have all contributed to creating something special. Thank you to Mary Heathcote, who has been involved with Abbeyfield for more years than she would care to be reminded about, for piecing this history together.

As the year moves into the festive period, we will be launching our Companionship at Christmas campaign where we look to support those who are isolated in our local communities to enjoy a moment of companionship amongst friends. I also wish you all a very peaceful and Happy Christmas. I look forward with you to a happy, healthy and prosperous new year.

Very best wishes

Philip Birkinshaw (Chief Executive)

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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@abbeyfieldthedaes.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 Activities Co-ordinator, or check your notice boards for further event details.

December

Monday	2nd	Dalehurst Trio	Grove House
Monday	2nd	Shopping Week Monday—Sunday	Fern House
Wednesday	4th	Beckfoot School Christmas Trip	Fern House
Wednesday	4th	Esther Martian Pop Up Shop & Brownies Choir	Grove House
Thursday	5th	Inner Wheel—Music Show	Fern House
Thursday	5th	Ilkley Choral Society Choir	Grove House
Friday	6th	Elf Day In Aid of Alzheimer's Society & Elissa's Christmas Singalong Special	Grove House
Monday	9th	Pyjama Drama with Wishing Well Nursery	Fern House
Monday	9th	Moorfield School Choir	Grove House
Wednesday	11th	Christmas Table Decorating & Fairfax Singers	Grove House
Thursday	12th	Andre Rieu Concert	Fern House
Thursday	12th	Christmas Party Trip & Dancing Through Times	Grove House
Friday	13th	Ukelele Jammers	Grove House
Monday	16th	Christmas Live - Lianne King	Fern House
Monday	16th	Jazz and Swing Singer	Grove House
Thursday	17th	Silent Disco	Fern House
Wednesday	18th	Ben Rhydding School Choir & Residents Christmas Party	Grove House
Wednesday	18th	Christmas Live - Musical Moments	Fern House
Thursday	19th	Lianne King Performance	Grove House
Thursday	19th	Residents Christmas Party, Eldwick School Choir & Music Hour	Fern House
Friday	20th	Christmas Dance (Silent Disco)	Grove House
Friday	20th	Christmas Live - Dolce	Fern House
Tuesday	24th	Christmas Eve Prize Quiz & Carol Singing	Grove House
Tuesday	31st	New Years Eve Live - Ukulele Henry	Fern House
Tuesday	31st	New Years Eve Singer Jess Driver	Grove House

Not your cup of tea ...

Why not make activity suggestions to your service manager or Activities Co-ordinators.

Keeping Warm In Winter

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, and where you are able 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 activities and events organised by our own Activities Co-ordinators that are open to all residents, why not come and join in the fun, it could help beat your winter blues. Please speak to your Activities Co-ordinators or House Managers if there is a group you may be interested in or if there is something new you would like to do.

Meet the team

In this edition we are getting to know ...

Robin Knowles Maintenance

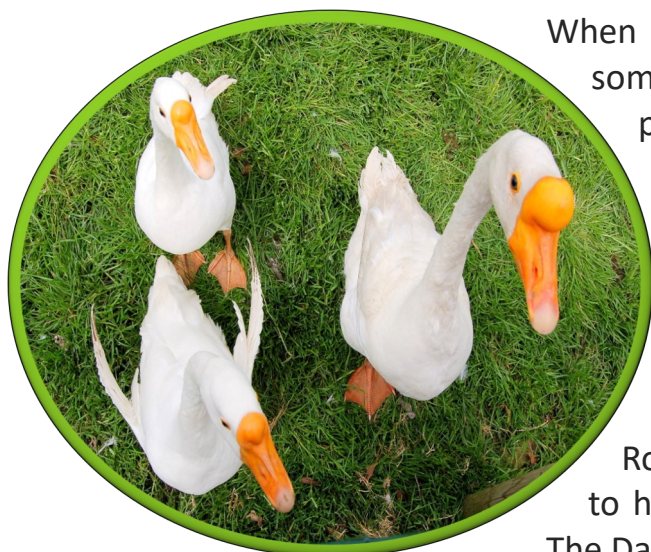


Robin has been in maintenance for nearly 30 years and had his own painting, decorating and property maintenance business for several of them.

Prior to working at Abbeyfield The Dales, he maintained the buildings, staff houses and summer camp facilities for an outdoor education centre.

Although maintenance has been his main form of employment, he is also a qualified photographer ('a very good one' in his own words) and has had the pleasure of photographing many weddings, as well having his commercial work on display in Morrisons supermarkets amongst others.

He has many interests including various types of music, films, art and architecture. Both he and his partner, Nikki, are members of English Heritage and The National Trust and enjoy going for walks in the countryside and along the coast. He is also very interested in anything to do with the paranormal and enjoys going on a good ghost hunt!



When he has time to spare, he dresses up in his finery, some of which he makes himself, and visits various places as a 'Steampunk'. If you can imagine the characters created by the author Jules Verne and cross them with fantastic steam powered machines and contraptions, then you would have a Steampunk. When visiting these events, you're never with strangers, you're just among friends you haven't met yet!

Robin has a great sense of humour and always loves to have a laugh, he thinks that working at Abbeyfield The Dales will be a long and fulfilling job.

If you have any queries you can contact Robin on:

01943 886 164 or email maintenancegrovehouse@abbeyfieldthedales.co.uk

Poetry

Moving To Abbeyfield

Once I had a garden, now a balcony and pots.
Once I had two flights of stairs, but here we use a lift.

The carers are the ones in blue, the cleaners all in pink.
Then there is the Manager, and some mystery men in suits.

We have many kindly volunteers, and a cheerful kitchen staff.
Maintenance work hard for us, to make the house our home.

We all sit down to dinner, the soup is very good.
Main courses I find heavy, where to put the “sweet”.

My tummy will get used to it, but then there is the tea.
Do I need some Gaviscon, no, a little walk will do.

I feel so very lucky, to have my own nice flat.
To meet the fellow residents, and have a little chat.

Now I'm in my nineties, how fortunate to find,
The place called Abbeyfield, on Ilkley moor baht 'at.

Written by Cynthia Richards



Corner

Nature's Beauty

Our surroundings can fill us with awe,
Watching the sun rise upon the seashore.
Swans on the river or a stunning waterfall,
But rainbows are the most beautiful of all.

The colour and scent of summer flowers,
and the earthy fragrance after it showers.
A thunderstorm with its sound and light show,
Or ducklings following their mother in a row.

Branches swaying in a gentle breeze,
Sunlight glimmering through the trees.
Butterflies fluttering through the air,
Picturesque scenery everywhere.

The full moon reflected over a lake,
Gazing at stars and the patterns they make.
There's so much to notice whether it's day or night,
Nature offers many a beautiful sight.

Written by Grove House Community Hub





Autumn

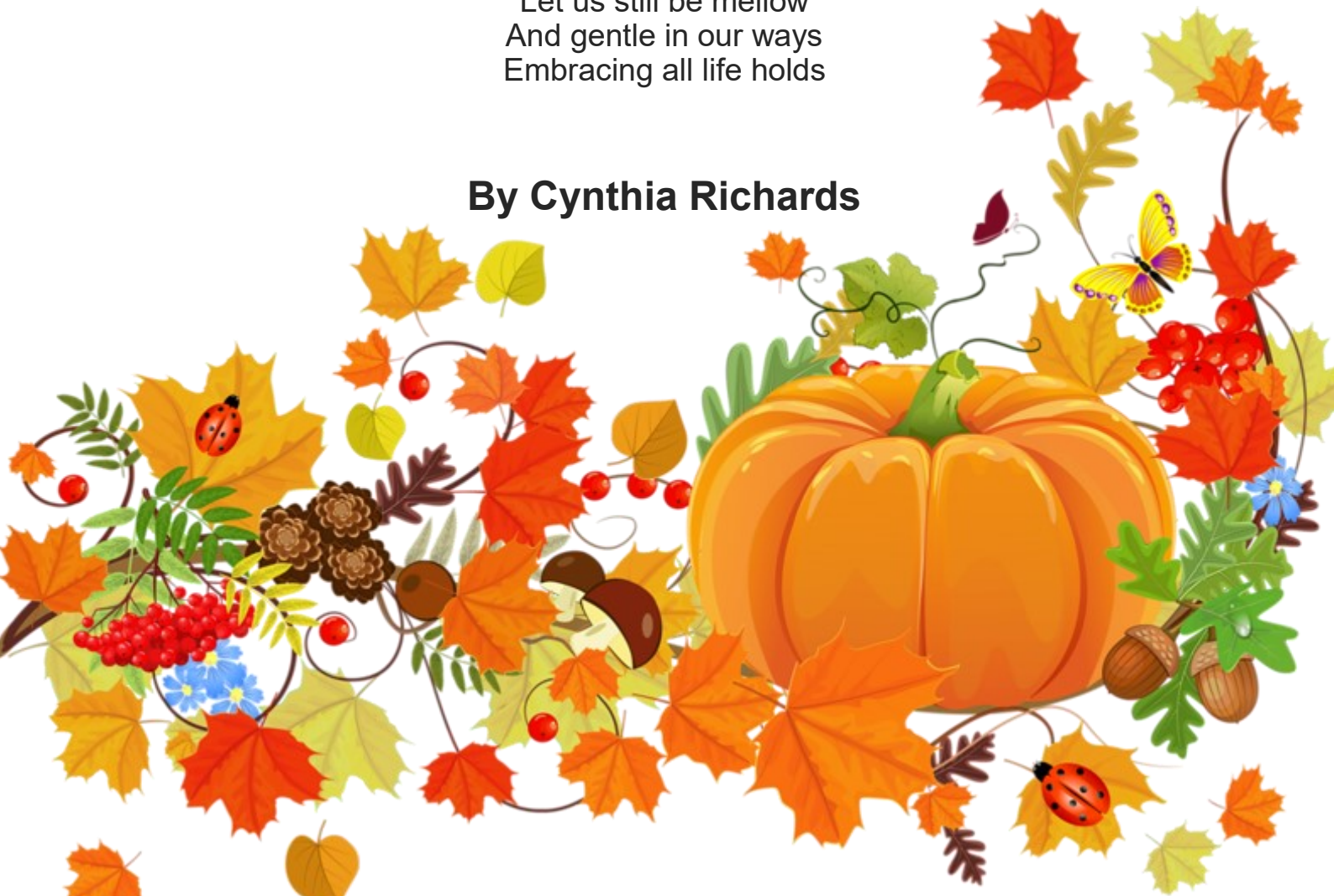
I'm sitting in the courtyard
Bathed in late September sun
I look at the geraniums
The fountain bubbles on
But autumn has begun

The birds will soon be leaving
After all the glorious colour
The leaves fall from the trees
Another year is closing
Time to reminisce

The days are getting shorter
The evenings drawing in
We need to close the curtains
And have some heating on
October's on its way

For many here at Grove House
We've reached the Autumn of our days.
Let us still be mellow
And gentle in our ways
Embracing all life holds

By Cynthia Richards



HAPPY Halloween



Staff and residents hosted Ing Royde's annual Halloween Party for residents, their family and friends. A fantastic £180.00 was raised from the Tombola and Raffle for the Residents Amenities fund. There was also a Children's and Adults Fancy Dress Competition, and a buffet and bar which was enjoyed by all!

The staff also put on some entertainment for the residents in the form of a dance routine to the 'Monster Mash' which was a particular highlight!

A fantastic night was had by all!

Morris Dancers

One of the highlights at Fern House this Summer was a performance by the Rainbow Morris Dancers.

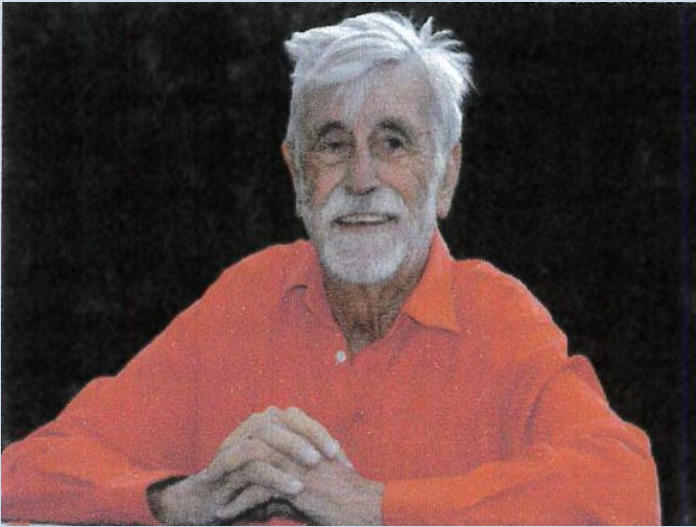
This was an eagerly anticipated performance after their brilliant show in 2018. The team of 5 Morris Dancers and a Musician performed traditional 'North West' Morris dances to a large gathering of Residents, family and friends. Rainbow Morris Dancers first started 30 years ago in Shipley and includes Jill Ramsden (Fern House's



Volunteer Musician) who has been dancing for 7 years. The colourful costumes worn by the dancers was particularly admired and Jill has enjoyed being able to help the Residents see it again: 'It was great to bring English traditions and a splash of colour to brighten up the evenings for all the Residents at Fern House'.



The History Of



Richard Carr-Gomm ^

The Abbeyfield Society was founded 63 years ago by Richard Carr-Gomm, Richard was an ex-captain in the Coldstream Guards from which he was awarded the Croix de Guerre. After he left the army he became very aware of how many elderly people lived lonely & isolated lives. In 1953 he took gratuity and volunteered as a home help. He then went on to purchase a terraced house and offered accommodation

to a Miss Saunders & a Mr Hanlan taking the role of an unusual housekeeper. Along with the help of an army of volunteers this act grew into Abbeyfield Society, a national and international movement. In 2008 when Richard died there were 850 Abbeyfield houses in Britain accommodating around 5000 residents. Richard was awarded an OBE in 1985 & a Lifetime Achievement Award in the 2005 Pride of Britain Awards. A blue plaque recognises the



Holme Lea, Ilkley ^



Abbeyfield properties in Bermondsey where it all began. In 1968 Jack Hardy, Barbara Rundle, Nora Whittaker, Margaret Briggs & Tom Last bought Holme Lea with a mortgage of £7,500.00 from the Yorkshire Building Society. Jean Hawley, Barbara Lambert, Ella Alanack together with the original group formed a House
< Ivy Lea, Ilkley

Abbeyfield The Dales



Committee with Mrs Margaret Briggs as the first Chairman. Holme Lea opened on 1st. January 1970. Charges were 12 guineas for a large room, 11 guineas for medium sized room & 10 guineas for a smaller room.

^ Grove House, Ilkley

In 1980 After more fundraising by volunteers, money from the lottery, The Housing Association & also government donations Ivy Lea on Riddings Road was opened. In 2000 Brian Whittaker and Shannon Houliston saw the potential in the vacant Grove Nursing Home. They decided to try to raise the funds to develop the site for Abbeyfield. A large team of fund raisers including Brian Dale, Ian Hepworth, Ann Crowther, David Halliwell and and volunteers managed to raise the money & negotiations with Abbeyfield Society proved successful. The first phase was to build the Flats known as The Court. These flats were sold and the resulting funds, around £3,000,000.00, were used to help with development of Grove House. The first residents moved into The Court in July 2002 and Grove House opened in 2003 under the Chairmanship of Brian Whittaker and Management of Sally Marney. In 2016 under the management of Jackie Bradfield, Abbeyfield the Dales was formed. It is now a huge organisation covering a large area of Yorkshire.

Many Thanks to Mary Heathcote for gathering and compiling all information. Mary can be seen below in the middle on the steps of Holme Lea in 1949 when it was Moorfield School.



The Craft Hut



The Craft Hut opened its doors the first week of September this year which is looked after and managed by Volunteer Barbara Jordan. Barbara has always had an interest in the Summer House at Grove House since she was asked to do Santa's Grotto. After taking a break from volunteering she was asked back to do a Knit and Knatter group

with our residents at which point she had a look inside the Summer House and found it wasn't being used. After speaking to John Durkin the Volunteer Manager, Barbara came up with the idea for the Craft Hut. After a weekend preparing a proposal and receiving positive feedback from Ilkley on Facebook Barbara got the go ahead and the clearing out of the Hut began, along with contacting everyone who was interested and advertising. The Craft Hut sells anything that is handmade, created or collected. There are 'Hutters' who machine embroider, knit and sew. Lewis Garth refurbishes antique furniture and upcycles wood into chopping boards. Tracie Barnes makes pop-up cards, plaques and small gifts and her friend Linda does the sewing; making cushions and make-up bags etc. Caroline Smith and Avice Turnbull create art and Avice's husband Jim makes silver jewellery. Elissa, of Music Tuesdays creates her hyperbolic crochet. These are just some of the creators, however The Hut is open to anyone who wants to display and sell their work and collections. Unfortunately there isn't a catalogue as many of the items are one offs. Barbara is hoping that in the future the Craft Hut will hold workshops and drop-in sessions where people can try their hand at anything crafty and have a chat at the same time.

As well as this she hopes to have some out door events on the patio next year. The Craft Hut donates 15% of its sales to the Abbeyfield Residents Fund and is open Monday to Wednesday 10am-4pm. So pop in and have a browse and get some of your Christmas shopping done.



Spanish Evening

The residents at Ing Royde asked the staff if they could try some Spanish food so the team were more than happy to oblige and hosted a Spanish themed night.

The residents enjoyed a feast of Tapas, Paella and Churros with Chocolate sauce, all washed down with a lovely tippie of homemade Sangria! The staff spoke some basic Spanish vocabulary and shared a few facts about Spain which, along with the Flamenco music, really helped everyone get into the Spanish spirit!

The residents enjoyed some Spanish dancing (in a unique 'Ing Royde' style!) followed by a raffle which was organized by Hazel our resident volunteer. The residents also came together to make the Spanish themed bunting decorations during their Sewing Bee!

A fantastico night was had by all!



Abbeyfield's Got Talent

On Thursday 8th August 2019 the Community Hub at Grove House held an Abbeyfield's Got Talent contest, many performers took part including residents, volunteers and staff.

Cath Birch, Olga Craven and Denise Lister known as the 'Abbeyfield Sisters' put on a lovely performance and sang Sisters whilst wearing colourful wigs and feather boas.

Vicky Wareham told us all some jokes and tried her best at some Yorkshire Expressions.

Brian Armitage read the Albert and The Lion speech, while Brian Duffissey had everyone in stitches of laughter through his poetry with help from his wife Susan.

Kenneth and David sang a song together while wearing police hats, and after that Kenneth entertained the audience singing the Hippopotamus Song which everyone agreed was superb.

After multiple amazing performances the judges Rita Armitage, Gwen Green, Clare Hobbins and Joan Curry had a very difficult time trying to decide the winner. After much deliberation Kenneth Milnes was awarded first place. Well done Kenneth.

Here's what Gwen had to say about the day "It was a really good event well organised and supported. There was a very close second who was a resident who sang beautifully. Having said that there was some really good talent and some very diverse talents including poetry writing/reading. It was great to see Community Hub service users, residents and staff joining in."





Salon Opening



Woodlands had a busy week at the beginning of July as they decided it was time to spruce up the hairdressers salon and with the help of one of the residents, Patricia Kitchen, it was made possible! Patricia kindly volunteered her expertise in wallpapering the salon whilst Paul Dunn, Woodlands

Maintenance painted the remaining walls to match the style that the residents and staff were looking for. The finished

result was a great transformation and Bev the hairdresser had a grand opening afternoon with prosecco and chocolates for the residents as they arrived.



Blackpool

Residents at Ing Royde decided to take a trip to see the Blackpool Lights. It had been a few years since they visited Blackpool and thought it would be good to see the lights again. Residents, family and staff enjoyed a walk down the seafront followed by a tipple at a local bar to warm the cockles! Blackpool was very busy but they finally found a lovely fish and chip shop and enjoyed a 'chippy tea'. After visits to the local shops the evening finished with a coach tour of the lights Everyone had a lovely evening and commented on how much they enjoyed the trip out!





Bolton Abbey



The residents of Woodlands enjoyed a lovely and sunny trip to Bolton Abbey on the 16th July. SCAD, the local bus service collected the residents after lunch whilst Activities Co-Ordinator Georgia packed up some freshly baked scones with jam and cream made by the chef. The sun was shining and their arrival was perfectly timed as there was a bench free right by the riverside. Some residents decided to have a walk down to the gift shop or onto the walkway by the river. They loved being in the fresh air and seeing children and families having fun. Refreshments and the freshly baked scones went down an absolute treat as well.

The Budgies of Fern House

On the 27th August two new budgies moved into Fern House. Bettie a sky-blue budgie (5 months) and Billy a green budgie (2 months) have settled comfortably into a tall white cage on the second floor lounge and are now two of Fern House's most popular residents.

Bettie has enjoyed being given bits of apples and meeting the resident's grandchildren & great-grandchildren, and Billy loves listening to the 1970s disco music on the ground floor and meeting the Respite residents.

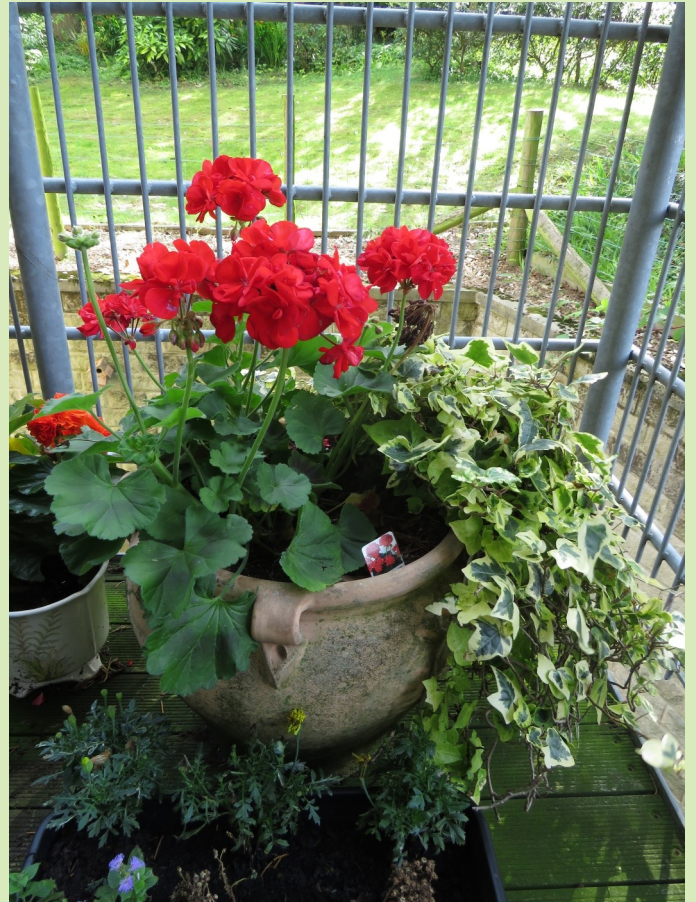
Do you have any resident pets at your site? Why not drop us a line and let us know what they get up to.



Grove House Balcony Competition



^ Best Balcony Winner —Doreen Storey

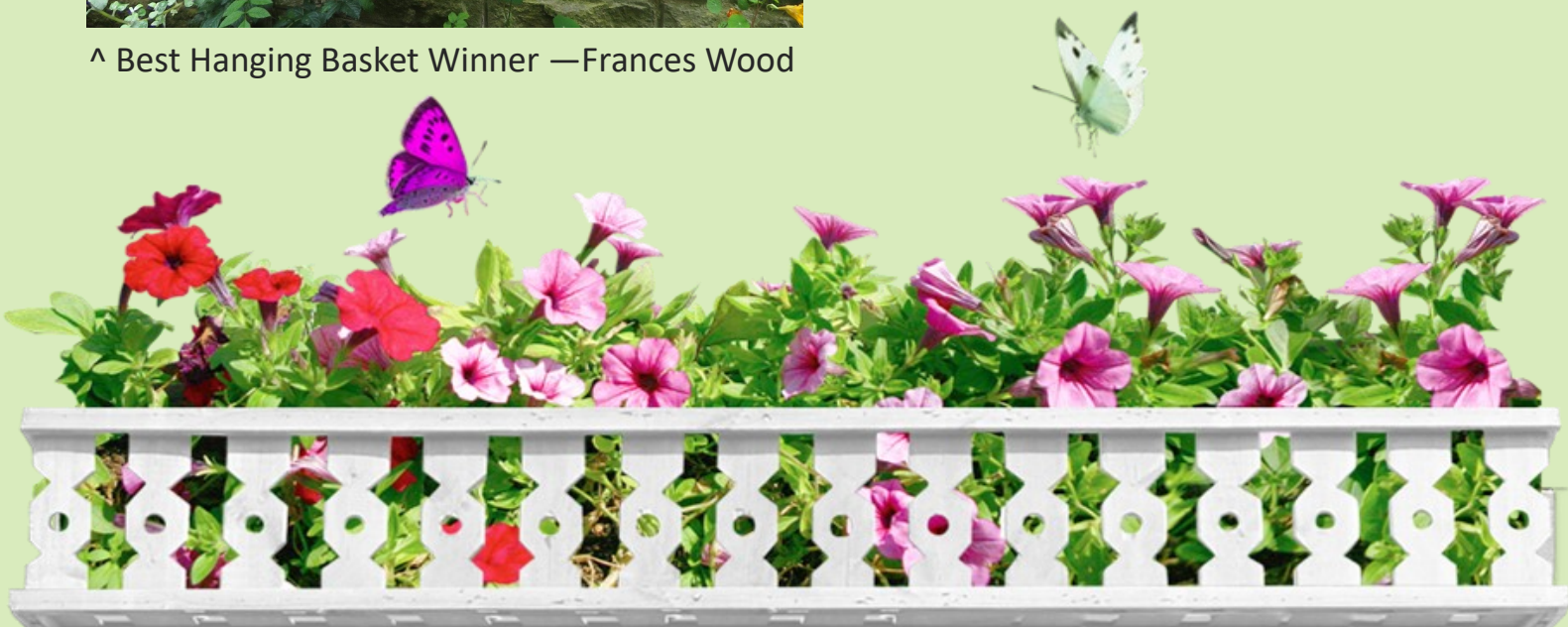


^ Best Plant Tub Winner —Mr & Mrs Moon



^ Best Hanging Basket Winner —Frances Wood

Hazel Chambers won Best Creative Approach. Congratulations to all the winners.



A Few Photos



< Fern House residents enjoying Oktoberfest.



Fern House ^ residents enjoying their Summer BBQ and some music entertainment.



^ Woodlands residents took a boat trip from Skipton to Bradley.



< Elizabeth Bateson celebrated her 104th Birthday on the 26th July with family and friends.

The residents at Woodlands were so excited about their new elevator they couldn't wait to try it out. >



Abbeyfield's creation for the yearly flower pot festival in Settle. >



Puzzle Pages



AN
FR
Y J W Z
K Z I Y
T W K P E Y
K F U D C V
X J O L L Y G J
G M Y S J V S L
G B U B L M J Z S C
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T R Q O P E R H L H B A
T F I N T B C W P J N L
R S Y Z O K I B M O S O I Z
E T Y L P W O A E U R U U T
C E J C Y I T T J L U H C L P P
N D C V D U G K A I V P F Q B T
O S N Y L E D M S Q W G Y V B P S A
P K I G F A I I W U S S Q E H V V R
T R E E X S Y E S W Z T P O B J G S L P
L W V R E L U C T E L V E S N D Y U F C
I Q P N L F E K E L E G G N O G O F T M I X
A Y G S R Z D J L E Q V N T O J G X S B B N
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BELLS
STOCKINGS
WREATH
ELVES
SLED

CELEBRATE
EGGNOG
TREE
JOLLY
SANTA

MERRY
MISTLETOE
CHIMNEY
REINDEER

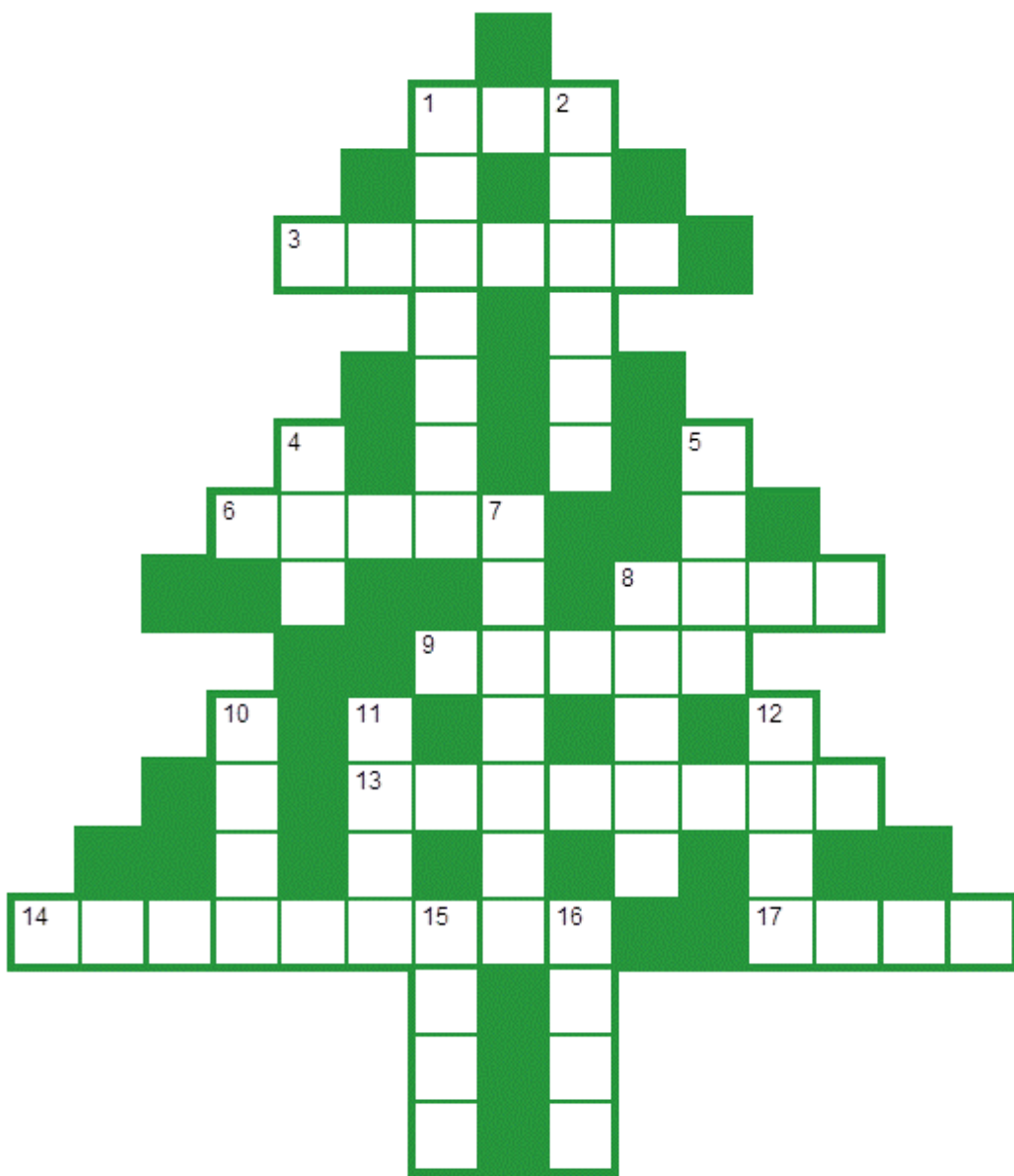
Puzzle Pages



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

Puzzle Pages



ACROSS

1. Pumpkin or mincemeat
3. Santa's ride
6. Celebration
8. Newborn
9. Northpole crew
13. Word of praise
14. Words on a Christmas card
17. It's opened on Christmas

DOWN

1. Alternative word to 17 across
2. Christmas drink
4. Boxing _____
5. Dec. holiday
7. Christmas warmer
8. "Jingle _____"
10. Christmas tree
11. O. Henry's "The Gift of the ____"
12. What carolers do
15. French Christmas.
16. Snow glider



**Everyone at
Abbeyfield The
Dales is wishing you
a very Merry
Christmas and a
Happy New
Year!**

Policies & Procedures Updates

Care Home Fees Anti Bribery

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

Abbeyfield The Dales Ltd. is Registered Charity No. 1160258 Company No. 9008680 Incorporating HCA H0227 (Bradford), H2463 (Ilkley) and H1046 (The Abbeyfield Society Ltd.)

