



Abbeyfield

The Dales
Making time for older people

Residents Newsletter

2020
Issue 11

A message from Philip



Hello and welcome to this new year edition of the newsletter.

I can't believe it is a new decade, and being 2020 it doesn't seem too long ago that organisations were planning for the future and publishing a 2020 vision and strategy; it seems like only yesterday!

The start of a new year always brings promise of a fresh beginning, and anticipation of what is to come, and I hope we at Abbeyfield the Dales will continue to meet your expectations and offer you the service and support you need. 2020 marks the 50th anniversary of Abbeyfield in Ilkley, and to mark this milestone we are planning something (at very early stages so far) at our Grove House site that will benefit current and future residents alike; we will share our plans with you in the coming months.

I would like to thank all of you who completed this years resident survey, we are currently collating your responses and we will share the results when we have them.

I wish you all the very best for the year ahead.

Philip

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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@abbeyfieldthedales.co.uk

Poetry Corner

My Balcony

The bird bath on my balcony
Is a very busy place
Each day a saucy blackbird
Comes to bathe and wash his face

Then it's down to the essentials
What is there to eat?
Ah, the blue tit's fat ball
Yes – that will be a treat!

By Cynthia Richards



Meet the team

In this edition we are getting to know ...

Hayley Thompson Deputy Manager



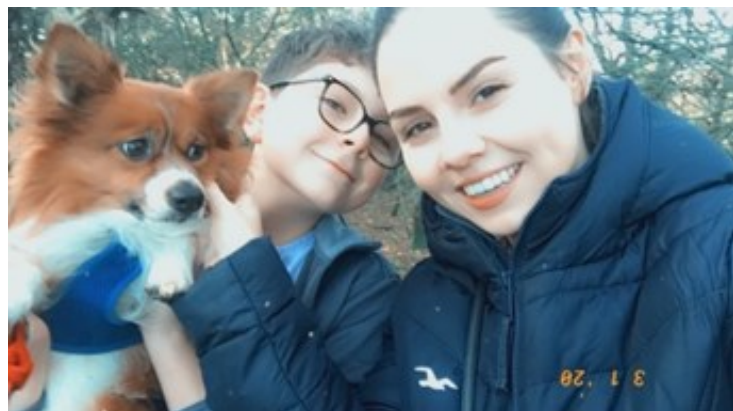
Hayley has joined The Community Hub and Outreach Service as Deputy Manager and looks forward to her future with the Abbeyfield Family.

Hayley was a competitive Dancer in her younger years and went on to study at Leeds City College of Dance, after this Hayley decided she wanted a change and then went into the Care Sector.

She has done various roles and has grown from a Care Assistant to a Deputy Manager within 5 years and thoroughly enjoys making a difference in people's lives, she has studied various courses throughout the years and says "I love learning, I am currently studying my Level 5 Management Diploma which will enable me to take another step in the future to become a Registered Manager." Hayley truly believes it's the small things in life that make a big difference.



Hayley enjoys walking, exercising, travelling and socialising with family and friends when she isn't working or studying. She has been to destinations such as Paris, Rome, Santorini, Barcelona, Amsterdam, Tenerife, Dublin, Lanzarote and is looking forward to her future holidays! Hayley believes it is a big world out there and it would be a shame not to see it all, especially whilst she is young and before she starts a family of her own.



Hayley lives with her partner in Haworth, Hayley says her family are a huge part of her life and she couldn't imagine life without them, especially the younger children and dog! He is a crazy pup, but she wouldn't have it any other way.

Hayley is very thankful to all that have made her feel so welcome and loves the exciting new activities, trips and ideas that she is putting into place with her team in The Community Hub.

If you have any queries you can contact Hayley on:

01943 886 024 or email h.thompson@abbeyfieldthedaes.co.uk

Meet the team

In this edition we are getting to know ...

Briony Spandler

Senior Activities Co-Ordinator



Briony loves the countryside, walking and being immersed in the landscape. She says that she'd love to have to survive in the wild on her own (although accepts that, if it came to it, she'd probably rather get rescued – quickly!). She loves drawing and painting, especially landscapes and portraits. An 'enthusiastic amateur' garden designer, she has created a small 'potager' garden at home – growing vegetables and fruit side by side with flowers and shrubs. She has been with husband Paul for 38 years and they have one daughter, Gracie, who is 20 and will be starting a degree in social work in September, having worked and travelled since leaving sixth form. Her family are big animal lovers and have a dog called Woody, an English Springer Spaniel, and two cats called Gus and Heidi. She lives in Rawdon, Leeds and was born in Horsforth, raised in Yeadon – and is proud of her Yorkshire heritage. She also loves baking, going to the pictures, visiting galleries and museums and travelling, home and abroad.

She has been involved in community campaigns to protect our countryside's from inappropriate development. She's a founder member of Yorkshire Greenspace Alliance (YGA), a collective of community groups, whose aims include raising awareness about the lack of community voice in the planning system, fundraising to pay for legal representation for groups involved in government inspections. This has taken her to Parliament too on occasion. Briony is Chair of Rawdon Green Belt Action Group in Leeds and the founder of national collective called 'The Green Belt Guard', a network of campaigners who are able to share their mutual challenges, knowledge and advice.

Briony went to Leeds College of Art when she left school, and has had a creative career spanning 30 years, primarily as a professional graphic design consultant and running her own design business. If you want to see some of her work, pop in to Helmsley Brewery in North Yorkshire – she designed the logo and the beer labels! Briony was an associate lecturer in graphic design at Leeds College of Art too, and has travelled all over the country, as well as to Italy, Ireland and Portugal for her work, and to further her skills. In recent years she has followed her heart and taken a new path in order to combine her creative passion with her love for lifelong learning and working for older people. She's keen to make sure that everything she does here at Grove House is truly about what residents want – so never be afraid to share your suggestions for activities and events with her – she aims to please!

If you have any queries you can contact Briony on:

01943 886 005 or email b.spandler@abbeyfieldthedaes.co.uk

Meet the team

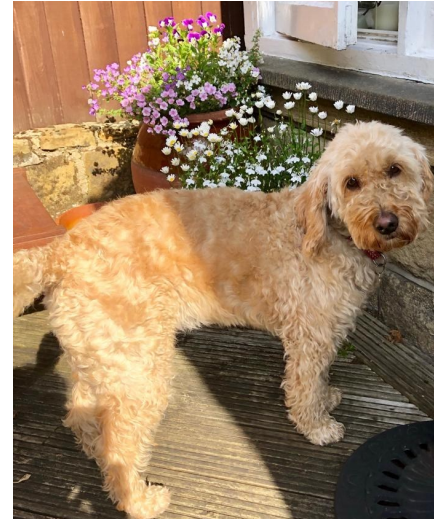
In this edition we are getting to know ...

Vicky Dellar Receptionist



Vicky joined Abbeyfield as a part time Receptionist in December 2019. She is enjoying learning her new role whilst getting to know the residents and staff at Abbeyfield who have all been very friendly and welcoming.

Vicky has always worked in Reception and Secretarial roles, initially as a Legal Secretary in Leeds many years ago. She then moved to London to work at a Law Firm in the City, and then joined a Property Development company in the West End. Vicky met her husband whilst working in London, and they have two grown up children, Oliver and Charlie, who now both live in the West Country.



After living in Hertfordshire for 10 years, Vicky moved back to Yorkshire with her family and has since worked as a School Secretary at a local primary school, and more recently a Receptionist at an Ilkley dental practice.

In her free time, Vicky enjoys visiting her sons in Wiltshire, and she enjoys holidays with her husband, Martin, whilst discovering new and interesting places. Vicky is a keen crafter and

enjoys sewing, quilting and embroidery, and she also loves walking on the moors and in the Dales with her husband and beautiful dog, Darcey, a goldendoodle, followed by the occasional pub lunch!

"I have been very warmly welcomed at Abbeyfield by all the residents, staff and regular visitors, who are all so helpful, and I'm really enjoying the variety of my work. I look forward to getting to know more of the residents and supporting the Abbeyfield family ethos now that I am part of it."



If you have any queries you can contact Vicky on:

01943 886 000 or email v.dellar@abbeyfieldthedaes.co.uk

Meet the team

In this edition we are getting to know ...

Kelly Harvey-Hill Activities Co-Ordinator



I am very new to the role and to Abbeyfield but already feel very welcome and excited about the future and for what's to come. I recently returned to the UK after living in Perth, Australia for the last 12 years. Our time in Perth has been fantastic and invaluable. It created some very special memories and has left us with a wonderful journey to be able to be proud of and to remember forever. However as life goes on and with all of our family living in Ilkley and Baildon our hearts were drawn back to the beautiful place we call home. I am now living in Guiseley with my husband and our 11 year old son. I enjoy long walks with my family, shopping and spending time with my family. I have 2 brothers and 5 nieces and nephews, so with lots of children in the family they sure keep me busy.

I will be working closely with Briony and Hayley to ensure a cohesive program of fun activities and social events are available to everybody in the Abbeyfield community.



If you have any queries you can contact Kelly on:

K.harvey-hill@abbeyfieldthedaes.co.uk

Festive Activities



The residents at The Beeches enjoyed a Panto performance in their lounge and a Christmas shopping trip to Tong Garden Centre.



Over the festive period many of our properties had local schools come in to sing festive songs and perform for the residents.



Many of our properties hosted their annual Elf Morning for Alzheimer's Society. Having competitions and selling tasty baked goods to raise money for the charity.

Taste Of India



Woodlands had their first themed night in a while which was an Indian themed evening where residents could sample some Indian cuisine dishes whilst Georgia the Activities Co-ordinator dressed in some traditional saris for residents to admire the timeless hand work that is put into them. Some



residents even had the traditional henna designs on their hands.



Art For Fun



Grove House has just launched a brand new beginners art activity – and it's proving very popular! The new group, aptly named 'Art For Fun' welcomes anybody wanting to dip a toe into art for the first time, play with different techniques, perhaps discover talents they never knew they had. People experiment with paint, pencil, techniques and materials, guided by Briony, Senior Activities Coordinator who's previous career was in design and illustration.

She provides guidance and support where desired, ensuring an easy-going 'give it a go' approach is more important than making a Matisse! We already have a well established Art Group every Monday afternoon, which all are welcome to join, and it's perhaps more suited to those who are confident in their artistic abilities.





First Poppy Award

Woodlands eldest resident, Joy Tomlinson who celebrated her 100th Birthday in May 2019 had a trip out to Leeds in November as she was invited by the Mayor of Leeds to be presented with 'The First Poppy'. Joy spent her time throughout the war as a land army girl in Skipton helping with the local farms whilst her late Husband Ernest managed the local garage 'Nicholas Smith's' repairing the vehicles that were damaged in the war.

Joy had a fantastic day travelling on the train to Leeds and being greeted by the British Legion and then attending the service in Leeds market hosted by the Mayor, Eileen Taylor and presented with the 'first poppy' for her services throughout the war. Joy was the eldest person there to be presented with the poppy as the other 4 veterans

who attended were aged between 91 and 95.

It was a moment of honour that will forever be remembered by Joy's family and the staff at Woodlands Abbeyfield.

Henry The PAT Dog

Pets As Therapy (PAT) dogs play an important role in the lives of the residents at Fern House. Henry the PAT dog, a Springeroodle, is always guaranteed to bring a smile to the faces of residents at Fern House. His twice monthly visit is eagerly awaited by all dog lovers, keen to cuddle and fuss over him. Jane, pictured with Henry, loves all dogs, and enjoys visits from other PAT dogs also, when it's their turn to pop in and say hello. Henry is her favourite though – he's always guaranteed to share his own beaming smile when he calls by. Interaction with animals is great for the well-being of residents who have enjoyed the company of pets in the past, but are no longer able to have their own. The PAT dogs do a sterling job, as do their dedicated owners, volunteering their time to share the joy of pet dogs.



Arabic Showcase



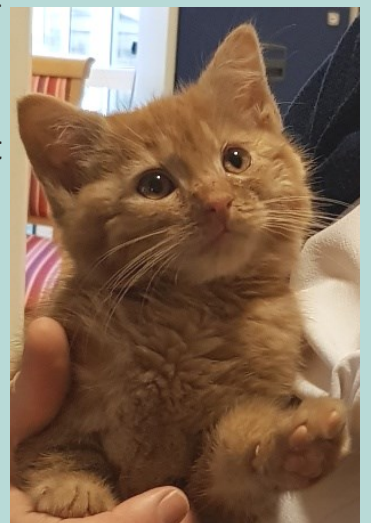
Woodlands Skipton has a very talented member of staff and it's something a little out of the ordinary...Beverly Spracklen, a bank care assistant for ATD Woodlands offered a show quite like no other. She is a professional Belly Dancer and has travelled far and wide over the years learning choreography from skilled Arabic dancers. A surprisingly and intrigued turnout of residents attended the showcase in December. Beverly danced throughout numerous Arabic songs over the hour and also gave a small explanation to the meaning of each song. The residents thoroughly enjoyed the afternoon as it was something so different and nothing like they have seen before.

Knitting For Yorkshire Cat Rescue

Kelcliffe Cattery very kindly donated an interactive cat to the residents of The Beeches. That cat has been named Boris and gives support as he purrs, moves and is a comfort to stroke. Boris has settle in well and is



now best friends with resident Madge. The Beeches residents have been



busy knitting blankets for Yorkshire Cat Rescue. Kitten Danuta came in to visit to say thank you to all the residents.

A Few Photos...



< Caring UK Awards 2019 where Sharron Mann and her amazing domestic team at Grove House won an award. A huge congratulations to the Pink Ladies!



< Sue Quilter and Dawn Robinson from Recruitment spent time travelling round to all Abbeyfield The Dales sites to deliver festive chocolate for all the staff. Dressed as a snow lady and mother Claus they spent the day meeting staff and handing out chocolate reindeers.

Sue and Dawn both said it was lovely to meet some of the staff they wouldn't ordinarily see, and it was great to visit some of the sites they'd not been to before.

Grove House Craft Group > made and sent Valentines cards to the residents at Fern House for National Send A Card To A Friend Day .





This document tells you what you should do if you get a scam call?

Older people are often a target for scammers, so it's important to be aware of phone scams and how to handle them. Fortunately, there are things you can do to protect yourself:

Don't reveal personal details or press any buttons. Never give out personal or financial information (such as your bank account details or your PIN) over the phone, even if the caller claims to be from your bank.

Hang up. If you feel harassed or intimidated, or if the caller talks over you without giving you a chance to speak, end the call. It may feel rude to hang up on someone, but you have the right not to be pressurised into anything.

Ring the organisation. If you're unsure whether the caller is genuine, you can always ring the company or bank they claim to be from. Make sure you find the number yourself and don't use the one provided by the caller.

Don't be rushed. Scammers will try to rush you into providing your personal details. They may say they have time-limited offer or claim your bank account is at risk if you don't give them the information they need right away.

Be alert, Don't get scammed.

Puzzle Pages

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

ANCESTORS	HORSE
BOAR	JADE
COMPASS	LANTERN
DOG	LUCK
DRAGON	LUNAR
DUMPLINGS	MONEY
ENVELOPE	MONKEY
FANS	OX
FESTIVAL	PARADE
FIREWORKS	RABBIT
RAT	
RED	
ROOSTERS	
SHEEP	
SNAKE	
SPRING	
TIGER	
ZODIAC	

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

Puzzle Pages



ACROSS

- 4 Vengeance (8)
- 8 Common conifer (4,4)
- 9 Indication of something concealed (8)
- 10 Novice (8)
- 11 Mixed (8)
- 12 Indonesian holiday island (4)
- 14 Obligation (4)
- 15 Streetcar (4)
- 16 Old Peruvian Indian (4)
- 17 Body of a church (4)
- 20 Original arkwright (4)
- 22 Inventive (8)
- 25 Approved (8)
- 26 Clever (8)
- 27 Death notice (8)
- 28 Silvery-white metal used in jewellery (8)

DOWN

- 1 Predicament (7)
- 2 High explosive (9)
- 3 Part of New York (5)
- 4 Take back (7)
- 5 The Holy Land (9)
- 6 Bury (5)
- 7 Illness (7)
- 13 Racquet sport (9)
- 14 Hazardous (9)
- 18 Means of sending overseas (7)
- 19 Liberty (7)
- 21 Branch of mathematics (7)
- 23 Representative (5)
- 24 Allow to enter (5)

Policies & Procedures Updates

There were no policies updated recently, however if you wish to view all of our policies please speak to your service manager.

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

