

The logo for Abbeyfield, featuring the word "Abbeyfield" in a blue serif font with a stylized orange figure of a person integrated into the letter 'i'.

Abbeyfield

The Dales
Making time for older people

Abbeyfield Matters Autumn 2024

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A message from the

Chief Executive

Welcome to this edition of Abbeyfield Matters, and I promised myself when I welcomed you to the last edition that in this one I would not comment on the weather (as I always do). However, I do feel that in many ways we have been cheated out of period of pleasant, settled and warm weather, but despite that I can see that many of you have been enjoying the last few months in a range of activities, outings and events provided. In many ways it has felt like a summer dominated by sport, and I can see you have also got involved and been active.

It is lovely to see the rewards some of our amazing staff have been given in recognition of the fantastic service and support they give, and I know there are many more unsung heroes out there in all our services; thank you all! I was really touched by Annalies's openness and honesty, and I hope her contribution to the newsletter will be the catalyst for more openness and a conversation about our wonderfully diverse workforce.

As the nights draw in, please keep warm and safe, and I look forward to seeing what you have been doing in the next edition.



Philip Birkinshaw

Welcome to our newsletter.

Welcome to Abbeyfield Matters. As we head into Autumn we can look back at a lovely summer with our residents enjoying seaside visits and summer sun in our snapshot of activities in our Newsletter pages. A huge thank you to all our wonderful Activities Co-ordinators and volunteers, which make all the adventures possible. Have a look back at our Facebook pages for all the other things we got up to.

Thank you to all who have contributed to our review of 2024 so far.

And don't forget, should you have anything you would like to share with us in future editions of Abbeyfield Matters, then please feel free to forward your contributions to reception@abbeyfieldthedaes.co.uk. We'd love to hear from you.

We hope you enjoy reading



Woodlands, Skipton

Didn't we have a luvverly time
the day we went to Blackpool

Woodlands Residents enjoyed a trip to Lytham St Anne's on Monday 3rd July. They drove to Blackpool to see the tower, and stopped at a café on the seafront, amusements and a second cuppa stop at the garden centre in Clitheroe. Despite it being a drizzly day they all had a great time.



Dying Matters Awareness Week



As part of **Dying Matters Awareness Week** staff, residents, and volunteers at Woodlands have come together to talk about having those important conversations and sharing their wishes.

Residents in our knit and natter group have knitted individual squares to form a blanket (pictured above) which will be with residents during their end of life. Volunteers Vivienne and Jill knitted the blanket together. Resident Mrs Whitaker has named the blanket 'The Last Hug'.

We implemented a 'Butterfly Station' (Pictured right) which we provide to the resident and families, alongside a discussion with our end of life champion. The station has items connected to all 5 of the senses including aromatherapy, essential oil diffusers, hand creams, a CD player for favourite music, a photo frame for a favourite photo of happy memories.



We hope to continue to raise awareness about those important conversations and continue making a difference in our resident's lives.

Feedback from a relative:

"When my mum was in Woodlands, all the staff were fantastic, they treated her with care and dignity. They were on hand for emergencies and checked regularly when she had an issue. I cannot fault in anyway the care and consideration provided by everyone during her time there. I stayed with mum for the last two weeks of her life. In this time the staff not only looked after mum but me too. They ensured I was fed and got some rest. In the last few hours of mums life they sat with me providing the support I needed in this very emotional time. After mum passed they did not step back but continued to support me in the following weeks. I cannot say how much Abbeyfield go the extra mile."

Woodlands, Skipton

10th Anniversary

On 29th April 2024, we celebrated our 10th Anniversary at Abbeyfield, Woodlands.

Invites went out to family and friends of residents, head office and all the trustees. We also organised a raffle to be drawn on the day, raising money for our amenities fund.

The afternoon was finished with the raffle being drawn and delicious cream teas.

We celebrated with prosecco (or soft drinks) and were entertained by The Bluebirds, who sang us a lovely selection of songs from the 1940s, 50s and 60s.





Dawn (Above left), **Cynthia** (Above middle)
and Hester (Above right) **are**
Employees of the Month
for June & July 2024

Thank you to the residents that took the time to vote.

This really does make a difference to our staff to know that you appreciate what they do for you.

Please continue to submit your votes in future months at participating sites.



Fern House, Bingley

Left, **our very own movie star**. Resident Mavis very kindly assisted us with the website video for ATD. She had to get up especially early to allow the recording company to make a video of her apartment. As a thankyou she was presented with flowers by Jane.

Below, **a great day at Roberts Park** with amazing weather. We really loved the park, but especially the train!



Alpacas came to visit Fern House. All staff, residents and visitors enjoyed meeting and having time with them. They were provided by Danielle from ALTreka in Baildon.



... and we couldn't resist a few more alpaca pics!



A wonderful afternoon with **live singing from Emma James** in the Fern House Community Hub.





Ing Royde, Halifax

... had a lovely day out at Tong Garden Centre followed by a delicious lunch at Heathfield Farm. A great day was had by all.

Living with ADHD by Annelies

For about 5 years I have known about having ADHD (Attention Deficit Hyperactive Disorder), not the hyperactive but the inattentive version. A lot of women show this form of ADHD which is missed during their younger years. Mainly I think, because of the social adaptability that women are taught from young age. Diagnosis often happens later in life. I am heading for 60 this year.

I have a history of periods of being exhausted which lead to a burn out for a few years. A dear friend suggested I could have ADHD/ADD. When I started to read about it, I totally recognised myself in the combination of symptoms. This made it easier to understand myself and expand on strategies that I already had taught myself.

However, living in a world build for neuro typical people there are still a lot of challenges... I have been brave enough to admit to having ADHD/ADD in the job interview with my current employer but having tried to be like everyone else for so long I find it a challenge to take my place as neuro divergent fully. I still discover what belongs to the symptoms of ADHD/ADD I deal with every day. People with ADHD/ADD struggle with executive function of the brain. Below is an explanation of this.

Quote from Psychology Today:

Executive function describes a set of cognitive processes and mental skills that help an individual plan, monitor, and successfully execute their goals. The “executive functions,” as they’re known, include attentional control, working memory, inhibition, and problem-solving, many of which are thought to originate in the brain’s prefrontal cortex.

Understanding executive functions. Many behaviours in which humans engage, such as breathing or stepping out of the way of an oncoming car, occur without conscious thought. Most others, however, rely on executive function. Any process or goal pursuit that requires time management, decision-making, and storing information in one’s memory makes use of executive function to some degree. Since much of modern life is process-driven and demands that individuals set and meet goals, disruptions in executive function can make it challenging for someone to succeed in school, at work, or in the household.

What are the different executive functions? Many experts believe that the human mind contains seven different executive functions. These include self-awareness, inhibition, nonverbal working memory (short-term memory related to sensory and spatial information), verbal working memory (short-term memory related to speech and language), emotional regulation, motivational regulation, and planning and problem-solving.

Problems with executive function. Someone who struggles with executive functioning will likely have trouble starting or finishing tasks, executing multiple steps of a project in sequence, and keeping their belongings organized. They may struggle to make decisions or lose important items frequently.

Issues with impulse or emotional control are a less obvious sign of an executive functioning deficit. Someone with underdeveloped executive functioning may act without thinking and may appear overly emotional at times; this is because both behavioural and emotional inhibition are key aspects of executive functioning.

ADHD. People with ADHD usually struggle with one or more executive functions, in addition to other symptoms such as hyperactivity and distractibility.

Executive function difficulties can co-occur with other developmental and mood disorders, including autism or depression.

I struggle daily with:

Inattention: Quickly being distracted by details and overwhelmed by things happening. For example, having 2 or 3 other things in my mind while having a conversation. Or not being able to concentrate on what I am doing when a conversation takes place close by. For me sound is very difficult to block out.

Time management: Difficulty with being on time to work, or when to go to bed and getting up. Being on time to appointments.

Memory: forgetfulness causes continual self-checking. EG: Have I really locked my front door or car?

I use my phone for reminding myself several times: A week, 3 days, 1 day, evening before and on the day 6 hrs, 3 hrs, 1 hr before an event.

Beginning, Finishing and Staying on Task: At work but especially at home. I may be able to give the best of myself at work, being a responsible individual, but only at the cost of coming home exhausted and empty. It all has to do with having head space to cope with a task.

Deadlines help but with only deadlines to deal with everything else falls by the wayside. The work will have been stacking up elsewhere. Will I be able to cope with even more chores or mess at home afterwards? It is a continuous balancing act.

Organizing home: Battling clutter, I leave things out to remind myself of jobs that need doing till it gets too chaotic.

Of course there are always strengths

Creativity to think of solutions for problems. Thinking outside the box.

Empathy for others who struggle with limited brain function for whatever reason.

Sense of humour, situations can get ridiculous but seeing the comical is a gift.

Handling crisis. Keeping calm & thinking clear. Probably developed by overcoming things.

How can you support someone with ADHD/ADD?

I have a lot of support, with my faith, my friends and my manager at work. If you are wondering how to support me ... just ask. Being understood is a great gift!

Annelies Van Oijen - Residential Unit Activities Co-ordinator, Grove House

Grove House, Residential

Annalise took some Residents to visit **Ilkley Cinema** to watch a screened performance of Swan Lake by the Royal Ballet from the Royal Opera House in London. Residents also enjoyed having their lunch at the Cinema which was very nice—delivered to your seat.

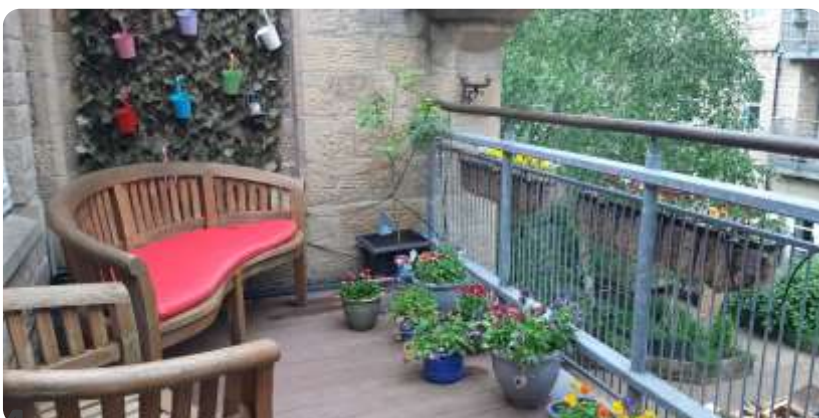
This encouraged another resident to visit again and they saw a screened performance of Carmen by the Royal Opera also from the Royal Opera House.



Next to our dining room we have a **beautiful balcony garden** that catches the sun and a canopy for shade which is a great space to get those green fingers to work.

In May we sorted our planters, topped up with soil and sowed For-Get-Me-Nots and Sweet peas. Jane (right) had also removed the dead branches of our little tree with the secateurs.

We are very proud of our results.



Grove House, Extra Care

What a beautiful day in June to listen to the amazing band “Hot Aire” in our courtyard. We thoroughly enjoyed the music singing and dancing a-plenty.



Tatiana took the mini bus and residents out in June on a trip to **the fabulous Salts Mill in Saltaire**. They enjoyed the David Hockney gallery and had lunch in Salts Diner.



Grove House, Extra Care

The **Leeds Liverpool canal** was our destination on 28th June. We boarded in Skipton and whiled away the afternoon to Gargrave and back, even joined by a family of swans at one point.

Thank you to the crew of **Spirit of Endeavour** for your hospitality and kindness. We had the most wonderful time.



We were all about the sports this summer, enjoying the **Euros, Wimbledon and the Olympic Games**. We had great fun playing balloon tennis in the conservatory.

We've also enjoyed learning more about the history of the Olympic Games. Audrey, one of our independent living residents brought in a bronze medal her husband had won at the Australian games in 1956. Wow! What an achievement.



Not your usual Olympic event, but we had a **potato peeling competition**. Janice, one of our receptionists at Grove House won the prestigious honour of being the fastest peeler. We wonder if she is in the wrong job...



The Beeches, Menston

Na then. We celebrated Yorkshire Day tha'knows on't 1st August.

Ee by gum we 'ad a crackin time.



The date 1st August, alludes to the regimental anniversary of the Battle of Minden and the wearing of roses in the headdress on that day ... In the case of the Light Infantry, successors to the King's Own Yorkshire Light Infantry, a white rose.

The date is also the anniversary of the emancipation of slaves in the British Empire in 1834, for which a Yorkshire MP, William Wilberforce, campaigned.



We have all turned **green-fingered** at The Beeches and lots of fun was had designing and painting our own pots.



We had a fun afternoon **decoupage**ing it was a little messy but we were all proud of our finished products which included tissue boxes, hearts and even a note book.



Life in the 1950's

BABY BOOMERS
BUDDY HOLLY
CIVIL RIGHTS
COLD WAR
DUCKTAIL
ELVIS PRESLEY
HULA HOOP
JAMES DEAN
JUKEBOX
LEATHER JACKET
MARILYN MONROE
MATINEE
PEDAL PUSHERS
POMADE
POODLE SKIRT
POCKABILLY
SOCK HOP
SODA SHOP
STATION WAGON
STUDEBAKER
SUBURBS
TELEVISION
TRACT HOMES
WESTERNS



It quiz time!

Test your knowledge with these trivia questions.

Answers on the back page.

1. What is the world's best selling perfume?
2. Scorpions are immune to their own poison. True or False?
3. What sport are Olga Korbut and Nadia Comaneci famous?
4. A cricket umpire holds both arms straight up to indicate what?
5. What is the 19th hole of a golf course?
6. Who or what is 'the old lady of Threadneedle Street'?
7. Who was known as 'the lady of the lamp'?
8. Who first broadcast 'A Letter from America' in 1946?
9. What colour is a Spanish post box?
10. In 1971 East Pakistan became which independent nation?
11. In which county is the River Medway?
12. In which year did the pound note stop being legal tender?
13. From which city does Coleman's mustard originate?
14. Who wrote the opera 'The Marriage of Figaro'?
15. From which British sitcom did the phrase 'lovely jubbly' come?
16. In English folklore, what was the name of Robin Hood's Chaplain?
17. What two things do bees collect?
18. What is the only substance capable of cutting a diamond?
19. Which country is Santiago the capital of?
20. What was the world's highest mountain before Everest was discovered?

Quiz Answers

1) Chanel No.5 2) False 3) Gymnastics 4) Six runs 5) The Bar or Club House 6) The Bank of England 7) Florence Nightingale 8) Alistair Cooke 9) Yellow 10) Bangladesh 11) Kent 12) 1988 13) Norwich 14) Mozart 15) Only Fools and Horses 16) Friar Tuck 17) Nectar and Pollen 18) Another Diamond 19) Chile 20) Everest!



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