

Orchard House Newsletter

August to October 2017

Wow it has been a busy three months and jam packed with events. August was a busy month of painting and decorating for our Maintenance Man Peter Allen who single handed painted our Namaste Room. The residents also enjoyed a show from Havana Nights, a ballroom dancing duo with a Strictly come Dancing theme, which everyone enjoyed. Our Seaside Supper was a great success with many relatives attending, sadly the weather was against us and this had to take place inside with the Ice Cream cart from Sticky Fingers Cafe setting up camp in the front of the Home under the cover of the porch as his cart was too big to fit in the home. He brought with him seven different ice creams and two sorbets and lots of delicious toppings which everyone enjoyed sampling.



In September we had our Autumn Fall Tea Party and residents were entertained by Nigel Walsh a Banjo Player who also showed the residents how to do balloon modelling, this proved very popular. The start of September also brought with it the start of the Namaste programme, since the programme has started residents who have joined us in the Namaste Room have taken part in activities such as autumn themed walk afternoons, chocolate tasting, Household Reminiscing Afternoons, manicures, luxury shaves, facials, foot soaks, massages, cake decorating, bowling and light exercise to name but a few.

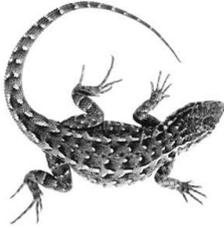
The official opening of the Namaste programme was a great success and it was so nice to see so many families celebrating the occasion with us. There was a true party atmosphere and vocalist Fran Dwane was great at getting everyone joining in singing, dancing and playing instruments – thank you Mr Cope for that recommendation, we will be booking him again! The Mayor of Sutton Coldfield was very supportive and impressed with the programme and was personally introduced to each resident shaking hands and taking the time to chat with them; he also had a tour of the programme and got to see it in action. He then officially opened the programme by making a short speech and cutting the ribbon which we then all toasted with some glasses of fizz and the sampling of canapés.



In the sort time that Namaste has been running we have been astounded by the results. Three days into the programme we were already seeing a difference in how the residents taking part were interacting. Residents nutritional intake and fluid intake has improved during the sessions and residents that

were either unable or showed no interest in taking part in activities or socialising with those around them now are. We have seen residents that struggle to speak or speak

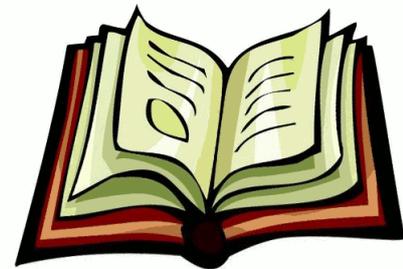
rarely ask for drinks, sing and some residents have massaged staff back in return during treatments. Even if the residents do not wish to take part in any of the activities in the Namaste Room the quiet and peaceful environment and the presence of staff constantly in the room with them and the company of other residents seem to have a positive impact.



In October we had a visit from the Animal Man which is always popular and the residents looked forward to seeing what weird and wonder animals will be brought each time they come. The star of the show this time was Honey Bear called Esther who everyone wanted to keep; she was very cuddly and affectionate and particularly enjoyed sampling the kitchen's supply of bananas. They also brought with them an owl, lizards, snakes and a spider; the snakes were a hit and many of the residents had them around their necks but the spider was not the most popular with only a few being brave enough to hold her! Residents also enjoyed our Halloween Supper, thank you to those that could join us it always makes these events more special when families can join us.

Life Stories

We are trying to produce a life story book for each resident, this is purely based on each resident's social background, for example their childhood, hobbies, likes and dislikes and their achievements. This will enable staff to get to know each individual resident better and allow them to encourage and engage in conversation, reminiscence and activities more effectively and is an excellent way of relaying information to our staff and any new staff that join us in the future. These books can also have photos, letters, pictures drawn by grandchildren; they can also be used to store birthday cards, postcards, or favourite sayings or poems; as the resident will be able to look through them as well using them in the form of a reminiscing memory/ keepsake book. If you have any questions please speak to Jayne Dale (Namaste and Activity Co-ordinator) and if you have not been given a pack please could you ask for one at the Nurses office or ask Jayne for one and return it when you get chance. Many thanks for your help!



Having a more detailed knowledge of our resident's social background helps staff to relate to residents and the residents to relate to staff and further opens up the channels of communication and trust; it also helps the residents trigger all sorts of memories and helps us build relationships with them.

Employee of the Month

Employee of the month was awarded to our Administrator Sue Gibson in August, in September it was awarded to Care Assistant Jodie Fitzgerald and in October it was awarded to Jayne Dale Namaste and Activity Co-ordinator. Thank you so much to everyone that takes the time to vote, the staff are always touched by your lovely comments. Please continue to vote, we



encourage everyone to vote, staff, visitors and residents; the employee of the month box remains in the reception area near the exit button, just complete the slip and pop it in the box.

New recruits

A warm welcome to our new staff Angela Brooke, Annette Molloy and Julie Ray who have all joined us as Care Assistants and are all fantastic additions to the care team. Also welcome Angela Cartwright who has joined us a Kitchen Assistant and Julie Ward who has joined us as a Cleaner; they have all started and are already working hard and are great additions to the team.



Christmas Day Meals

For those of you that would like to join their loved one for Christmas dinner can you please let us know before the 11th December so that we can cater for extra numbers and make sure that a table is reserved for you so you can sit comfortably together; please note there is a £5.00 per person contribution if you wish to come for Christmas day Lunch which is serve at 12.30pm. Please fill out the booking form in the main reception area and pay when you book.

Up coming Events



Sunday 12th November 1940s Remembrance Sunday Tea Party at 4.45pm, we are encouraging everyone to dress up – please book.

15th November Autumn Flower Arranging Demonstration followed by coffee and Cake at 2.30pm

14th December – Singer Nicky Morgan’s Christmas Show 2.30pm



Sunday 17th December – Christmas Tea Party at 4.45pm – Please book.



Monday 1st January – New Year’s day Masked Supper at 4.45pm – Please book.

Sunday 28th January - Winter Tea Party at 4.45pm – Please Book.