

St John's Court Monthly News Letter



December 2018





Planned Events for the December:

Monday 3rd December Sing a long with Liz. 2:30-3:30 in the dining room.

Thursday 6th December Mini bus trip Ice skating at Webbs

Thursday 6th December sing with the choir, 2pm Dining room.

Friday 7th December sing a long with Primorose Hospice, 11am in the dining room.

Monday 10th December Residents and relatives meeting at 11am & 6pm

Monday 10th December Find your voice with Claire 4-5pm in the dining room

Tuesday 11th December is the Trust's Christmas decoration and cake competition

Wednesday 12th December Tai Chi 11am in the dining room.

Friday 14th December Church service at 11am in the dining room.

Monday 17th December Ruby Red Entertainment at 2:30pm in the dining room

Wednesday 19th December Entertainment-Stuart Bishop 11am in the dining room.

Wednesday 19th December Children's party with residents 3-5pm

Thursday 20th December Variety show David Saunders at 2:30 in the dining room.

Christmas Eve Fancy Dress and carol singing in the dining room at 1:45pm.

Friday 28th December we have our annual Remembrance service at 2pm this is a time where we can remember special loved ones that may no longer be with us. Everyone is welcome to come and reminisce and remember. We will be doing a balloon release. Refreshments will also be available

PLEASE SEE THE ACTIVITY BOARDS FOR DETAILED SHCHEDULE

Forth coming Residents Birthdays:

Alwyne 18th Dec, Mary 19th, Leon 25th and Michael 29th Dec

All residents Birthdays are celebrated with a Card from all at St John's Court & a Birthday Cake. If families wish to stay for lunch or have a room made available for family to hold a get together then please let us know. The activity team will also be happy to support with any entertainment you may wish to book.

Forth coming staff Birthdays:

Bev 19th & Gemma 31st

We wish you all a very Happy Birthday.

Hello to new Team Members:

This month we have welcomed the following team members, Simone has now joined the team as a care assistant.

On behalf of residents, relatives and staff I wish all new team member's happy times as part as a team, caring for the ladies and gentlemen living at St Johns.

Special Celebrations:



Our cook celebrated a special birthday this month! Congratulations Pat.

Also a massive congratulation's to our nurse Claire who has successfully been appointed Deputy Manager. Claire will be starting her role very soon in the near future.

St John's Fundraising:

We are always looking for new ways and ideas on how we can fundraise. If you have any ideas or would like to take part in fundraising please let us know.

We continue to have cards for sale in the reception area which are handmade, they range from £1.00-£1.25 if you would like to purchase these.

If you have a special request you can let Ffion know & she will create a card of choice for you.

Mental Health & Stress Awareness:

Recently myself (Faye Upton) & Laura attended mental health & stress awareness training where we learnt some useful techniques which we will be able to use to support the team at St John's, residents and families. The roles we all have can be very challenging mentally and we all need to learn to manage our stress levels and recognize when we are well and not so well.

It is important that we look after ourselves so that we can support the ladies and gentlemen of St John's and do things which help us to relax and move on.

We will be teaching the breathing techniques to the team, talking about baggage disposal and holding Bi-monthly informal coffee mornings or afternoon teas to invite the team to come in and chat about how they are feeling and to be open about mental health, stress and what works for them to help them unwind and stay well. We will have different focus' at each of the meetings to raise awareness and open conversation to hopefully make people feel more confident and comfortable in speaking about it.

There will also be a post box to leave the stress' of home as the team come in or of work as they leave so they can write any worries or concerns down and dispose of these to release the stress and anxiety behind.

We now have training sessions booked in for all team members to attend to learn the techniques.

Informal Meetings planned are:

- Thursday 2nd August – 11.00am coffee morning & 2.00pm afternoon tea – **took place**
- Thursday 4th October – 2.00pm afternoon tea-**took place**
- Thursday 6th December – 2.00pm afternoon tea & 7.00pm supper

Trust Rebranding:

The rebranding of the Trust is now well underway.

As of Sunday 7th January 2018 we will be known as Amica Care Trust.
Amica has a meaning of friend.
In reception there is a notice which has the logo printed on.

Thank you to everyone who contributed and volunteered for our recent photo shoot.
These photos will be used for the rebranding and the new Website.

Changes in the Trust:

- New Care planning system – You may all be aware now that we are now using person Centred Software for our care planning. The team each have a hand held device, looks just like a phone but definitely isn't. They are able to document their notes straight away making it more concise and effective. The team seem to be fans of the new system and have already said it gives them more time with



residents.

It has pictorial icons to click and you can also speak into the handset, which each team member will have whilst on duty and it will record you care plan entry. There will also be a relative portal so that relatives can log on to see what their loved one has been doing and the support they have received.

If you would like to see how the new system works please let me know and I will show you.

Gold Standards Framework:

We continue with the progression of instilling the GSF within the home and the team. The Gold Standards Framework (GSF) is a well established programme which provides tools & guidance to help care homes & other health providers to all work to the same high standards when supporting with end of life. End of Life is recognizing when someone is entering the last twelve months of their lives & ensuring that their wishes are communicated & documented to allow us to support them & their loved ones at what can be a difficult time. This is extremely important so that we can ensure we adhere to individual wishes & make their End of Life & death a 'good death'. We already hold details of individual's wishes but we will be developing this further to provide a very clear picture.

The 'M' Technique:

Ffion Birch – Activity Organiser continues to be a giver of the ‘M’ Technique and continues to support with this.

The ‘M’ Technique is suitable for individuals who are very fragile or critically ill, someone who is actively dying or stressed & when massage is not appropriate.

This technique can be used when sitting or lying down & without having skin exposed & it can be received on hands/arms & lower legs/feet.

It is a method of structured touch using gentle strokes & works on the skin receptors sending signals to the brain. It has been described as a physical hypnotherapy, a kind of meditation & a spiritual dance. Studies have shown that the ‘M’ technique can be effective in reducing a variety of symptoms such as stress, anxiety, insomnia, chronic pain & terminal agitation.

MoVE:

Heather is the star of the Avamen MoVE clip which is on their site promoting the importance of keeping active & is available to view on Youtube. It is also accessible on our St John’s Court Facebook page. The clip shows our ladies & gentlemen enjoying the movement classes & has demonstrated the benefits of keeping active.

Move is a very important and enjoyable part of the activity programme and all who attend enjoy the movement and music.

Somerset Redstone Trust Values:

All team members are aware of the Trust Values and the importance of working within these values to ensure the highest standard of care and support are offered to all involved with St John’s Court and the Trust.

- Passion & Joy
- Working Together
- Open & Honest
- Positive Attitude
- Kindness & Respect

We have these values outside each bedroom and will include who your Senior team member is and your keyworker so that everyone has sight and is reminded of our Values.

Employee of the Month:

I would like to thank all of the team at St John's Court as you all work really hard to make it a lovely home for the residents & a happy place to work.

You all deserve to be nominated for Employee of the month for making such a difference to all the ladies and gentlemen who live with us here at St John's Court - but.....

The winner of Employee of the Month for November is:

Ben

was presented with a certificate & a small gift.
Well Done & thank you for making a difference.

Reasons for nominations:

- Not only for this particular activity but because he is always willing (as so many are) to give time, energy and thought to enriching the lives of resident and to support relatives and their requests.
- Thinking outside the box and moving forward with ideas to accommodate all residents. Always happy to help



Other nominees were:

- Everyone: This has been a very hard month & I think you can agree that everyone has really pulled their weight.
- Kath: For always being willing to help out and having residents needs as priority.

- Lucia: Organised, Provides all needs and works well with others, Informative.
- Abbie: Helping out care staff, Supporting residents.
- Gemma, Georgia, Stuart, loads of others for the support they show relatives and the care provided to residents.

Please support us & let us know who has made a difference to your daily life, nomination forms are in reception & these can be put through the office letterbox.

Event's which took place in November

You know it's Christmas once Webbs have their decorations up. Residents enjoyed a local trip to Webbs to admire the decs, do a bit of shopping and enjoy a mince pie and cuppa!



On Wednesday 7th the residents enjoyed listening to the one and only Ruby Red, Ruby Red went down a treat and will be making another appearance in December!



On the 11th hour, on the 11th day of the 11 month, everyone paid tribute to those who had fallen in world war one, marking 100 years since the end of World War One.



A regular visitor saw residents enjoy Progressive Mobility, this is always a winner with residents.



On Thursday 15th November residents were on a mission to get at a strike as they enjoyed Bowling. Everyone enjoyed their Oomph trip out to Hollywood bowl and there was definitely healthy competition between residents and staff members!





Christmas Decorations are up!

Thank you to everyone who came along and brought their children to help. The decorations look lovely.



On Thursday the doors were open to our Christmas Bazaar. As always the tombolo was very popular and saw some lucky people win crafts, bottles, smellies etc. The mince pies went down well too. Thank You to those who had their own stalls at the bazaar.

Housman Court have their Christmas Bazaar On Saturday 8th about 1pm, go along and have a mooch! We also have the raffle ongoing for the next week, we will let you know how much was raised in next months newsletter.



Development of the Home:

We are currently in the process of decorating our ground floor hallway. The decorators will be coming to start decorating the first week of December.

We will endeavor to keep the disruption to a minimum.

We have been very fortunate and relatives have been looking into possible new projects for the residents of St Johns Court. One of the projects is a silent call bell system, relatives JK & BS have kindly been speaking with different charities. Fortunately, for us, the Rotary club Bromsgrove have kindly donated £3000, which we can put towards the silent call bell system. We have a new care planning system implemented and the silent call bell system can be incorporated into this new system. Once the PCS is up and running, there is a possibility the trust will look into initiating the call bell system. Speaking to charities JK & BS found out that there are also charities that are able to support individuals who may be struggling and we felt this might be of benefit mentioning in the recent residents and relatives meeting and the newsletter. United Bromsgrove Charity support individuals who may be struggling financially, having to work to support loved ones in the care home environment.

Staffing Levels:

We also often get asked how we calculate staffing levels within the home. Each resident has a dependency tool which we review regularly & this determines their level of

support needs. This information is then put into a staff calculating tool and this then generates the amount of care hours we need to support those we care for. I will now start to include our dependency/staff hours in the newsletter for you to view. If you have any questions please do not hesitate to contact me.

Residents & Family Meeting:

The minute from the last meeting are on the notice board if you would like to have a look.

The next residents & family meetings are listed below & everyone is welcome to attend. (These dates may be subject to change)

Please note - Due to lack of attendance of evening and weekend meetings will now only be held upon request.

- Tuesday 6th March 2018 – 11.00am & 6.00pm(evening session unattended by family members) – taken place and minutes are displayed on the activity board and have been distributed to rooms.
- Thursday 7th June 2018 – 2.00pm - taken place
- Saturday 16th June 2018 – 11.00am – not attended by any family members as per previous weekend and evening meetings.
- Tuesday 14th August 2018 – 11.30am & 6.30pm to discuss forth coming changes at St John's Court – taken place - minutes are displayed on the activity board and have been distributed to rooms.
- Thursday 18th October 2018 – 3.00pm thank you to those who attended, minutes are displayed on the activity board and have been distributed to rooms.
- Monday 10th December 2018 – 11.00am & 6.00pm

Cuppa & Cake Meetings with the Cook:

The very popular Cuppa & Cake meetings continue with Pat our Cook alternate months & these are listed below:

- Thursday 18th January at 3.00pm in the Dining Room – taken place
- Thursday 15th March at 3.00pm in the Dining Room – taken place
- Thursday 24th May 3.00pm in the Dining Room – taken place
- Thursday 19th July at 3.00pm in the Dining Room
- Thursday 20th September at 3.00pm in the Dining Room
- Thursday 15th November at 3.00pm in the Dining Room

Coffee Mornings & Afternoon Teas: Themes to be planned

- Thursday 25th January 11.00-12.00noon – taken place
- Thursday 22nd February – 2.30-3.30pm – taken place
- Thursday 29th March – 11.00-12.00noon – taken place
- Thursday 26th April – 2.30-3.30pm – taken place
- Thursday 31st May – 11.00-12.00noon – taken place
- Thursday 28th June – 2.30-3.30pm – taken place
- Thursday 26th July – 11.00-12.00noon – taken place
- Thursday 30th August – 2.30-3.30pm – taken place
- Thursday 27th September – 11.00-12.00noon
- Thursday 25th October – 2.30-3.30pm
- Thursday 29th November – 11.00-12.00noon
- Friday 28th December – Remembrance Service – Time to be confirmed

Everyone is welcome, ladies & gentlemen, relatives & team members, to join us for this social event where there will be refreshments & cake & information on relevant subjects to help make improvements in the support we offer.

Remembrance Service

This year's remembrance service will be held on Friday 28th December at 2:30pm. Everyone is welcome to attend the service. The service is for those who may wish to remember and celebrate the memory of a loved one who has passed away. There will also be a balloon release. Letters will be sent out this week to past resident's relatives who may wish to attend. If you would like to attend please let Mel or Faye know. Thank you

Facebook Page:

Search for St Johns Court – Somerset Redstone Trust

We have our facebook page for St John's Court so if you would like to have a look if you have facebook, we would be really grateful if you would like & share posts. We will be using the page to advertise forthcoming events & to add photo's of events which have taken place.

If you have anything which you feel would be good to add the page please let me know.

Website:

PLEASE LEAVE A COMMENT – ALL YOUR FEEDBACK IS GREATLY APPRECIATED AND ALLOWS OTHERS TO READ YOUR REAL EXPERIENCE'S WHICH CAN BE INVALUABLE.

St John's Court website has a link to carehomes.co.uk on which you can leave feedback & this is really useful information for those who are looking for a care home so they can read real comments so please take the time if you can to leave your feedback. We have feedback cards which can be completed and posted free to carehomes.co.uk. This feedback is exceptionally important. The cards can be found in reception and also on first floor hallway.

December Facts

- December got its name from the Latin word *decem* (meaning ten) because it was originally the tenth month of the year in the Roman calendar, which began in March. The winter days following December were not included as part of any month. Later, the months of January and February were created out of the monthless period and added to the beginning of the calendar, but December retained its name.
- December in the Northern Hemisphere is similar to June in the Southern Hemisphere.
- The first day of Winter is on either December 21 or 22. This is the shortest day of the year and the longest night. It is called the Winter or Southern solstice in the Northern Hemisphere.

December in Other Languages

- Chinese (Mandarin) - shí'èryuè
 - Danish - december
 - French - décembre
 - Italian - dicembre
 - Latin - December
 - Spanish – diciembre
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- The birthstone of December is turquoise.
 - Zodiac signs for December are Sagittarius (November 22 - December 21) and Capricorn (December 22 - January 19).
 - The birth flower of December is the narcissus.

**We hope that you have enjoyed our Monthly Newsletter.
If you have any news, facts or poems to go into our News Letter then please let
Faye, Mel, Heather, Ffion or Doreen know so that it will feature in the next News
Letter.**

From all at St Johns we hope you all have a very lovely Merry Christmas and a happy
New Year.