

## EXMOUTH HOUSE NEWSLETTER MAY 2020

### AN OUTSTANDING HOME – CONGRATULATIONS!



Inspected 10 February 2020

The Government Regulator, the **Care Quality Commission (CQC)** have rated our home as **OUTSTANDING**. We are all **absolutely thrilled...**

- for **residents**, whose home this is
- for the **whole team** (staff and volunteers), who together, work so hard to achieve this standard
- for **family and friends**, who every day, are trusting us to take good care of your loved ones.

### SAFETY FIRST!

We know that normally this might be the section where your mind sets to wander. The job's worth bit. The boring bit. However, we want you to feel confident that we are doing the right things to protect you (and ourselves) from The Virus. So here are two additional initiatives we're taking.

**No strangers in the house!** We have a new staff member who is covering Senior Carer and Care Leader roles when staff are off. We're no longer using Agency staff' as they're called in the caring profession. And this means that we have greater protection and more consistency for you.

We're not being funny, it's just that right now, it's vital that we know where our staff have been! Put simply, people who know and love you, wouldn't put themselves in a position to lose you. You can be confident that staff's commitment to you is second to none, however tough that can be for their personal lives. **So along with the rest of the nation, and for all key workers, let's give them a clap on Thursday's at 8pm!** We guarantee you will make them smile.

**Stay home. Stay safe. We've set up our own market stall** There's more about this on page 6, but for now to explain, it means

- our **staff's potential exposure to the virus is lower** as they're not having to go to the shops so often and instead when they have the chance of time-off, they can relax and come back more refreshed
- **you**, our residents, can **make more choices about what you use** at a time when we just can't risk taking you out to the shops
- your **families and friends don't have to worry so much about getting the essentials to you**, struggling with over-booked delivery services or risking their own health, queueing up in post offices to send parcels – Birthdays excepted of course!

**So no shopping 'til you drop here...unless it's into an armchair!**

## **BIRTHDAYS, BIRTHDAYS, BIRTHDAYS!**

Happy Birthday to all our May babies...

**Len (Williams) 3<sup>rd</sup> May**

**Geoff 14<sup>th</sup> May**

**Elsie 17<sup>th</sup> May**

**Joyce C 25<sup>th</sup> May**

**Hazel 26<sup>th</sup> May**

We have lots of **May babies in our staff team too** - feel free to **give the bumps to Kat, Gill, Alison Y and Frank!**

Here are some things that have happened in May down through the years:

- The 1926 General Strike began on Len's birthday, May 3<sup>rd</sup> 1926, ending on May 12<sup>th</sup>. Across the nation, Miners united to fight against wage cuts and worsening of their working conditions.
- In 1832, the whole of the village of St Mawes in Cornwall was listed for sale – 60 houses, 2 inns and fish cellars to boot.

**Stay in touch. Keep connected. Appreciate the small things.**

- In 1927, the National Gardens Scheme began, with people opening their private gardens to public view. It continues today, still raising funds for charities that provide nursing care at home (e.g. MacMillan Cancer Support).
- For the tech savvy among you, it's the month of Mark Zuckerberg's birthday – in fact he shares this day with our Elsie. He created the social networking platform called "facebook". By the age of 23 Zuckerberg was already a dollar billionaire and now, at the grand old age of 35, he is the fifth wealthiest person in the world!

On 30<sup>th</sup> April, it was **Captain Tom's 100<sup>th</sup> Birthday, the NHS Charities fundraiser extraordinaire**. He is a true inspiration to us! We made him a **card, signed by us all**. It had a sunflower on the front which **Heather designed and painted**. We sent this from everyone at Exmouth House, together with a dedicated poem written by **Molly**. You can read **Molly's poem overleaf**. Since his birthday, Captain Tom has been made an honorary Colonel in recognition of his extraordinary achievement.



## **A Poem for Captain Tom on his 100<sup>th</sup> Birthday**

**By Molly Fowler**

Today is your 100<sup>th</sup> Birthday, Captain Tom,  
And we all wish you a wonderful day,  
Congratulations and celebrations,  
You are a true inspiration,  
To all of us,  
A million thank you's,  
For the millions of pounds,  
You have raised.  
Today is your day,  
Sit back and relax,  
Cheers Captain Tom,  
And many happy returns of the day,  
From All at Exmouth House



## NEW FACES

A very warm welcome to Tracy. We mentioned her on page 1 under Safety First! Tracy is covering all Senior Carer and Care Leader roles when members of our team have time off. As ever, the more she knows you, the better-placed she is to help you.

## HERE ARE THE RESULTS OF OUR EASTER ACTIVITIES



### Easter Hat Parade



Jeanne Williams

Peggy

Ron

Each received a prize.



### Dominoes Competition

Won by Jeanne Williams. Thank you so much Elaine for hosting this competition, alongside her and her team's busy schedule of all our day-to-day housekeeping responsibilities. We loved it!



### Easter Crafts Sales

We raised a fantastic £177.17 from the sale of our Easter crafts. All monies raised are going straight into our Residents' Activities Fund. Thank you all so much for all your support.

## BUSY BEES!



Whenever the weather has been warm enough and the winds have died down, we've been in the garden, tidying up the flowerbeds and containers and sowing seeds.

Thank you to everyone who has responded to our plea for plants in our March/April Newsletter. We know it can be quite a struggle to get plants at the moment, with garden centres closed to the public and with limited stock. All of us here hugely appreciate your efforts. Your kind gifts are now beginning to arrive and will give us a lot of pleasure.

And thank you also to Margo, a local artist who has kindly painted Sunflowers on canvas to display in our garden.

We're so lucky to have you all.

## OUR NEW MARKET STALL



As mentioned on page 1, we've set up a shop in the large dining room. We're selling toiletries, sweets, snacks, word puzzle books, creative and colouring books.

The shop is open on Monday's and Thursday's at 2.30pm. Do come along and see what you would like. The price list is displayed. Everything on the stall is non-profit making and there is

no fundraising mark-up. We are simply selling things at the same price as they cost us to buy.

You don't need cash in your hand! We will write you a receipt and this will be handed into the office for payment from your individual petty cash pots.

Stay in touch. Keep connected. Appreciate the small things.

Alison will contact your families and/or others with Financial Power of Attorney, if your petty cash fund needs topping up.

**If there's something you'd like, that you don't see, tell us!** We will then do our best to gradually **build a stock of everyone's favourites**. Remember that what we don't know, we can't fix.

## KEEP SENDING YOUR LOVE!

**We need you to keep talking to us - your loved ones and our staff.**

Since last month, we have received many cards and letters of support. Please keep them coming. It really does mean such a lot to everyone here – staff and residents. And we know you love hearing from us and your loved ones too.

Let's be kind to each other, now more than ever. You never know what people are going through and sometimes people with the biggest smiles are struggling the most. Just ask.

Talking of sending love, we've had some **fantastic rainbows knitted for us by Barbara** (who normally leads our knitting group). They're fantastic! It's so lovely that although she can't come in to see us at the moment, she's still thinking of us and sending us gifts. At the back of the newsletter you can see the knitting pattern so that you can make one yourself.

## A quick reminder of how you can stay in touch and keep connected:

-  If you have access to a computer or smart phone, keep posting pictures and messages on the relatives gateway [www.relativesgateway.co.uk](http://www.relativesgateway.co.uk) so that your loved ones can see what you're up to. We'll post photos and messages from them too.
-  Send us a good old-fashioned letter or postcard telling us about your day and things you've been doing (baking, sewing, gardening, decluttering, games you've played, books you've been

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reading – any and all of it!). If your loved one writes to you, we'll be sure to send it.



- Send us pictures and paintings you and your family have done - you don't have to be Van Gogh! Or just a card to say hello, how are you, and thank-you.



- Send or drop off some treats – everyone likes to know they're valued and being thought about, your relatives and staff.



- Pick up the phone to speak to your relative; we'll take the phone to them.



- When you're speaking to us, ask us how we are, just as we will you.

Your contact, thanks and appreciation mean the world to all of us!

## CARING FOR CARERS



**12<sup>th</sup> May is International Nurses' Day.** We will be **sending letters of support and thanks to all the local teams of nurses**, who work with GP Surgeries in Exmouth. They are a crucial part of the care we provide.



**Carers' Week is 8<sup>th</sup> to 14<sup>th</sup> June.** We would love families and friends to send messages of support to our staff – **let's tell them how amazing they are – independently assessed as an 'Outstanding Team'** (see page 1)

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## HERE ARE THE DATES FOR YOUR DARIES

Although family, friends and volunteers can't join in right now, we're hoping you'll enjoy reading what we're up to.

Date	Time	Event	Families & Friends
Friday 8 <sup>th</sup> May	3.00 pm	<b>VE Day 75<sup>th</sup> Anniversary Celebration</b>	Residents only.
	3.00 pm	Wartime singalong with Anne and Alison	
	4.30 pm	Special VE Day High Tea	
Thursday 14 <sup>th</sup> May	3.00 pm	<p><b>A good old Knees-up to celebrate all of our May Babies!</b></p> <p>Clare will be singing from the the garden (keeping a safe distance).</p> <p>This will be followed by a buffet tea.</p> <p><b>Come along to the lounge!</b></p>	
Monday's	10.30 pm to 12.30 pm & 2.30 pm to 4.30 pm	<p><b>One-2-One Pamper Time</b></p> <p>For ladies and gentlemen alike.</p> <p>Fancy a</p> <ul style="list-style-type: none"> <li>-hand massage</li> <li>-manicure</li> <li>-foot spa or</li> <li>-hair-wash?</li> </ul> <p>Please ask Anne if something appeals.</p>	Residents only.
Tuesday's	10.30 am to 12.30 pm	<p><b>Creative Crafts</b> with Anne. Don't be shy if you're a beginner or think you've lost</p>	Residents only.

Date	Time	Event	Families & Friends
		the skill – come along anyway!	
	3.30 pm to 4.00 pm	<b>Singalong</b> with Alison and Anne.	Residents only.
Wednesday's		<b>Residents Choice of Activities</b> See Anne with any requests.	Residents only.
Thursday's	10.30 am to 12.30 pm	<b>Creative Crafts</b> Anne. Don't be afraid to join in and turn your hand to something new. No previous crafts experience required!	Residents only.
	3.30 pm to 4.00 pm	<b>Singalong</b> with Alison and Anne.	Residents only.
Friday's	10.00 am – 12.30 pm	<b>One-2-One</b> with the Caring Team, some quiet time specific to individual's wants/needs on the day.	Residents only.
Saturday's	On request - ask our Carers on any day	<b>Board Games.</b> Take a trip down memory lane and have some fun!	Residents only.
	2.30 pm to 4.30 pm	<b>Me &amp; My Key Worker</b> Personal time.	Residents only.
Sunday's	2.30 pm to 4.30 pm	<b>Me &amp; My Key Worker</b> Personal time.	Residents only.