



**Together  
We  
Care**

## Housman Court's Monthly News Letter September 2019

### Dear Residents, Relatives and Friends

Welcome to our latest newsletter, which we hope you enjoy.

We would welcome resident, relative, team members and friends involvement and input into the monthly newsletter. Any stories you would like to share, quizzes, crosswords or poetry would be welcome. This is your Newsletter!

### Amica Care Trust

Please follow the link below to view the website <https://www.amicacare.co.uk/>

### Goodbyes:

Sadly we say goodbye to Peggy who passed away. Our thoughts and best wishes are with her family, friends and loved ones.

### Welcome:

Sarah T has now joined the team as Cook and Sarah O as night Care Supervisor.

We welcome them and hope they enjoy working with us here at Housman Court.

### Fundraising:

Christmas Fayre – we will be holding our annual Christmas Fayre on Saturday 7<sup>th</sup> December, time to be confirmed.

We will be grateful for any donations of raffle prizes, tombola – prizes & bottles, cakes for the cake stall, crafts and bric a brac.

If anyone has any suggestions for fundraising events during the Fayre or would like to help out on the day please let us know.

We will also have refreshments available so even if you can't help, please come along and support the event.

### Residents' & Team Members Birthdays:

All residents' birthdays are celebrated with a card and a gift from all the staff here at Housman Court. Families are welcome to stay for lunch or have a room made available for family to hold a get together. The kitchen also prepare a birthday cake for each resident.

### Resident Birthdays in September:

- Arthur & Dorothy – 21<sup>st</sup>

- Peggy – 26<sup>th</sup>
- Jack – 27<sup>th</sup>

Please remember, if you are struggling to know what to buy we still have the sponsor a plant for the garden.

#### **Team Birthdays in September:**

- Karen W – 24<sup>th</sup>
- Ellen & Donna B – 27<sup>th</sup>
- Helen 30<sup>th</sup>

#### **Planned events for the coming month**

(please see our notice board for the most up-to-date activities taking within the home).

#### **Regular Planned Events:**

- First Monday of the Month Bowling at Rubery – always very popular
- Church service Reverend Richard (in house)
- Methodist church every other Sunday
- Bingo every Friday afternoon in the Community Centre 2-3pm
- Coffee morning last Thursday of every month – all are welcome for a coffee and catch up, not to mention the cake!

#### **Planned Events for September:**

- Monday 9<sup>th</sup> September - Bowling
- Tuesday 17<sup>th</sup> September – Garden competition presentation – BBQ & Afternoon Tea
- Tuesday 24<sup>th</sup> September – Fitness & Wellbeing in the lounge
- Thursday 26<sup>th</sup> September – Coffee Morning – all welcome for a chat, cake and coffee

Please see notice board

**Please see photos at the back of the Newsletter for all the fun things the residents got up to in May**

#### **Inter-house Competitions:**

Each year the Trust hold competitions within the homes where we compete against each other to win prizes.

As you are aware we had the Garden Competition recently and we still have the following competitions to prepare for:

- Christmas Cake
- Christmas Decorations
- Choir

As will all of our competitions it is about resident, relative, community and team involvement so we are asking for help, as always!

We are asking for anyone who has suggestions for the Christmas cake design, different ideas for decorations within the home and support in making these.

We will also have planned a date for decorating the home for Christmas when we would love to invite everyone to come along and be involved and we will follow this with a curry lunch or supper TBC, always a lovely day. The date we have agreed is Saturday 30<sup>th</sup> November and we will confirm the time at a later date.

This year we have a new category which is the best home choir, so we are calling all who can play an instrument, sing or do impressions of singers who would like to help us win this new competition. If you are confident enough to do a solo or prefer to be part of a group, regardless of your ability, we really want to hear from you.

We really do need all the help we can get in this category especially!

PLEASE SEND YOUR IDEAS, SUGGESTIONS AND INTEREST TO THE ACTIVITY E-MAIL OR SPEAK TO LAURA, LISA, HELEN, VICKI OR HEATHER.

### Employee of the Month.

We had a good response to employee of the month with several nominations.

The winner of Employee of the Month for August 2019 was Collette

Thank you for making a difference.



We welcome all Residents, staff and visitors to nominate staff for Employee of the Month when they observe their good practice within the home. We have a letterbox and nomination slips in the main corridor which we have decorated pink and yellow

### Update on developments within the home:

- Hairdressers- As of now the hairdressers has transferred to the community Centre on the Park, this has made such a huge difference and the interaction and social engagement has been fantastic. It is such a nicer experience for all who use the hairdressers being able to relax in the centre whilst waiting to go into the salon.

All agreed it was much better and everyone has a lovely time.



- Decorating plan – we still continue to decorate bedrooms and we are slowly making our way around. There have also been some changes to the reception area which now looks more inviting. We plan to move into the dining room and complete the first floor corridor in the near future.
- Garden – As you know we hold an annual inter Trust garden competition and this year we went all out to try to win! Sadly we didn't win but a new category was added due to the improvements made 'Most Improved Garden' Keren Wilkinson – CEO and Trustees will be coming to Housman Court on Tuesday 17<sup>th</sup> September 1pm-3.30pm to make the presentation.
- Please do come along for what may be our last BBQ of the year and afternoon tea.

Everyone has enjoyed being involved and it has made such a huge difference. We now have a lovely garden with areas to enjoy games or just to relax.

We still wish to develop the garden and front of the home. At the recent residents and relatives meeting a relative suggested that it may be nice for relatives and friends who struggle with things to buy individuals, that they may like to 'sponsor' a plant for the garden which will also help to keep the garden well stocked and looking nice. Anyone who may wish to do this please speak to a member of the team and your loved ones can see them grow and help to nurture them.

#### **Keeping in contact & keeping you up to date:**

As you are aware most people now are set up to communicate electronically such as e-mail, it would be lovely for us to be able to update you and keep you in the loop more frequently. The Activity team now have their own e-mail address and they can send items to you including this newsletter. We would be grateful, if you would like items shared with you, for you to contact the activity team to provide them with your e-mail address via [Activities.HC@amicacare.co.uk](mailto:Activities.HC@amicacare.co.uk) or myself on [laura.wilkes@amicacare.co.uk](mailto:laura.wilkes@amicacare.co.uk) or Lisa at [lisa.dews@amicacare.co.uk](mailto:lisa.dews@amicacare.co.uk)

#### **Upcoming Residents and relatives meetings:**

We will meet every three months as a group but you are able to speak to myself or Lisa if you have any ideas or suggestions you would like to raise in between these meetings and also during reviews.

Our e-mails are: [laura.wilkes@amicacare.co.uk](mailto:laura.wilkes@amicacare.co.uk) & [lisa.dews@amicacare.co.uk](mailto:lisa.dews@amicacare.co.uk)

- Thursday 9<sup>th</sup> May at 11.00hrs & 14.00hrs – we will be joined by Elaine who is a funeral celebrant to give a talk and give suggestions and ideas – **taken place, thank you to those who attended.**
  - Wednesday 7<sup>th</sup> August at 11.00hrs & 18.00hrs – **taken place, thank you to those who attended**
  - Tuesday 12<sup>th</sup> November at 15.00hrs
- Meetings are subject to change, changes will be notified via the newsletter.

Please join us to share ideas and suggestions and discuss future plans

#### **'Cuppa and Cake' meetings with the homes cook:**

We would like to welcome residents, friends and families to join Sue for our 'Cuppa and Cake' meetings.

These have been scheduled and will commence in the next couple of months and will be held every two months. These are an opportunity for everyone to come along to talk about the menu's and try out new foods during the taster sessions. Or simply just enjoy a cuppa and cake made by the cook.

These will held:

- Tuesday 25<sup>th</sup> June – thank you to those who joined Ange the new cook for her first meeting – **Taken place**
- Tuesday 27<sup>th</sup> August – **Taken place**
- Tuesday 29<sup>th</sup> October
- Tuesday 3<sup>rd</sup> December – Christmas menus

#### **Compliments and Complaints:**

Please if you have any compliments or complaints/suggestions, do let us know as we like to share this information with the team and we strive to make improvements that will benefit the residents, relatives and loved ones of Housman Court.

#### **Carehomes.co.uk:**

Also we would appreciate you sharing your experiences on the carehomes.co.uk site by logging on to [www.carehomes.co.uk](http://www.carehomes.co.uk), searching for Housman Court and leaving a review. This allows others who are looking for a suitable home to read real experiences of those already involved with Housman Court. There will also be cards available in reception for you to complete if you prefer.

#### **Photo Consent:**

Following the rebrand, we will be sending out the Photo consent forms to update. Please can we ask that you complete and return them to us for our records.

We have had some lovely trips and entertainment over the last month which have brought a lot of fun and happiness for those who have taken part.

Smiling by Spike Milligan

Smiling is infectious  
You can catch it like the flu

When someone smiled at me today  
I started smiling too

I walked around the corner  
And someone saw me grin

When he smiled I realized  
I had passed it on to him

I thought about the smile  
And then realised it's worth

A single smile like mine  
Could travel round the earth

So if you feel a smile begin  
Don't leave it undetected

Start an epidemic  
And get the world infected

Thank you for reading our newsletter and please do send us poems, short stories, new ideas and suggestions to us to include.