

# St John's Court Monthly News Letter



November 2018



## Planned Events for the November:

Thursday 1<sup>st</sup> November: Mini bus trip with oomph to Webbs.

Monday 5<sup>th</sup> November: Bonfire night with Hot Dogs and Jacket Potato's

Wednesday 7<sup>th</sup> November: Entertainment sing along with Ruby Red  
2:30pm-3:30pm

Thursday 8<sup>th</sup> November: Street Party to celebrate 100 years since the end of World War 1

Sunday 11<sup>th</sup> November: Memorial Day Parade

Monday 12<sup>th</sup> November: Claire, find your voice sing a long 3:15-4:15pm

Wednesday 14<sup>th</sup> November: Progressive Mobility at 11:15am

Thursday 15<sup>th</sup> November: Mini bus trip in the morning.

Friday 23<sup>rd</sup> November: Church Service at 11am

Tuesday 27<sup>th</sup> November: Christmas Decorations are going up!

Thursday 29<sup>th</sup> November: Tai Chi at 11am taking place in the lounge upstairs.

Thursday 29<sup>th</sup> November: St Johns annual Christmas Bazaar 1-4pm

PLEASE SEE THE ACTIVITY BOARDS FOR DETAILED SHCHEDULE

### Forth coming Residents Birthdays:

Ifan 5<sup>th</sup>, Johnathon 8<sup>th</sup>, Dorothy 15<sup>th</sup>, Peggy 26<sup>th</sup> and Joy 27<sup>th</sup>

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:

Christine 12<sup>th</sup>, Sandra 16<sup>th</sup>, Diane 20<sup>th</sup>, Mark 23<sup>rd</sup>, Petra 25<sup>th</sup>, Angela 26<sup>th</sup>  
We wish you all a very Happy Birthday.

### Team Goodbyes:

Unfortunately we said goodbye to a long-standing member of the team, care assistant Lisa. We wish you well and all the best in your new adventure.

### Hello to new Team Members:

This month we have welcomed the following team members, Diane & Chelsea have both joined the team as care assistants Maria has joined the team as kitchen 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:

We would like to say a massive congratulations to Laura who is now St Johns Head of Care, Laura will continue to support the team and work alongside & support myself (Faye Home Manager)

## St John's Fundraising:

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.

## Book Sale:

We currently have a trolley in the upstairs lounge full of books which we are selling with all proceeds going to the Residents Welfare Fund so please have a look, there is a large selection.

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

### Trust Rebranding:

The rebranding of the Trust is now well underway.

As of Sunday 7<sup>th</sup> 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 to the survey and rebranding.

### Changes in the Trust:

- John Chapman has now joined the trust as Operation manager. John Chapman has many years' experience in Compliance Management. I am sure once he is in post he will become a familiar face in the homes.
- 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 and are able to document their notes straight away making it more concise and effective. The team are liking the new system and have already said it gives them more time with residents. All sections interlink and update as information is input/added to ensure care needs and risk levels are always current and reflective



of needs.

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 individuals 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 out 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:

‘This month has been a particularly busy month at St Johns with regards to changes with the new care planning system and also changes within the team.

This month instead of having one employee of the month I would like to nominate and congratulate every single member of the St Johns team on all of their hard work and dedication in supporting and caring for the ladies and gentlemen of St Johns Court. Everyone has worked really hard and supported one another over the last few weeks. Thank You everyone.’

### Employee of the month will continue as normal next month.

### Event’s which took place in October

- Thursdays – Pet Therapy – Maisie the Black Labrador visits
- Tuesdays – see the return & Bromsgrove School Games Evening (term time only) 4.00pm-5.00pm
- We also have students from the local schools and colleges on work placements during term time, throughout the year who are doing a wonderful job
- Mondays & Thursdays – MoVE exercise classes  
The Move Program is so popular we are now holding two classes a week to which our ladies & gentlemen are invited to attend together with their family & friends if they would like to join us. The class lasts for around 45minutes & is a gentle program of exercises & movements to music. The classes will take place Monday & Wednesday Mornings. We look forward to seeing you all.
- Friday Mornings – Stroke Club which will be run by Ffion – activity Organiser  
For more information on weekly/daily activities please see the information boards.

- Monday 1<sup>st</sup> October- Residents and staff had the taste of Bollywood! Bangra dancing and tasty cuisine. Everyone had a great time listening to the music, dancing and enjoying the food. A very enjoyable afternoon for all.



- Wednesday 3<sup>rd</sup> October Progressive Mobility at 11:15am
- Thursday 4<sup>th</sup> October we have a minibus trip to the Butterfly farm, Stratford



- Monday 8<sup>th</sup> October saw the team hold their own MacMillan Coffee morning. A Massive Thank You and Well done to everyone involved to make it happen, baked a delicious cake and helped sell raffle tickets. The team managed to raise £379.64. How brilliant!



- Wednesday 10<sup>th</sup> October Sing a long at 2pm



- Monday 15<sup>th</sup> October We went Bowling!
- Thursday 18<sup>th</sup> October Tai Chi at 11am
- Friday 19<sup>th</sup> October we have the church service at 11am.
- Thursday 25<sup>th</sup> October Afternoon Tea at 2:30pm
- Wednesday 31<sup>st</sup> October residents and relatives welcome and encouraged to go along for the Halloween party at Housman Court



### Development of the Home:

We are currently in the process of decorating our ground floor hallway. The paper is stripped and hopefully through November to December we will start to see the decorating coming together.

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.

### Current care staff levels:

- Morning – 1 Nurse, 2 Health Care Assistant's (senior Care), 9 care assistants = 81hours of support per morning, 567hours a week
- Afternoon – 1 Nurse, 1 Health Care Assistant (senior Care), 8 care assistants = 67.5hours of support per afternoon, 472.5hours a week
- Night – 1 Nurse & 4 care assistants = 56.25hours of support per night, 393.75hours per week

Weekly total provided: 1433.25

### Dependency Tool & staff Calculator Hours:

The tools we use to calculate the support needs of our ladies & gentlemen, show we require 1218 hours per week based on our current resident's needs, so as you can see we work at higher levels than that of which the tools indicate are required.

I hope seeing this information allows you to understand the staffing levels within the home.

### 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 6<sup>th</sup> 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 7<sup>th</sup> June 2018 – 2.00pm - **taken place**
- Saturday 16<sup>th</sup> June 2018 – 11.00am – **not attended by any family members as per previous weekend and evening meetings.**
- Tuesday 14<sup>th</sup> 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 18<sup>th</sup> October 2018 – 3.00pm **thank you to those who attended, minutes are displayed on the activity board and have been distributed to rooms.**
- Wednesday 6<sup>th</sup> 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 18<sup>th</sup> January at 3.00pm in the Dining Room – taken place**
- **Thursday 15<sup>th</sup> March at 3.00pm in the Dining Room – taken place**
- **Thursday 24<sup>th</sup> May 3.00pm in the Dining Room – taken place**
- **Thursday 19<sup>th</sup> July at 3.00pm in the Dining Room**
- **Thursday 20<sup>th</sup> September at 3.00pm in the Dining Room**
- **Thursday 15<sup>th</sup> November at 3.00pm in the Dining Room**

### Coffee Mornings & Afternoon Teas: Themes to be planned

- **Thursday 25<sup>th</sup> January 11.00-12.00noon – taken place**
- **Thursday 22<sup>nd</sup> February – 2.30-3.30pm – taken place**
- **Thursday 29<sup>th</sup> March – 11.00-12.00noon – taken place**

- Thursday 26<sup>th</sup> April – 2.30-3.30pm – taken place
- Thursday 31<sup>st</sup> May – 11.00-12.00noon – taken place
- Thursday 28<sup>th</sup> June – 2.30-3.30pm– taken place
- Thursday 26<sup>th</sup> July – 11.00-12.00noon– taken place
- Thursday 30<sup>th</sup> August – 2.30-3.30pm– taken place
- Thursday 27<sup>th</sup> September – 11.00-12.00noon
- Thursday 25<sup>th</sup> October – 2.30-3.30pm
- Thursday 29<sup>th</sup> November – 11.00-12.00noon
- Friday 28<sup>th</sup> 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.

### Inter House Competitions:

As you are all aware we have taken part in competitions which have been organized by Somerset Redstone Trust & these have included:

- Garden Competition – Sadly we did not win the garden competition this year. The winners were once again Exmouth House & Signature House who came second.

HOWEVER, WE NOW HAVE OUR CHANCE.....

- We now need to start preparing and working on our Christmas decorations and cake competition. We will commence decorating the home on Tuesday 27<sup>th</sup> November and the inter home Christmas competition will take place on Tuesday 11<sup>th</sup> December



### Remembrance Service

This year's remembrance service will be held on Friday 28<sup>th</sup> 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 forth coming 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](http://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.

#### November Facts:

- November was the ninth month of the ancient Roman calendar and has retained its name from the Latin *novem*, meaning "nine." In Finland, they call November *marraskuu*, which translates as "the month of the dead." It is one of four months with a length of 30 days on the Gregorian, or modern, calendar
- Topaz, a semi-precious stone that symbolizes friendship, is found in many colors, but it is the orange-yellow version that is the traditional birthstone for November. Citrine, which is actually a quartz crystal that ranges from yellow to orange in color, is considered another November birthstone. It is often mistaken for the orange-yellow topaz, which is the more expensive of the two stones.
- The flower for the month of November is the chrysanthemum. The word chrysanthemum comes from the Greek words *chrys* and *anthemum*, meaning golden flower. In the language of flowers, chrysanthemum is considered to symbolize honesty, joy, and optimism.
- Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

**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.**