Christmas 2011

Happy Christmas to all Eastgate Residents, Relatives, Friends & Suppliers

You may remember that last year Eastgate donated their Christmas card money to a local Charity—giving £500 to the Nottinghamshire Royal Society for the Blind.

Following building a successful relationship with NRSB and understanding the worthwhile causes that the funds go towards, we have once again decided to donate our card money.

Therefore this newsletter comes to you with our most recent events and in place of a card..........................

We wish all our Residents, friends, relatives, suppliers and our great team of staff a Very Happy Christmas and Best Wishes for 2012

4 Care Homes

Christmas is celebrated across our four homes. Decorations go up early and Activities co-ordinators have planned ahead arranging Carol Singers, Pantomimes and a whole host of other seasonal escapades. Santa visits all the homes and Christmas lunch is served, many friends and relatives come and join in the fun and food and make it that extra bit special too.

Quality private nursing Care Homes in Nottinghamshire — Contact Head Office on 0843 216 2843

visit our website at www.eastgate-care.co.uk
Residents News

Residents Get Cosy with Visiting Pets

When Petting Zoo came to visit residents at both Melbourne and Park House they enjoyed meeting some very different pets to normal!

A different days activity for residents took place. A whole host of creatures were brought along by their pet handlers, creepy crawly and soft and cuddly.

Even reluctant residents were able to ‘brave it’ and reach out when black bun was passed over. He was everyone’s favourite.

The ladies were very brave handling the spiders, millipedes, beetles and even ratsy!

A wide variety of activities are scheduled on a weekly basis by our coordinators across the four Nottingham Care Homes.

Also able to hold beetles, millipedes, giant spiders, guinea pigs.

It was great to see everyone interacting with the living creatures. The animal handlers were interesting too and it proved to be an enlivening visit for all concerned,

Residents Get Cosy with Visiting Pets

Poem to Carer Ida from resident at Melbourne House

Lonely and sad
And full of fear
Not a friend in the world
When I was brought here

Old and rejected
And so ill too
The strangest of places
Nothing to do

I prayed and I cried
Then out of the blue
God sent an angel
Yes Ida, God sent you

Olympic Training with Elaine at the Belle Vue

All the residents seem to enjoy the garden and Elaine has lots of ideas to keep everyone moving and show that activity benefits us all.

Early Harvest at the Belle Vue Lodge

Local church St Judes came to share the Harvest time with residents at the Belle Vue. Traditional hymns were sung and talk was of family and their importance.

Activities Co-ordinator Elaine Martin got everyone busy with bread making and some lovely creations were produced, see Wheatsheaf picture left.

Full House at Alex House

Alexandra House has had a very busy autumn with hardly a bed available during the last quarter.

Things got going with the summer fayre an atmospheric event where everyone was able to enjoy the jazz from the Top Brass Band. The Eastwood lord mayor opened the event, with the help of Activities Co-ordinator Lorraine and Carer Sue Paxton. Pictured left

Lots of further activities are continually scheduled, which involve residents and the local community.
Staff news

Passed the test......................

Louise is now a firmly established member of the Eastgate management team and has already had a positive impact on the quality of life for residents and staff at Melbourne House. One memorable achievement has been sorting out the ornamental pond and the soothing sound of running water is back. It was a family gathering when Benjamin and Samuel, Louise’s sons visited one Sunday to get their feet wet, emptying and refilling the pond – much to the amusement of the residents.

Louise is pleased to be able to provide the homely environment which was one of her main aims, in addition she says; ‘It is always busy, with lots of great new activities scheduled and plans are in place to keep everyone entertained for the festive season’

Full Time.....

Activities co-ordinators have been employed at both Melbourne and Park House. Welcome on board to Charise and Cathleen.

Charise is very much a family person and loves music, she is used to organising activities for all age groups and has lots of ideas to keep us all young at Melbourne House!

Cathleen is a very sociable person and loves bowling. An added benefit is that she has direct experience of working in Care Homes.

Meanwhile .................

At the Belle Vue – activities co-ordinator Elaine starts training for the Olympics with catching, laps and walking.

Elaine is qualified in textiles and ceramics, so art is frequently on the activities schedule, along with exercise.

Michaela

Now part of the Alexander House team for well over a month as receptionist and administrator.

Following on from Marie can not be easy but Michaela is taking it in her stride. She says she has learnt lots already and likes the variety and the fact that no two days are the same.

Her experience in the Pharmacy sector she finds useful when dealing with GP Practices.

Meanwhile Marie Martin has moved to a post at head office and is using her skills offering support across all the Eastgate Care Homes.

Training Boost

In excess of 40 hours a month have been dedicated to training new staff, in our own training division, in contrast with national training where it is reported that over a third of care workers are untrained.

Extensive 5 day induction training has contributed to the development hours and dementia training has been prolific to keep up with demands, in addition to courses on: Falls Prevention, Mental Capacity, Stroke and Safeguarding

The staff are of great importance across the Care Homes and investment in their skills is a critical part of the development plan for Eastgate, where over 190 care staff are employed.

Liaison with external suppliers.

Susan Young, Eastgate HR Manager will be sharing her knowledge of working within the care sector and providing support to A4e – a government funded organisation who re-train workers for new industries, predominately the hospitality, healthcare and construction industries.
Art in its many guises has a lot to offer an individual, at any stage of dementia. For instance; singing along to a favourite tune challenges and triggers the memory, studying a picture or photograph is a great mental stimulus, which is greatly enhanced if you are able to discuss with a companion.

Walk into an art gallery with a companion to discuss a picture, sculpture, piece of furniture or ceramics, enjoy their qualities together, it is so much more fulfilling.

The stimulus of Arts 4 Dementia sessions at the London Wallace Collection (Art Gallery) evoked animated responses from participants, and endured after sessions were over. We are planning to start our own Arts 4 Dementia in Nottingham.

Theatre also has much to offer. Sit in front seats at a theatre matinee and watch the expressions of the performers.

Access the natural creative skills: take photographs, paint, draw, model, listen to live music, play music, dance, sing, explore the scents and arrangements of flowers, garden plants, trees.

Our Activities staff help provide regular social inspirational opportunities through their art works…

- Study a Picture is an everyday occurrence with a variety of artwork and memorabilia in abundance across the homes
- Visit a Gallery—coming soon, in conjunction with Nottingham Contemporary
- Sing Alongs occur regularly with a variety of old time & keyboard music

Questions are numerous as we get further into this programme, the monitoring of change is a key issue with implementing this system and documentation too is paramount to its success, as more in-depth analysis is required.

The investment in Carer Training at Park House, further illustrates the commitment given to ensure success for both Care Home and residents. Staff undergo training for competency based assessment and managers are able to develop training needs from this.

This programme covers a whole range of Care aspects and is so thorough that no

Enjoy More through Artistic Stimulation

Movie Mural
created by staff at
Melbourne House,
with specially collected photos
from the old movies reminding residents of past times. Also evoking
the heritage of the
old Forum Cinema
on this site.

Art throughout the Homes

Gold Standard Framework Progress

'\textit{Aiming for a gold standard of care for all people near the end of life – it’s about living well until you die}''

Eastgate Care Homes;

\begin{itemize}
  \item \textbf{Alexander House},
  191 Nottingham Road, Wroughton Court, Eastwood, Nottm, NG16 3GP
  Tel—01773 530601
  \item \textbf{Park House},
  Cinderhill Road, Bulwell, Nottm, NG6 8SB
  Tel—01159 771363
  \item \textbf{Melbourne House},
  Aspley Lane, Aspley, Nottm, NG8 5RU
  Tel—01159 294787
  \item \textbf{Belle Vue Lodge},
  Woodborough Rd
  Mapperley
  Nottm, NG3 5FS
  Tel—0115 960 7706
  \item \textbf{All Our Care Homes are now registered for Dementia Care.}
\end{itemize}

CQC—Their Role

CQC are the independent regulator of all health and social care services in England.

Their job is to make sure that care provided by hospitals, dentists, ambulances, care homes and services in people’s own homes and elsewhere meets government standards of quality and safety.

Over 18,000 Care Homes are registered with the CQC.

The CQC recently published the annual report on the state of health and adult social care in England.

Full details are available on their new website which went live in October 2011 website; \url{http://www.cqc.org.uk/public/reports-surveys-and-reviews/reports/state-care}