

Summer 2011

Special Edition

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Belle Vue Lodge Care Home—Now Open

Mapperley Nottingham

A successful launch took place where a mix of Midlands professionals gathered and the doors opened for the first time on this new care home and the 'cutting of the ribbon' at the Belle Vue Lodge, Mapperley.

From purchase to completion of a 55 bed facility in just over a year, the specialist home will help satisfy the requirement for dementia care in Nottingham.

The theme was Old and New throughout, as the first resident Bertie Brown (85

Bertie Brown-First Resident-Opens the Belle Vue Lodge



years old) teamed up with pupils Joseph and Iyesha, from the next door Walter Halls Primary School, for the official opening celebrations.

The newly built home is on the site of the old Belle Vue Pub and the modern facilities are up-to-date, to aid with the comfort and



Brand New Belle Vue Lodge

daily lives of the residents. The décor in the 6 lounges reflects past times, with memorabilia adding to the homely feel.

completion today and I can comfortably say it is another positive achievement for both business parties. It has been a pleasure to work with Mr Day and his wife on this and we look forward to the continued success of Eastgate.

The cement was set, the last tree planted a few days before and staff worked long hours to ensure all was complete, clean and ready for the first guests. The 2 new Chefs were

keen to display their skills and were up early preparing freshly home cooked produce, to ensure a popular opening event for Eastgates fourth Care Home in Nottinghamshire. Popular it was as Bertie Brown the first resident on the register enjoyed his celebrity status for the day and rose to the occasion.



Ian Brown, (pictured) from Santander Corporate Banking – Healthcare Lenders to Eastgate said; **'We have seen this development progress from initial site visit through to the satisfactory**



Facilities

55 en-suite bedrooms with walk-in shower

* 6 separate lounge areas offering library/reading, specialist activity, quiet and sensory areas

* A large open plan atrium provides a light uplifting area for dining, opening out onto the specially designed gardens

* 24 hour specialist nurse call system

* Visiting Physiotherapist/Chiroprapist/Hairdresser

* Full time Activities Co-ordinator

* Spectacular bedroom views (top floors)

www.eastgate-care.co.uk/belle-vue-lodge.html

Located just a mile from the centre of Nottingham, the Belle Vue Lodge offers easy access to the City and the East Midlands.

Eastgate Care is able to offer a safe secure, long term home location, from an organisation that understands the provision for dementia.

With currently 4 Homes in Nottinghamshire, this brings the total number of beds at Eastgate Care to 197.



Staff Development



Sheila Barwick
Care Home Manager
Belle Vue Lodge

All Change!

Sheila Barwick has been appointed Care Home Manager at the newly opened Belle Vue Lodge and moves across from Eastgates' Park House Home, bringing a wealth of experience with her and readiness for the challenge of running a brand new care home.

Sheila says 'Having worked for Eastgate Care for some time now, I understand what they are trying to achieve. The prospect of working at a brand new home with first rate facilities is very exciting and the opportunity of-

-rolling out a good quality dementia service for people in the local area will, I am sure, be very rewarding'

Caroline Downing

who was previously the Activity Coordinator at Park House, now heads up the very busy reception there, having brought up triplets and the multi-tasking nature of this busy role!



Sally- Anne

Have you wondered who is the owner of the telephone voice at the White Swan? Pictured above is our very own Sally-Anne, receptionist & administrator, who is highly efficient and known for keeping her calm approachable manner throughout.

In Times of trouble Eastgate supports its staff financially

Eastgate Welfare for Employees

The 20th person has been supported through the Eastgate Care Welfare support scheme, the company scheme introduced to help staff through difficult financial times.

"Part of Eastgate's ongoing commitment to its most valued asset, its staff, is to support them when they have financial difficulties. Eastgate is possibly unique in offering financial support in the form of immediate monetary funds when they most need it"

Eastgate HR Manager

The staff are of great importance across the Care Homes owned and managed in Nottinghamshire by Eastgate, where a total of 200 staff are employed. The scheme was introduced 10 years ago.

Welcome to New Staff

Belle Vue Lodge

We welcome a whole new team of staff at the New Belle Vue Lodge Care home, following a successful recruitment event in the city.

Louise Rimmer at Melbourne House

After 18 years nursing for the NHS in various roles from Staff Nurse to Deputy Manager, Louise brings her range of care experience to fill the post at Melbourne House as Care Home Manager.

Birthday Flowers & Chocolates

.....are received by all Eastgate staff, plus their Birthday off & paid!



Pictured Pauline Zadwirny, Melbourne House receptionist receiving her birthday gifts.

Activities Benefit All

Gurcharan, fulfills a dual role working at both Melbourne and Park House as Activities Coordinator.

She is able to help the residents increase their movement with a variety of activities, including singing, chair based exercises, gardening and even dressing up!



Hat Decorating at Melbourne



This year, for the first time, our Care Homes enter Nottingham in bloom.

Residents news

Care Home Residents Take Over Lord Nelson Pub! (for an afternoon)

.....No they have not moved their beds in! - but in response to the national Care Home crisis, they have gone along to get involved with local community life, with the benefit of lunch and bingo. Land Lady Jenny welcomes many senior citizens for sandwiches, hot food, company and chat, as they often don't want to cook and eat alone.

As many local community facilities suffer from the recent 'cutbacks' this new venue is being used by Eastgate Care for the residents from Melbourne and Park House Nottingham Care Homes. Very much a local



pub, the Lord Nelson at Old Basford opened up for its monthly luncheon with a difference.



Responding to a requirement to get people 'out and about' in the community the Residents & Relatives lunch includes a two course meal, refreshment and a raffle all under control of friendly land lady Jenny.

An all in one fixed price of £6.00 enabled a total of 32 individuals to join in, for the June 'get together' for the residents, relatives and friends lunch.

Different activities will be featured over the coming months, including other bar games, but Bingo usually goes down a treat, especially when prizes are involved. Landlady Jenny said *'It was great to see the old folks out in the community enjoying themselves, it makes them feel a part of public life again and great that their relatives can join in too'*

The Lord Nelson - Percy St, Basford Nottingham Tel—01159 784981 Residents, Relatives & Friends lunch first Wednesday in the month

Bowling Buddies – Exercise Programme



A wide range of exercises are enjoyed across the Eastgate Care Homes. Each home has an activities coordinator to ensure that exercises are a regular part of the routine. The type of activity is varied, to suit the different needs of the residents. Chair based routines are practiced regularly and the Co-ordinators have undergone the training to ensure that they are able to deliver a programme to suit those that are chair bound.

At the heart of our Activities Co-ordinators remit is Exercise! We all know about the benefits of movement and it seems to increase in importance as we age. With this thought at the forefront we have a varied and challenging programme of activities to offer stimulus to our residents.



Lorraine—Activity Coordinator



98th Birthday Party at Park House

Annie Fletcher reaches her 98th birthday and celebrates it by sharing cake and music with her friends and family at the Park House Care Home.



Annie's niece Janet, brought in this stunning cake which was enjoyed by all.

The Wii Fit has been an innovation at the Alexandra House Care Home, with residents being able to 'have a go' at long forgotten or never tried sports. When this was introduced it was particularly distinctive, as the elderly people were shown how to use the games by a group of youth volunteers. Wii Bowling was a special favourite and as you can see (far left) Aida is deep in concentration, so in addition to the physical activity the mental stimulation is also beneficial.

Donations of unwanted plants and garden tools can always find a good use at all of the Homes, Volunteers are always welcome to help with activities.

Reminiscence

There is a range of remembrance aides that are used; Using visual stimuli is probably the first one we think of utilising photos, slides, newspapers, posters etc Music is also very powerful as a reminiscence tool, using tunes/songs from the past and live music also. Smell can not be overlooked, this too can act as a potent memory stimulus and invoke thoughts of the past, touch can be equally as provoking, utilising textures, painting and pottery.

If you have memorabilia looking for a good home bring it along to our reception, you can be sure it will be put to good use.

We all use reminiscence during our lives, but it is found to be a particularly beneficial pastime for people with dementia or dementia related conditions. It can help during times of personal loss, for self image and can help intensify feelings during contact times with others.

Reminiscence usually involves exchanging memories and this can be with the old and young, friends and relatives, with caregivers and professionals. It can involve passing on information, wisdom and skills and help individuals with their self-value and feeling of belonging.

At both Melbourne House and Park House, an activity using reminiscence boxes is frequently used. Initially this was encouraged by the visits from students at the local colleges studying social care and this was found to be a useful tool in enhancing interaction with the residents.



Harry tries his hand at bowls

A recent reminiscence activity involved Hats and their decoration. This involved fabrics, textures and an activity not undertaken by many for sometime, in addition to the dressing up and wearing of the creations!

Care Homes;

Alexandra House,
191 Nottingham Road,
Wroughton Court, Eastwood,
Nottm, NG16 3GP

Tel—01773 530601

Park House,
Cinderhill Road, Bulwell,
Nottm, NG6 8SB

Tel—01159 771363

Melbourne House,
Aspley Lane, Aspley,
Nottm, NG8 3AF

Tel—01159 294787

Belle Vue Lodge

Woodborough Rd

Mapperley

Nottm, NG3 5FS

Tel—0115 960 7706

All Our Care Homes are now registered for Dementia Care.

New Care Home—Continued



the gardens have great features and it is not isolated - there is plenty to keep the mind active. All the staff we met were friendly too, with the right blend of thoughtfulness and consideration, it gets our seal of approval' say Judy and John, pictured on swing.

Some of the first Belle Vue visitors enjoying a look round said 'We like the whole lightness of the building and the good quality fittings and furnishings, you can see a lot of attention has been paid to making this a comfortable home with lots of interesting aspects for the residents. There are varied views of the surroundings,

the gardens have great features and it is not isolated - there is plenty to keep the mind active. All the staff we met were friendly too, with the right blend of thoughtfulness and consideration, it gets our seal of approval' say Judy and John, pictured on swing.



Gold Standard Framework Update

Coordinators Kate Fox and Michele Whyley have attended the 1st GSF training workshop at Rufford Mill.

Monthly GSF coding meetings have started at Park House, which means that a structured system is being implemented to aid staff recognizing the needs of the residents and taking an holistic approach to their current requirements and any changes that need to be implemented in their care.



Green Lounge at the Belle Vue

Annual Survey Results

Every year a survey is conducted across Eastgates care homes to assess what relatives think of the services and facilities offered. 64% of relatives (friends) responded to the survey.

The homes were highly rated for their food and cleanliness.

Activities scheduled for the homes received good scores and relatives want to know more about these.

Church services and relatives meetings are not well attended. Friendliness was one of the key areas highlighted across all the homes.

The survey is an important medium to collect your opinions and influence the future development of facilities and services at the homes. We thank you for taking time to convey your views.



First Resident