



## Activities - Events - Celebrations

September 2016

### Autumn / Winter Newsletter

Hello and welcome to St Elmo Autumn/ Winter newsletter!

First of all we welcome those of you who are new to St Elmo, and we hope that you have settled well and are enjoying your time with us.

We would like to take this opportunity to remind you that we have an open door policy here at St Elmo.

Should you wish to speak to Lesley or Kathie you are welcome to drop in any time or call/email to make an appointment to suit you. Thank you for taking time to read our newsletter.

Regards,

Lesley Hatton      Manager

Kathie Joyce      Deputy Manager

### Namaste – to honour the spirit within

**We are always looking to improve the care we provide for your loved ones. It has been identified that residents who are unable to get up only have 5 minutes of non-care interaction. By implementing the Namaste project, we are hoping to change this at St Elmo. We are aware that most of our residents who cannot get out of bed have limited communication abilities. Namaste is a way of stimulating the senses, by use of sound, touch and smell. Vicky and Jayne are taking the lead with this project. We are expecting a visit from the hospice in September so they can advise us on the way forwards. So if your loved room has a different pleasant smell to it, you know what may have been going on. We have also been working closely with Hampshire dementia friends and Vicky is trialling the use of music therapy.**



Queen's birthday celebration's



The open day with Millers Ark Farm

### Staff Changes

Staff changes—things have progressed. We would like to welcome Chris, Shinette, Carolyn and Tiffany to the team. They have joined us as part of the care assistant's team. We are still currently actively recruiting new staff to join the team. This is so the home can maintain the best possible care for your loved one's. We would like to wish Gemma Sheen all the best. She is leaving us to commence her nursing degree at Bournemouth university. Jeanna has also left, she decided it time she faced a new challenge, we also wish her well.

As some of you may be aware, the home has now been fully accredited with the beacon standard for the Gold standard framework. We are pleased when Sir Desmond Swayne unveiled the GSF plaque for us. It was wonderful to see our



photograph in the Avon Advertiser. We have been asking for nominations for the Hampshire Care Awards. I hope will do well. Nomination have been submitted for deputy of the year, newcomer (care) of the year, carer of the year, cook of the year and team of the year

# Spring and Summer at St Elmo Upcoming Events

We hope everyone enjoyed the summer and the lovely sun shine we had, well what there was of it anyway.

Since the last newsletter, apart from always being busy, we have been up to lots of things. We have been keeping the residents very busy over the spring and summer period, we had a lovely tea party to celebrate the Queen's birthday and the home award for the GSF.

Then we had the open day with Millar's Animal Ark. The home had animals inside and out. Many thanks to the local community that supported us with raffle prizes, we made £250 to spend on forthcoming residents activities. It was wonderful to see so many visitors in the home. It does not seem possible that Autumn is nearly here and we are already planning Christmas activities.

Vicky is now bringing her dog Faye in on a regular basis, she is now our regular Pet Therapy dog. Some of you may already have seen her and the lovely response the residents have been giving. The residents like to hear the story of Faye's life and just enjoy giving her biscuits and cuddles. Vicky is still building up the activities box and is continuing to come up with new ideas. If you have anything at home that you think would make a good contribution to the activities box, all donations are welcome.

All the residents had a busy day on the 20th August. St Elmo supported the National citizenship programme and 12 young people volunteered to spend time with the residents, talking to them and taking them to the local shops. A good day was had by all, even if the residents were tired they enjoyed themselves.



For more information contact

**Lesley Hatton**

or visit

[www.qualitycaregroup.co.uk](http://www.qualitycaregroup.co.uk)

**31st October** Halloween—the home will be decorated and residents encouraged to make pumpkin carvings

**5th November** Bonfire night– traditional bonfire menu

**13th November** for those that wish - remembrance service – wearing of poppies.

**30th November** iSt Andrews Day-traditional Scottish menu and music

**6th December** soft landings-owl therapy

**16th December** Pantomime

**21st December** Residents Christmas Party

**22nd December** Christmas carols from the parish church choir

Please keep an eye on the information board in reception and posters around the home. As there are other events in the planning stages and dates not yet finalised.

Always open for ideas to improve the quality of life for the residents at St Elmo

If you have not looked at it yet– for those of you who are computer savvy, St Elmo now has a face book page. Your thoughts are always welcome.

## We're Social

**We're available on social media too!**

**Please remember to visit our social media pages and website to like and share our posts.**

**Stay updated with events and any news.**



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[+StElmoCareHome](https://plus.google.com/+StElmoCareHome)



[stelmo@qualitycaregroup.co.uk](mailto:stelmo@qualitycaregroup.co.uk)



01425 472922