

adeptnews

EDITION 8

adeptcarehomes.co.uk

WINTER 2018



We wish you a Merry Christmas

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Welcome to our Winter Newsletter



By Dave Lock
Managing Director

We've seen lots of winter warming activities taking place at our homes in the last few months. Residents have enjoyed taking part in two special initiatives in particular.

The Adept Bake-Off Challenge meant many of our residents were able to get in our kitchens to bake, an activity we know is well-loved. I was very impressed with

the creativity of the final 'showstopper' each home presented. It was fitting that the winning cake (by public vote) was a beautiful tribute to Remembrance Day. I was pleased to see that we helped residents to remember with dedicated activities at all of our homes.

The other more festive initiative was our wonderful choir competition. As the feedback we received last year was overwhelmingly good, we wanted to replicate again. This year we had even more of our residents, their families and our own team there to enjoy. There

were some truly uplifting performances, everyone did very well. Hearing all the resident choirs perform Christmas carols has set the scene perfectly for a very Merry Christmas.

With that I'll leave to you with my best wishes for a very Happy 2019.

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KEEPING IN TOUCH



JOIN US ON FACEBOOK

We try to share as much news about what we get up to at all of our homes on our Facebook pages.

Please follow us, our homes can be found at:

www.facebook.com/BowoodCourtMewsCareHome

www.facebook.com/ChetwyndHouseCareHome

www.facebook.com/DouglasCourtCareHome

www.facebook.com/KiwiHouseCareHome

www.facebook.com/TheKnowlesCareHome

www.facebook.com/MoatHouseCareHome

www.facebook.com/OldVicarageCareHome



adeptcarehomes

RELATIVES

TEXT SERVICE

Don't forget to sign up to our text message service.

We'll text you important information such as key dates and door code changes.

Please speak to your Home Manager to be added to our list

In and around our homes

MARGOT & DERICK – THE PICTURE OF TRUE LOVE!

A Moat House resident, Margot and her husband Derick were the picture of true love at a romantic photoshoot. Married for over 50 years, Margot (80) won the studio photoshoot which was a raffle prize at an event held by Moat House.

"We've never done anything like this before, but Margot took it all in her stride. It was a special treat and the pictures are grand." Derick Mosely

"We were all delighted that Margot and Derick won the

photoshoot. It's not the kind of thing the older generation typically does so it feels extra special. The pictures are beautiful, they completely capture how in love they still are, which is what we see from Derek's daily visits to Margot. They are always dancing! The pictures will be treasured by all the family, and us here at Moat House too!" Nicky French, Moat House Manager



GROUP WIDE RESIDENT EMPLOYMENT CONSULTANTS

In our last issue we heard about residents at The Knowles becoming Employment Consultants and assisting with the interviews for new care assistants. It's fabulous to see that this has now been rolled out at Adept's other homes. Anthea James at Douglas Court was delighted to be asked to join the team interview panel.

'I think it is important to get a residents opinion on these matters, I enjoy watching others and can see who has what it takes and who doesn't.'
Anthea James

"This is such a good idea and we've had so much good



ANTHEA JAMES, RESIDENT EMPLOYMENT CONSULTANT

feedback from residents who have helped interview and also from applicants who have commented that it's good to see us involving residents as it helps shows that we treat our residents with dignity and

respect." Lee Daly, Douglas Court Manager

John Jones from Chetwynd House said "I welcome the opportunity to be involved in the working life of the care home. I'm keen that we continue to employ staff who are caring and patient. Claire has done a great job in achieving so much in such a short time."



JOHN JONES, RECRUITMENT CONSULTANT

FORMER BOWOOD BUILDER ENJOYED A SHORT-STAY

A retired builder returned to a site he was very familiar in his working days. Dave Stevens was part of the original team that built Bowood Court & Mews and came back recently for a short respite stay.

"I helped build Bowood Court & Mews, and I knew I'd stay here one day," Dave Stevens

"This is a wonderful story, we're very pleased Dave 'returned' to Bowood Court & Mews. No doubt the home has changed a little from when he was last on site with our wonderful refurbishment!" Dawn Leaver, Bowood Court & Mews Manager



CHILD'S PLAY!

We love to see residents enjoying visits from friends and family. But it's extra special when children pop in for a play date which is why we organise lots of visits with children from local schools and nurseries. Residents at Chetwynd House, The Old Vicarage, Moat House, and Bowood Court & Mews



have been showing how much they love a little bit of child's play. From arts and crafts,

reading, singing and simply chatty, when children come in to see us, there is always the biggest smiles all round.



ROBERT HOMER

"It's exciting when the children are coming in to see us. It's somewhere new for them and different faces for us!" Robert Homer, Bowood Court & Mews

"I used to be a teacher in the local area and it was absolutely great to have the school children visit the home to entertain us. I loved playing games we had lots of fun." Judy Pass, Bowood Court & Mews



BRENDA ENJOYING A PUZZLE

TASTER SESSIONS AT THE KNOWLES

We're always interested in our residents' views. And our meal times are no different. The taster was hosted by our catering partner Apetito, who create delicious and healthy menus for residents at The Knowles.

"I've always enjoyed fish & chips and I'm looking forward to these being on the menu. It's great that we are involved in these things!" Charles Hope, The Knowles



CHARLES TUCKS INTO HIS FISH SUPPER



A SAMPLE OF FISH & CHIPS

ROUND THE WORLD TRIP BRINGS RESIDENTS TOGETHER

Residents at Kiwi House have been enjoying a wonderful world cruise, with spectacular themed-days to different countries. So far residents have visited Italy, India and Lapland for Christmas!



It was wonderful to see residents from Chetwynd House, Douglas Court and the Old Vicarage invited to America when Kiwi House residents hosted a full day of US- themed activities. With amazing food including hot dogs, pizza and pretzels and of course, special all American guests. Mickey & Minnie Mouse!



JOAN MEETS AMERICAN ICONS!

"It was so good, we enjoyed hosting all the residents from Adept's other care homes. Some familiar faces and some new ones too. I thought the atmosphere was very friendly."

Jenny Orton, Kiwi House
"Every detail had been really thought about, from tasty hotdogs to red, white and blue decorations. You could tell a lot of effort went into making this an amazing day for everyone. Thank you Kiwi House." **Muriel Knight, Old Vicarage**



ACTIVITIES TEAMS FOR ALL THE HOMES

"I've been on many cruises in my time, my favourite being when I visited Venice. These 'day trips' have been lovely and bring back many happy memories from traveling with my family," **said Muriel Topps, Kiwi House**

Joyce Douglas aged 85 added: *"It was the Caribbean last month which has been my favourite so far as means I could share my culture with everyone. We had traditional Caribbean drums for entertainment which were very loud but everyone seemed to enjoy. The rum punch was definitely well received too!"*

"I didn't think I'd still be learning about new countries," **said Monica Baxter, aged 81.** *"This is a really great idea and brings everyone together to learn different things about different counties which I didn't think I've ever get to do now."*

"Sometimes you have to get creative and that's exactly what we've done with our resident



AMERICA DAY IN FULL SWING

world cruise days, an idea I came up whilst cruising myself last summer. Travel has been a big part of many of our residents lives with some never venturing too far away from home. So I wanted to provide residents here and from some of our other local care homes, with the opportunity to get a flavour of new countries. Sampling everything from authentic food, cultural activities and story-telling, the world is their oyster once again. So far we've visited Italy and the Caribbean, America, India, Lapland and we're planning to visit Iceland in the New Year." **Dave Godrich explains more about the World Tour scheme**



A TASTE OF INDIA



LEST WE FORGET

November 11th was a date we simply will not forget. We saw a wonderful array of activities taking place in the run up and on Remembrance Day to ensure our residents had the opportunity to remember and pay their respects to those who fight or have fought for our country.

Moat House resident Arthur Trigger served in the British Army from the age of 18. He and his fellow care home residents created their own spectacular poppy memorial to mark Remembrance Day.

"I started with National Service and moved to Yorkshire when I was just 20 to join the Lancers Regiment. I travelled all over including Scotland, Italy and Germany where I carried out my tank training!" said Arthur who spent over a decade in the army before joining the police. "I am very proud of our poppy banner and I salute it every time I pass it. I will remember those who fought for us all with pride."



ARTHUR TRIGGER FROM MOAT HOUSE

Violet Rees, 98 was a sergeant with the Royal Artillery, "I think it is very important to honour and show our respect on Remembrance Day. I think our poppy banner looks amazing and it's clear a lot of effort went into it. I think we did a jolly good job!"

"Remembrance Day activities are very popular with our residents who are always keen to show their respect. This year we enjoyed hearing army stories from Arthur & Violet who were among residents who contributed to our wonderful poppy memorial. We're all very proud of ex and current servicemen and women here at Moat House." **Nicky French, Moat House Care Home Manager**

Bowood Court residents created a homemade poppy wreath which they proudly laid at the Redditch remembrance celebration.



BOWOOD RESIDENTS TAKE THEIR HOMEMADE WREATH

Brian and Paul, residents at Chetwynd House attended the Remembrance Game, a football match held at Notts Forest to mark the 100-year anniversary of the end of WW1.



BRIAN AND PAUL GO TO THE REMEMBRANCE FOOTBALL MATCH

Residents at Kiwi House made a poignant display, complete with poppy's and a soldier adorned with war time images and newspaper clippings.



KIWI REMEMBRANCE DISPLAY

A beautiful homemade poppy display welcomed visitors to Douglas Court and residents lit candles to help them remember.



REMEMBRANCE AT DOUGLAS COURT

Poppy garlands were made by residents at The Old Vicarage



POPPY GARLANDS FROM THE OLD VICARAGE

SOME SPOOKY GOINGS ON...



We love a good party and Halloween is getting bigger and better at our homes each year! There's been some amazing

fancy dress costumes and traditional games such as bobbing for apples, as well as plenty of pumpkins to carve.



JOYCE DAVIES
AT THE
KNOWLES



SHIRLEY
JARVIS AND
CARER RUSS



ACTIVITIES
COORDINATORS
CINDY AND SHAZIA



WINNIE
WEIGHMAN AND
ALBERT ASHFORD



DECORATIONS
AT THE
KNOWLES

"Our residents really got into the spirit of our Halloween party and enjoyed getting dressed up. It was a lovely event and so good to see everyone having fun together," Bev Jones, The Knowles Manager



RESIDENT JUDY PASS, TEAM MEMBERS CINDY, SHAZIA AND STACEY AND ENTERTAINER ROB WILSON



ZANETA
& FAMILY



JEAN
EDGAR



ZARA,
ZANETA
AND
MAL



DORIS
BEAVER
TRICK OR
TREATING



DAVID
WATERS



THE ADEPT CARE HOMES BAKE OFF RETURNS



Following the tremendous success of our Adept Bake-Off Competition last year, we couldn't wait to see what sumptuous show-stoppers our residents would cook up this year. And we were not disappointed...

"It was wonderful to see residents from all of our homes join in this activity. The creations they submitted included everything from poppy-themed cakes and cupcakes, a cake dedicated to afternoon tea and a special dementia awareness cake." **Dave Lock, Adept Managing Director**



Moat House



Douglas Court



Chetwynd House



The Knowles



The Old Vicarage



Bowood Court & Mews

And the winner is...

Kiwi House with Centenary Remembrance Cake

Resident bakers at Kiwi House created the winning sensational three tier cake with cascading poppy cupcakes, to mark the centenary celebrations of the end of WW1.

"It's lovely giving something back after all those soldiers went to war. Our special poppy cake has brought everyone here together. Winning is just an



added bonus!" Marie Hopkins

"It was quite a challenge; the cake was quite tall and heavy... so we needed to eat it straight away!" Jenny Oughton

"It is amazing that I can be involved in baking again. I have loved this competition and I'm pleased the public chose our cake to win." Joyce Douglas

"Our cake is so special because the theme means so much to our

residents. The cake our residents created was truly amazing and it proves anything is possible, whether you live at home or in a care home. I'm very proud of everyone involved." **Dave Godrich, Kiwi House Manager**



WELL DONE TO
KIWI HOUSE BAKE
OFF WINNERS

RESIDENTS HELP SPREAD THE WORD ABOUT INFECTION CONTROL

Infection Prevention & Control Week took place in October and it was great to see our residents getting involved to highlight some simple things we can all do to prevent and reduce infections. As well as creating informative displays and taking quizzes, residents at The Old Vicarage created their own tips to help minimise the spread of infections.



BRIAN AND DONNA WITH CHETWYND HOUSE'S DISPLAY

- *“When you wash your hands, which should be frequently, you have to make sure you give them a really good scrub. A quick rinse under the tap isn't enough, you have to get right into the gaps between your fingers and under your nails too,”* **Stella Brailsford**
- *“You can't ever be too clean,”* **Derek Brooke**
- *“It's not just washing your hands though, I always carry a clean hanky to cough or sneeze into. A tissue will do, or even your sleeve but never your hands!”* **Jean Jackson**
- *“If you're feeling unwell, you've got to say straight away. It's no good trying to just soldier on, that's when you could make other people ill too.”* **Marlene Hopkinson**

“Obviously infection prevention is something we take seriously



STELLA SHOWS US AT THE OLD VICARAGE

at all times, but we decided to make it a real focus for residents and their guests during Infection Prevention Week which is also timed ahead of the flu season. The response from residents has been interesting with tips and many have been keen to get involved and help 'spread' the word with the creation of displays and by giving out some of our advice leaflets. It's a serious subject but we've managed to make it fun and interactive with a quiz too. Infection control is always our focus here but involving residents seems like good practice too.” **Karen Betts, the Old Vicarage Manager**

DANCING DELIGHTS AT CHETWYND HOUSE

From a traditional English tea dance to trying out exotic Bollywood moves, residents at Chetwynd House have been showing us their nifty footwork.



ROSEMARY HAS A GO!

Jean Hayes said “The Bollywood dancer was very good. It was a

really friendly atmosphere and we had a good laugh learning together,”



JEAN & MAXINE

“Dancing is much loved by our residents. From an impromptu waltz with a willing team member to participating at one of our many dancing themed events, we're always happy to

help residents get up and give it a go. And that's exactly what they did at our recent tea dance and Bollywood dance lesson!”

Claire Gordon-Rundle



JOHN & MAXINE

CHORAL CHRISTMAS DELIGHT

We all well and truly got in the mood for the forthcoming festivities with our Annual Choir Competition taking place in early December.



Residents from Moat House, Kiwi House, Chetwynd House, Douglas Court and The Old Vicarage performed to a packed audience of relatives and loved ones at St Catherine's Church, Burbage.

93 year old, Phyllis Wormleighton, a resident at Moat House praised the idea: "This was such a good activity and so lovely to do things with other homes and meet new people."

The resident choirs were treated to a fish & chip lunch before the awards were presented.



RESIDENTS TUCKING INTO A TASTY FISH AND CHIP LUNCH

"It was fantastic! I love singing and I sang my heart out," Brian Bissett, resident at Chetwynd House



THE MOAT HOUSE CHOIR

Each choir performed two of their favourite songs including a Christmas classic and together they all gave a rousing performance of 'We Wish you a Merry Christmas'. Whilst also fun, the choirs were judged by an experienced panel with four members and the leader of St Catherine's church choir.



THE CHETWYND HOUSE CHOIR

"I had a lovely day. It was nice helping each other. The fish & chips were hot and lovely, the whole team worked so hard and it paid off," Marie Hopkins, resident at Kiwi House.



THE KIW
HOUSE CHOIR

"It was a lovely day out and I really enjoyed it, you need to get out and mix with other people," said Madge Kemm from Douglas Court



THE OLD VICARAGE CHOIR

Adept Care Homes Managing Director, Dave Lock said:
"Singing is a much-loved past time for our residents and we have all enjoyed months of practice along with today's final performances. The church has been a great setting and with performances of Jingle Bells and Winter Wonderland, we're definitely feeling festive! A huge congratulations to everyone involved in delivering something truly special for our residents."



THE DOUGLAS COURT CHOIR

"It was quite an emotional day seeing all our lovely residents perform together. I'm very proud to work for such a great, caring company," Emma Robinson, Care Assistant at Kiwi House



CHETWYND HOUSE RECEIVING THE 'BEST OVERALL' AWARD



DOUGLAS COURT RECEIVING THE 'BEST CREATIVE CHOIR' AWARD



MOAT HOUSE RECEIVING THE 'BEST LARGE CHOIR' AWARD



OUR WONDERFUL JUDGES, MARTIN MELLOR, SUE ANDERTON, ROGER REAY, AND FATHER ANDREW



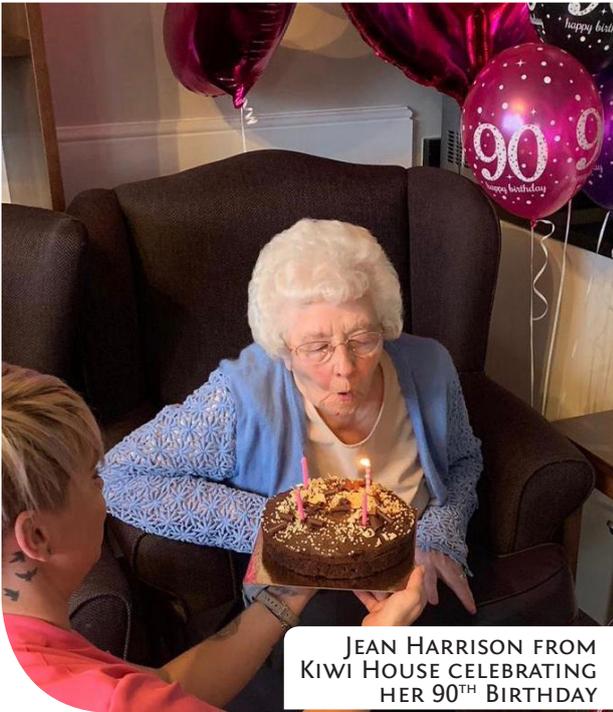
THE OLD VICARAGE RECEIVING THE 'BEST VOCALS' AWARD



KIW HOUSE RECEIVING THE 'BEST SMALL CHOIR' AWARD

MANY HAPPY RETURNS!

Everyone is unique to us at Adept and birthdays are a time to really focus on the individuals who live in our homes. We've had lots of resident and staff birthdays since our last issue, here are a few celebrations in action!



JEAN HARRISON FROM KIWI HOUSE CELEBRATING HER 90TH BIRTHDAY

JEAN HARRISON FACT FILE

- Age 90
- Two children, David & Carol
- 9 grandchildren
- Worked as a Cashier Manager for the Coop
- Hobbies include: Singalongs, knitting & cooking

A BIT ABOUT 1928

- Frankie Vaughan the singer was born
- The 1929 Winter Olympics took place in St Moritz, Switzerland
- The voting age for women is lowered from 30 to 21
- Amelia Earhart becomes the first woman to make a successful transatlantic flight
- John Logie Baird reveals the first colour TV transmission
- Vidal Sassoon the famous hairdresser was born!

OTHER BIRTHDAYS WE'VE CELEBRATED



NORA FROM THE KNOWLES



BRENDA AT BOWOOD COURT



RUBY FROM OLD VICARAGE



CONSTANCE AT DOUGLAS COURT



ALAN AT CHETWYND HOUSE

In depth interview with: Valerie Underhill, The Knowles Resident



ABOVE: VALERIE UNDERHILL,
RECRUITMENT CONSULTANT

Who lives in a house like this?

We love talking to our residents and finding about their lives before they came to live with us. Recently, we spoke to Valerie, a resident at The Knowles about her working life and her thoughts on women at work.

How did you start your working life Valerie?

Like most people, I started work at 18. I was in the Royal Air Force from April 1942 until March 1946. I was a wireless operator and my first station was at RAF Shawbury which was an advanced flying unit.



What was your most memorable job?

I've been very lucky, I've liked my jobs. But the most memorable time in my

working life was definitely during my time working as a Morse Slip Reader at Bletchley Park! I can remember VE Day and then after that, everything just stopped.

So where did you work next?

I started work at the Coventry Evening Telegraph as a touch typist in 1957. I started by working on Saturday afternoon's recording football scores and sport reports. I would earn £2.00 for this which was a lot of money back then. I continued to work there till the late 1970's and by the time I retired I was a secretary on the news desk.

What was the newsroom like?

It was very busy especially when there were deadlines to be met. It was how you see on films, so loud and lots going on. I loved it.

Can you remember a big story happening whilst you were there?

I remember the reports when we had the really hot summer in 1976. It stands out as the heatwave was so serious the government of the day introduced a Drought Act. I think the summer we had this year was quite similar in the temperatures reached.

Of course I remember the

Queen's Silver Jubilee too. I think that was in 1977, it was a very big news story at the time.

How do you think things have changed at the newspaper?

The original building where I worked is no longer there sadly. I think the office would have changed a lot. Everything is computerised now and it's probably a lot quicker and easier, but I imagine it's still very loud in there!

Do you think it is good for women to work?

In my day women didn't really work unless they had a mortgage and then they would only work part time that's how I came to work at the

Coventry Evening Telegraph. But things are different now and I think it is very good for women to work then they can hold their own and make their own minds up. I'm very pleased to still be working now as I'm one of the resident Employment Consultants. It's important to me that my opinion still counts.

And finally, what do you think about the people who work at The Knowles?

I love the team at The Knowles they are all so kind. You hear the girls having a giggle and it's really nice to hear. You couldn't get any better. They are all so kind and caring to Ken too and you feel loved.



Our Team

OOMPH! EXERCISE LEADERS

A huge well done to our team members who are now officially qualified Oomph! exercise leaders. A group of 15 attended the training session, hosted by our external supplier, Oomph! who are experts in the creation and delivery of resident exercise sessions that are gentle, stimulating and FUN!



CHILDREN IN NEED

It was wonderful to see our team doing their bit for children in need.

We had a pj day at Bowood Court and a wonderful play date with local children at Moat House.

Our Activities Team Leader went all out and came as Pudsey Bear himself!



SHARING WHAT WE DO

From time to time we encourage other team members to pop into our homes and meet residents and our team. It was great to see Dan, our Art Technician who creates all our posters and brochures catching up with Peter at The Knowles last month.



A WARM WELCOME FOR DAWN

Dawn Leaver, our new manager at Bowood Court & Mews has received a lovely warm welcome from residents.

"We like that you are smiley when we see you! If you're happy, we're happy. This is a very friendly home and I'm pleased to say you always see lots of smiles and fun here." Gladys Sedgewick



"I am delighted with the warm welcome I've enjoyed here at Bowood Court & Mews. The home has a warm and friendly family feeling to it and the recent refurbishments are beautiful. Already I have been made so at home by the residents and the friendly care team who together make this a special place." Dawn Leaver, Bowood Court & Mews

DON'T FORGET OUR TEAM PAYDAY LOAN

Don't forget to apply for one of our payday loans which are interest free. Contact your Home Manager for more details or to apply

IT'S THE MOST WONDERFUL TIME OF THE YEAR

And we like to get started earlier than most! We've definitely been feeling festive with residents at our homes joining in all kinds of Christmas activities.

Jean H said "I haven't been to Nottingham for years but I have to say this is amazing thank you so much for a great evening out"



RESIDENTS FROM CHETWYND HOUSE ON A FESTIVE EVENING OUT

Irene added "I loved being out in Nottingham seeing all the lights beautiful"



CHETWYND HOUSE RESIDENTS ENJOY A TRADITIONAL CHRISTINGLE



DOREEN PARFITT AND SYLVIA KING AT THE KNOWLES

From crafting, festive flower arranging to meeting reindeer's, here's a snapshot of our Christmas capers as we gear up for our Christmas parties just before the big day.



LILLA DOES CHRISTMAS CRAFTING AT DOUGLAS COURT



MEETING REINDEERS AT BOWOOD COURT & MEWS

"It was wonderful to go back to my church and see Pastor Nigel and Jill, lots of my friends were there today and it was great to see them all again. Thank you."
said Pauline



FESTIVE FLOWER ARRANGING



CONTACTING US

For further information about any features in this newsletter, or to suggest future stories, please contact your home manager or our marketing manager Louise on 07951 812297 or email marketingmanager@adeptcarehomes.co.uk

For information on any of our care homes, please call the home direct where our team will happily assist you.

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Chetwynd House	chetwynd@adeptcarehomes.co.uk	01156 979767
Kiwi House	kiwi@adeptcarehomes.co.uk	01332 755892
Bowood Court	bowood@adeptcarehomes.co.uk	01527 65115
Bowood Mews	bowood@adeptcarehomes.co.uk	01527 60029
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