

adeptnews

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SUMMER 2019

Sun's Out, Doors Open

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Welcome to our Summer Newsletter



By Dave Lock
Managing Director

From our awards, to celebrating our team during Carer's Week to 100th Birthday parties and plenty of summer fun at our fetes and National Care Home Open Day, the summer months have given our residents and team members so much to enjoy and be part of.

We take great pride in creating vibrant, friendly homes and as always, our team is committed to providing the highest quality care and creating fun but meaningful activities and clubs for residents to make the most of everyday. Our Gardening Clubs have been in full swing with residents enjoying the fruits of their labour with a bit of healthy competition from our Magic Seed and Sunflower Growing competitions. We're also continuing to encourage residents to share their personal stories in our new

All About Me programme.

I hope you'll enjoy reading about what we've all been up to in this issue and as always, we welcome any feedback or comments you have.

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ALL ABOUT ME

We're always keen to find out more about our residents and their lives before they came to live with us.

All About Me is where we not only take time to listen to resident stories, but where we

do something to celebrate and acknowledge it.

For example, you can read about Mavis launching our book club at Chetwynd House which happened as a result of her telling us she's a published author!

HERE COMES THE KNOWLES BRIDE

Stephanie Murphy from The Knowles is about to tie the knot, and when she brought in her wedding jewellery to show us, it got us all thinking about love and the secrets of a successful marriage!

'Never go to bed on an argument and let the lady win (of course)!'
Jean Lissaman

'I can't wait to see Stephanie in her wedding dress. We're having a party for her here afterwards!' Tom and Nora Pigott who also showed us their own beautiful wedding pictures with great pride!



TOM PIGOTT REMEMBERS HIS OWN WEDDING DAY

'My top tip for a long and happy marriage is just love one another and remember to give and take' **Valerie Underhill**

'Everyone is so excited here, it's so lovely Stephanie is sharing some of the day with residents with the party afterwards!' **Eletra Jenkins**

Around our Homes

MAVIS LAUNCHES KIWI HOUSE BOOK CLUB



Mavis Games, 80, a former author, has launched a Book Club at Kiwi House.

"It was such a great feeling to have my book published. I was and still am very proud that it was accepted. I'm absolutely thrilled to launch the Kiwi House Resident Book Club with my book. I think there's so much in there that people can relate

to and I'm sure we'll end up talking and sharing memories and stories. I've always had a great love of writing and reading and it's wonderful to still be able to this with my friends here," explained Mavis.

Stockbrook-born, Mavis worked as a secretary but always had a passion for writing, first penning her novel in her spare time at age 30! Sally's Secret Diary is all about Mavis's life growing up after the war as well as her life experiences including becoming a parent and balancing life as a working mum.

"We're so pleased Mavis is launching our resident book club with Sally's Secret Diary. It's our aim to ensure our residents continue to do the things they've always done and this is a fine example of this in action. In addition to her book, Mavis also had many of her short stories published in the Telegraph so we're trying to find copies of these too as a thank you to her," Maria Hallam, Kiwi House Manager.

HATS OFF TO THE LADIES!

It was wonderful to see residents donning their fancy hats in their own Ladies Day!



LADIES DAY AT MOAT HOUSE

Ladies from several of our homes enjoying dressing up and showing off their fine hats to celebrate this year's racing season!

'It's lovely to see our ladies in all their finery. We're always keen to ensure residents are engaging with topical events, it's not only great fun, but often prompts lots of memory sharing conversations!' **Karen Middleton, Lifestyle & Dementia Manager**



MARGARET MARTIN,
RESIDENT

MOAT HOUSE'S FLORENCE NIGHTINGALE REMINISCES ON LIFE AS A NURSE

Moat House's answer to Florence Nightingale, former nurse Gladys Abell shared her experience of being a nurse, a career she enjoyed for 40 years.

"I found you need patience and to be able to read and understand people to be a good nurse. I started in geriatrics before moving onto general nursing but I then trained to be a midwife and became a District Midwife. I had a varied career and I loved every second of it. It's a wonderful caring profession and I feel as I was and still am appreciated for my work as a nurse," explained Gladys who spent time reminiscing with Student District Nurse Jodie

Griffin, thanks to carers at Moat House who organised the meeting to help Gladys share some of her life stories as part of the All About Me scheme.



"It has been wonderful to listen and share nursing stories with Gladys today. I think it's important to acknowledge and respect residents, many of whom

have such interesting stories to tell and this is a great initiative from the team at Moat House to make sure these memories are heard. It's clear Gladys was a caring and passionate nurse, which is still vital today," Jodie Griffin, Student District Nurse.

"I have so many fond memories of my nursing career and I've enjoyed sharing them with Jodie who is training. I am proud to have been a nurse all my life, I worked at Leicester General Hospital, as a health visitor in Coventry and eventually retired from Hinckley Health Centre where I visited recently, it has certainly changed since then!" added Gladys.

INDEPENDENCE CELEBRATED AT THE OLD VICARAGE

Residents got into the swing of things in a series of events and activities to celebrate 4th July!



With arts & crafts to create an all-American display and an afternoon of classic hits,

residents and their guests had a real taste of the American Dream!

"We like to ensure residents continue to sample other cultures and celebrating Independence Day was a great way to do this. Helping our residents to remain independent is at the heart of our care too so it had another meaning for us here!" Karen Betts, Old Vicarage Home Manager

'The 4th July celebrations were lots of fun. I waved the American flag for them!' Jean Jackson



HOME IS WHERE YOUR HEART AND YOUR BROTHER IS!

There's not a hint of sibling rivalry when you meet Redditch-born brothers, Barry & Ray Grubb. In fact, you'd say the exact opposite of the pair who are so close, they've chosen to live together at Bowood Court & Mews.



"We've always lived near each other, even when we first moved out of home, we were neighbours in Rubery in Walsall. We actually

worked together too during our factory days. Our lives have always been connected, we share the same interests and hobbies and have even dated the same girl – only once though by mistake!" Barry, Younger Sibling 76

"We've had the odd squabble in our time, but mostly, we just get on like friends more than brothers. I've had to look out for him a few times and he me, so we're about even. It's great living together, we have a lot to talk about and both enjoy the resident clubs and activities here. It's like we've never been apart!" Ray, 80

"We think it's wonderful that the Grubb brothers choose to live together here

at Bowood Court & Mews. They tell us they used to get up to mischief, and listening to them reminisce with tales of watching Bromsgrove Rovers and going to the horse racing, it's clear they have experienced so much of their lives together. Their bond is remarkable and it's truly heart-warming that they are able and choose to be together now," Dawn Leaver, Bowood Court & Mews Manager



HAZEL WELCOMES BRITISH LEGION TO HINCKLEY

Moat House resident Hazel Wood, 90, officially welcomed the new branch of the British Legion to Hinckley.



A formal ceremony took place at St Catherine's Church in

Burbage with celebrations afterwards at Moat House which has funded the new British Legion. The local mayor and the Queen's representative for Leicestershire and a number of ex-servicemen and women were all welcomed by Hazel Woods who has a very personal connection to the British Legion.

"My father was the chairman of the nearby Syston British Legion throughout my childhood. So it was a real honour to be part of the official ceremony. I have so many fond memories and I've

enjoyed sharing them with everyone. Supporting the British Legion is important for us here as we have quite a lot of ex-servicemen and women and it will be a good thing for us all to be part of thanks to Moat House," Hazel Wood



GETTING OUR HANDS DIRTY WITH OUR GARDENING CLUB

This spring we launched our bumper Gardening Club. New for 2019 is the chance for residents to win up to £200 for their social fund!

As well as the Tallest Sunflower, we added a Magic Seed competition for residents to guess what their mystery seeds are going to be. A big well done to Kiwi House for their correct guess!

We saw some wonderful opening parties and it's been truly wonderful to see so many residents getting their hands dirty and joining the clubs this year. Our gardens have never looked so blooming lovely!



CHETWYND HOUSE'S GARDENING CLUB LAUNCH



THE KNOWLES GUESSED CABBAGE FOR OUR MAGIC SEED COMPETITION



'I am a keen gardener and really enjoyed the competition last year. I've been loving my sunflower with water and nurture and I'm hoping to win!' **Barbara Currie, resident Gardening Club Member**



KIWI HOUSE WON OUR MAGIC SEED COMPETITION BY GUESSING BUTTERNUT SQUASH



HARRIET LAUNCHES THE 2019 GARDENING CLUB AT DOUGLAS COURT



**NURTURING AND
HARVESTING CROPS**

'I have enjoyed joining in the Gardening Club, I've been watering every day!' **Marlene Hopkins**, resident Gardening Club member



'I just love the Gardening Club – being part of a club makes me smile!' **Margot Price**, resident Gardening Club member



We will find out who has grown the Tallest Sunflower at the end of the Summer, but until then...Keep Watering!

POETRY IN MOTION AT DOUGLAS COURT

Residents at Douglas Court got creative in time for their visit from children from local school, St Giles Primary.

Residents wanted to surprise their visitors with a special poem which they sat together to pen. The children loved it so much, they later returned to present home-made medals for the residents!

"I am very proud to have helped write the poem. It makes me very happy to know the children loved it!" Madge Kemm

'We love having our little visitors here at Douglas Court and residents themselves decided to put pen to paper and create their special poem. They have been overwhelmed with the response from the children, proudly displaying their medals!' Lee Daly, Douglas Court Home Manager



RESIDENT MADGE KEMM WITH HER POEM AND MEDAL

KIWI HOUSE RESIDENTS TOOK A MONTH-LONG WALK ON THE WILDSIDE

A month-long Wildlife theme at Kiwi House has seen residents involved in nature walks, holding unusual creatures and creating animal themed crafts and cakes!

"We all love getting close to nature so this has been a great way to do this," Maria Hallam, Kiwi House Home Manager

Residents from the Old Vicarage also got into the spirit with a visit to Yorkshire Wildlife Park



'It was a lovely day out – I liked seeing the lions best of all,' Marlene Hopkinson

CHETWYND HOUSE RESIDENTS 'ENLIST' NEW FRIENDS

A new community friendship scheme at Chetwynd House has been launched with the home's namesake, Chetwynd Barracks.

'Monthly visits from the Barracks to meet and chat with residents, as well as trips for our residents to visit the Barracks have been arranged as many residents have military connections and backgrounds. This is a wonderful opportunity for them to reminisce as well as meet lots of friendly interesting new people,' Dave Godrich, Chetwynd House Home Manager

"It was great to see the boys from Chetwynd Barracks," Harold Cartwright



OUR CELEBRATIONS

Everyone is unique to us at Adept and birthdays and anniversaries are a time to really focus on the individuals who live and work in our homes. Here are a few celebrations in action!

PEGGY TURNS 100!

Harriet Squires from Douglas Court Care Home enjoyed her special 100th birthday with a party, complete with live music and entertainment held in her honour.

"It's been a lovely day. I feel very spoiled and my card from the Queen will take pride of place," Harriet who has 28 grand and great grandchildren!

Affectionately known as Peggy, Harriet was born in Weston-on-Trent on 23rd May 1919. Happily married to Robert,



they raised 3 children and Harriet, always a keen gardener won many competitions including Derby in Bloom. Her love of gardening is being nurtured by Douglas Court with their resident Gardening Club where Peggy won the tallest sunflower competition last year!

"We're all very fond of Peggy here at Douglas Court. We had a wonderful time celebrating her 100th birthday and it was great to see so many of her family and friends come along to join her," Lee Daly, Douglas Court Manager.

ALSO CELEBRATING HIS 100TH BIRTHDAY WAS MOAT HOUSE RESIDENT NORMAN ROLLASON!

"It's been a lovely day. I feel very spoiled and a little overwhelmed with everyone who came to celebrate. Some I hadn't seen for years! My card from the Queen will take pride of place," Norman Rollason

One of six children, Norman joined the RAF in as an aircraft apprentice

and remained in the RAF until 1949 when he left as a Flight Sargent. Norman moved to the area with his family in 1988, he enjoys playing the organ and has played in a few churches. Norman spent many years living with his daughter before moving to Moat House.



WEDDING BELLS AT KIWI HOUSE

We've had a first at Kiwi House as a resident wedding took place in mid-July for Angela & Michael who tied the knot after being together for 26 years!

The happy couple wed at the register office in Derby before enjoying a celebration at our pub!

"We decided to get married as we have been together for 26 years and it felt the right thing to do. I was excited and happy on the day, it was lovely coming back to Kiwi house, it made the day feel extra special. We had family that don't live in Derby that got to finally see where Mike lives and was very impressed" Angela



SUNS OUT, DOORS OPEN

We are proud that our homes offer a warm welcome to visitors and relatives all year round. Summer though, has brought with it even more opportunities for us to open our doors! From National Care Home Open Day which we are always proud to support and our lively summer fetes, this summer we've showcased our homes, our team and the vibrant atmosphere at all of our homes to so many of our friends and family.

Here's our summer snapshots!



Douglas Court, Summer Fete & Care Home Open Day



**Kiwi House
Care Home Open Day**



**Kiwi House
Summer Fete**



**Bowood Court & Mews
Summer Fete**



**Bowood Court & Mews
4th July Celebrations**





**Chetwynd House
Summer Fete**



**Moat House
Care Home Open Day**



**The Old Vicarage
Summer Fete**



**The Knowles
Summer Fete**



News in Brief

HEALTHCARE PROFESSIONALS ENJOY A TASTE OF LIFE AT CHETWYND HOUSE & THE KNOWLES

Chetwynd House & The Knowles have given local healthcare professionals a taste of life at their homes with a special networking breakfast.



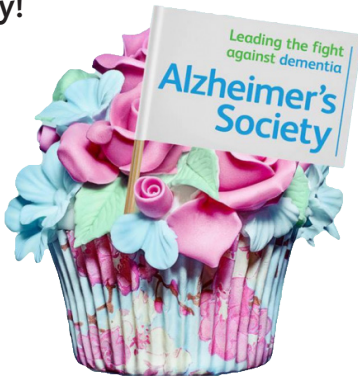
The events to showcase the homes and meet the teams and residents were attended by paramedic teams, district nurses and social workers.

"It's been a pleasure to come and see this beautiful home and meeting the team here has been extremely useful," Sandra Lindsay, Branch Manager for Derby & Nottingham Care Plus.

"Our aim with this informal networking event was to give our local healthcare professionals the opportunity to drop in and meet our team, see the home and of course, interact with our residents. It was great to see so many people attend and the feedback we've had was extremely positive," Bev Jones, The Knowles Home Manager.

CUPCAKE DAY RAISES HUNDREDS!

Well done to all our residents who took part in the Alzheimer's Society Cupcake Day!



Together our residents, our team and our guests created some taste sensations and raised over £250 for the charity.

It was also wonderful to see our residents and team members 'pucker up' and put on their red lipstick



in support of Dementia UK. We love supporting these wonderful causes and having fun along the way!

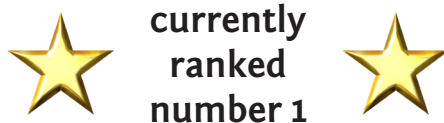


PRIDE IN OUR AWARD-WINNING HOMES

It's always great to share our successes and we're very proud of our external award successes.

This year we have already been shortlisted for our Activities programme at Kiwi House in the National

Care Management awards and we are



by carehome.co.uk for 3 of our homes and as a group we are ranked number 11 in the whole of the UK!



COMMUNITY PLAZA CAFÉ UNVEILED AT MOAT HOUSE

Moat House has unveiled a new community Plaza Café as part of a £600,000 refurbishment.



'It will be great to see friends outside of the home using the Plaza Café, I think my friends from the flower shop will come!'
Brenda Robinson

we're very keen to ensure our new Plaza Café, which is in our newly transformed lobby, is used by the local community," **Nicky French, Moat House Care Home Manager.**



The Plaza Café' with its bean to coffee machine and spacious seating area, will be open to use by local community groups who wish to engage with residents.

"Being part of our local community is extremely important to us. We encourage interaction and relationships for residents with people from all sorts of backgrounds and



PRYZM NIGHTCLUB PROMISED ROMANCE FOR AUDREY

Chetwynd House resident Audrey Johnson reminisced on how she found love in the club, thanks to a special outing to Pryzm, a local nightclub!

In 1958 on a sunny Saturday evening, Audrey went to the 'Palais de Danse' a club in Nottingham that was THE place to go. Audrey from Beeston worked on the high street at the time and dancing on a Saturday night was the thing she looked forward to all week.

Audrey was waiting in line outside the dance hall when she first met Bernard. The pair began talking and when they both couldn't get in the hall as it was so full, Bern, as Audrey likes to call him, invited Audrey to the Victoria Dance Hall instead. And the rest as they say, is history!

'Bern was dressed head to toe in merchant navy uniform, and I was wearing a pink two piece with pleats in the skirt,' recalled Audrey. 'Going back to a nightclub to relive my dancing days was magical and a memory I can't ever forget.'

'This was a really wonderful experience for residents, especially Audrey, as it brought back so many happy memories. I definitely think we will polish our dancing shoes and return soon!' **Dave Godrich, Chetwynd House Manager**



Our Team

At Adept we have an extremely committed team. We celebrate our team members who have completed long service milestones with us and this time we have a wonderful trio of colleagues to congratulate.

Barbara Grainger 30 years

Emma Philpott 10 years

Katie Muddeman 5 years



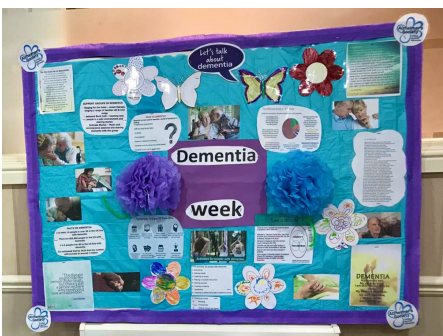
CONGRATULATIONS TO MARIA HALLAM, KIWI HOUSE MANAGER

Former Deputy Manager, Maria Hallam has been appointed Manager at Kiwi House

'Residents, their relatives and our team have been wonderful in making me feel welcome in my new role here. I don't feel much has changed but I am excited to be managing our beautiful home officially' **Maria Hallam, Kiwi House Manager**



ADEPT TAKES ACTION DURING DEMENTIA ACTION WEEK



Dementia care is a huge and vital part of our care all year round, but Dementia Action Week gave our Lifestyle & Dementia Manager, Karen Middleton the chance to explore our thoughts

on dementia even further with Dementia Workshop sessions and community coffee mornings held at all homes throughout the week which took place in May.

'My role is as much about supporting residents and team members as it is about supporting families and local communities and it was great to see so many people turn out for my Dementia Action Week sessions. It's so important to hear everyone's views on living with and caring for those with

dementia as it helps shape our approach and training,' **Karen Middleton, Lifestyle & Dementia Manager.**



RELATIVES AT KIW HOUSE THANK THEIR 'LUCKY' STAR

It was more than a lucky day when Lucky (Winluck Shayo) a Senior Care Assistant was on shift earlier this summer as he saved the life of one of our residents visitors!

Lucky who has worked in care for 4 years with 1 year at Kiwi House, heard the distressed calls of the resident Eileen as one of her visitors had collapsed and was unconscious. Lucky immediately put all of his training into action..

"I laid the gentleman on the floor, checked for a heartbeat, and began CPR whilst the care team called 999. After 3 or 4 minutes of CPR the visitor thankfully started to come round so I put him into the recovery position."

The next day Lucky received a very touching thank you letter from the family with a box of chocolates which his

children enjoyed!

Lucky told us he's thankful to have a job he enjoys so much, we're just thankful for Lucky.



TOM SPICES UP BOWOOD MENU FOR MAURICE



Bowood Court & Mews Chef Tom Henderson-Watkins spoke to residents to ask for any special menu requests. To the delight of resident Maurice Crombie who had told Tom he used to love a hot and spicy

curry and missed going to his favourite Indian restaurant, Tom made a hot and spicy curry for Maurice!

If the spices didn't warm you up enough, this is sure to warm your heart...as Tom has also arranged for Maurice and four of his Bowood friends to go out for the night to his favourite Indian restaurant in Birmingham!

"It was my pleasure to cook my special home-made curry for Maurice and it made my week when he came to the kitchen door to say thank you." Tom

Henderson-Watkins, Bowood Chef

"Thank you that was a really nice meal! I have really missed the taste of an authentic curry with spices," Maurice Crombie

Bowood has since created Monthly Resident Committee Meetings which Chef Tom attends to gather menu feedback. Committee member Maurice has already had his requests of regular curry events and the addition of wraps on the evening menu granted!

PEYNTON'S BIG CHOP RAISES £250

Kiwi House's Peynton Berry has raised £250 for the resident social fund by bravely chopping her long locks off!



Peynton donated her hair to the Princess Trust to make wigs for little girls.

'She looked really nervous but is beautiful with her new cut,' Pat Darke, resident



CELEBRATING CARER'S WEEK WITH OUR TEAM!

Carer's Week is the perfect opportunity for us to share our appreciation for the work our team does to keep our residents leading healthy, happy and enriched lives.

This year we asked some of our team to share their thoughts on working in our care homes.



SCOTT WITH ELETTRA JENKINS

"Making time to sit and talk to residents is important. Being so hands on with them is what makes the job so rewarding!" Scott, Knowles Maintenance Team



ANNETTE WITH BARBARA HUNT

"Putting a smile on residents faces, it's why I come to work! This is the best job in the world!" Elouise Dixon, a senior care assistant at Bowood Court & Mews

"I enjoy seeing residents happy. Giving them clean rooms, looking the best they can makes me so proud. Residents deserve the best and I'm proud we give them that here," Annette, Head Housekeeper at Chetwynd House



ELOUISE WITH BARRY GRUB





Douglas Court Deputy Manager Shani Laywood told us her job is rewarding and that she loves helping people everyday!



"From great quality care to fabulous meal time experiences and so many wonderful clubs and activities to be part of, our residents health and happiness is at the heart of what we do. Carers Week is a great opportunity for the company to acknowledge all the hard work that goes into making Moat House a wonderful place to live and work," Cassie McKay



SHANI WITH ARTHUR ARGYLE



CASSIE WITH PHYLLIS WORMLEGHTON



SHELBY WITH JOHN JACKSON

"This is THE most rewarding job I've had;" Shelby Smith, a care assistant at the Old Vicarage



FIONA WITH BARBARA TINGLES

"I simply like making a difference to our residents' Fiona Cliff, our Kiwi House Administrator regularly takes resident Barbara out shopping!"



EXCELLENCE AWARDS

We are exceptionally proud of our homes and the hard work that goes on to make them the vibrant, happy places they are to live and work. Our recent awards ceremony was our biggest and best yet. A huge well done to everyone on your well-deserved success!



CHETWYND HOUSE WINS DEMENTIA CARE AND QUALITY CARE

"This is wonderful and very well deserved for everyone here at Chetwynd House," John Jones, resident

"The staff at Douglas Court are so kind and caring. They deserve this," George (Ray) Booth, resident



DOUGLAS COURT WINS TEAM COMMITMENT



KIWI HOUSE WINS QUALITY CARE AND HOME COOKING

"We put our residents first here at Kiwi House and we're proud of our award. We don't do it for the praise or recognition but it is always good to be appreciated," Sarah Fox, Care Co-ordinator from Kiwi House

"The Knowles team are just wonderful so it's right that their work is recognised,"
Peter Cafferty, resident



THE KNOWLES WINS QUALITY CARE

"I think this is fantastic news & well deserved as the staff are so very kind & considerate to all of us who live here at Moat House," Phyllis Wormleighton, resident



MOAT HOUSE WINS ACTIVITIES & ENTERTAINMENT AND HOME COOKING

"The Old Vicarage is a wonderful place to live. The team are just lovely, I'm pleased they have received this award," Eileen Self, resident



THE OLD VICARAGE WINS TEAM COMMITMENT

"Making a difference to residents lives is what working in care is all about. I'm proud to work in care and I'm proud of everyone here at Bowood Court & Mews," Sophie Clarke Acting Senior



BOWOOD COURT & MEWS WINS HOME COOKING AND TEAM COMMITMENT

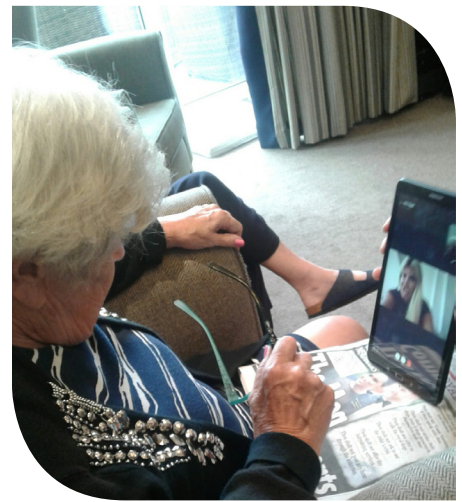
MURIEL USES TECHNOLOGY TO SEE RELATIVES ABROAD!

We've introduced Skype calls to enable residents to see and communicate with relatives and loved ones, wherever they may be!

Muriel Topps from Kiwi House recently used Skype to have a live video call with her daughter in Turkey.

'It's so wonderful to be able to see my daughter even though she's so far away. Technology is amazing!'

Please let a member of the team know if you would like to arrange a Skype call



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




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

adeptcarehomes

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

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Douglas Court	douglascourt@adeptcarehomes.co.uk	01332 346060
The Old Vicarage	oldvicarage@adeptcarehomes.co.uk	01246 866770
Chetwynd House	chetwynd@adeptcarehomes.co.uk	01156 979767
Kiwi House	kiwi@adeptcarehomes.co.uk	01332 755892
Bowood Court & Mews	bowood@adeptcarehomes.co.uk	01527 65115
Moat House	moathouse@adeptcarehomes.co.uk	01455 633271