

# St. Bernards News

July 2020



Keeping up spirits: Doreen

## Visiting the home

The home is still being shielded, which means only staff members are able to enter the home. We are however allowing family and friends to visit residents in the garden, but please be advised that you must be wearing a nose and mouth covering and it is strictly on an appointment basis. Please ring our reception to book your visit. 0121 709 0177

## Looking towards to the future

A fresh look, new content, and a modern feel are some of the words to describe the new St. Bernards Residential Care website.

The aim for the new site is to create a platform that truly reflects what St. Bernards Residential Care has to offer. You will see new additions on the site such as career opportunities, regular news articles, and updated content.

We look forward to launching the new site within the month of July.

## The strongest team forged:

I once read this and it stayed with me: "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping'"

The Coronavirus pandemic has shaken every part of the world, attacking the old, vulnerable and in most cases even the healthy. The virus no doubt came knocking on the doors of our care home and left devastation in some cases. But this news article isn't about giving you a snapshot of how the virus affected us negatively. Here at St. Bernards Residential Care we look for the good, the positive and the strength the team has shown, and the sheer resilience of our wonderful residents.

The strongest team has been forged from the darkest time St. Bernards has ever had to endure. We don't have to look too closely to see all the goodness that has come out of such a terrible time. We had local businesses donating PPE to our carers when we were 'left abandoned', we had young children write letters and paint pictures for our residents, gifts of appreciation from strangers and clearly visible love between carers and residents.

Coronavirus has not dismantled us at St. Bernards, it has built us up as we have displayed what it truly means to be part of a family, there to support one another in time of need.

## St. Bernards gets more 'Social'

Are you following us on social media? If not, what are you waiting for?

St. Bernards Residential Care is now on Facebook and Instagram, where we have been posting all the latest news and activities that happen in the home.



@stbernardscare



@StBernardsCare

# The new 'Normal'

This 'New Normal' has quickly become a reality as the world feels its way through a new era of living.

Here at St. Bernards we adapted rapidly in the way we do things to protect our residents and staff. Some of the measures include strict hygiene, social distancing, PPE, and closing our doors to any outside vendors as well as family & friends. The restriction of allowing residents see their families and friends was the hardest part – however with the use of technology we have been able to bridge that gap!

Designated iPads specifically set up for video calling have been provided for residents and staff to keep close contact with loved ones.

The Garden visits have been a huge hit, as this allows friends and family to see residents in an outside space following government guidelines on social distancing.

Forever smiling: Joan as she makes a video call



We would like to thank all the incredible organisations and individuals who have shown such kindness to St. Bernards during this time.

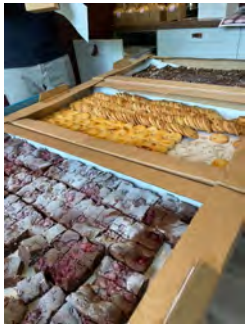
The Giftware Association, TKMaxx, Poundland, Sewa Day UK, Remedi, Browns Pharmacy and all the wonderful friends of St. Bernards for

*Thank you  
from us*

## A 'Gift of Kindness'

St. Bernards is no stranger to helping those that are in need, and value the links we have with our surrounding community.

We recognised there are people we can offer kindness to, the same way we have been shown. We provided freshly made cakes, hand delivered to friends of St. Bernards. In recognition that we are still thinking of them and wanted to give back to the community through this small act of kindness.



**How do we  
change the world?**

*"One random act  
of kindness at a  
time"*

## ***A note from our Care home Manager, Tracey***

I would like to say thank you to each and every one of our staff from the bottom of my heart, I can't express in words how proud I am to work alongside such a loyal, caring and dedicated team of staff who support and care for our residents and each other, so well. They are all very special individuals. Keep up the wonderful work.

*Tracey xx*