

March 2018

News

Your guide to life at St Bernards



A warm welcome to our first Newsletter of 2018!

Christmas and New Year saw everyone receive lots of generous gifts from our residents and their families. These are gratefully received and much enjoyed so thank you to everybody who spoils us from all the Staff at St Bernard's.

Intergenerational Project

Recent nomination for Community Cohesion..

After a recent Documentary aired our screens, 'Care Home for 4 year olds' we have been specifically chosen by Solihull Council to take part in a new project with Tender Years Nursery. This involves the children coming to our home and interacting and completing activities with our residents. The reason behind this is to impact on some of the following areas:

- **Learning**
- **Build friendships**
- **Increase mobility**
- **Increase memory**
- **Community involvement**
- **Decrease loneliness/Social exclusion**

So far... An absolute success! Dr Zoe Wyrko, the Consultant physician at University Hospital Birmingham and is the Director of Workforce for the British Geriatrics Society (BGS); will be visiting the home on the final day of our project this Month!

Understandably we have had some publicity regarding the project which will be published this March in the Solihull Way Magazine. We have also published blogs in the Geriatric Society, the Solihull Hospital Newspaper and an Internal Solihull Council Blog. We are very much looking forward to continuing this project going forward.



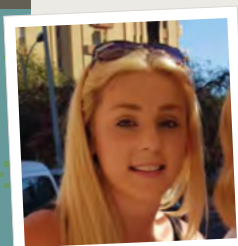
Staff News...

St Bernards Babies

Massive congratulations to Becky and her husband on the birth of her beautiful daughter Poppy in March. We are also delighted to be welcoming back our Care Manager Charlie in April who is returning from Maternity Leave.

Hannah's Story

Hannah is 23 and lives with her Mum, Grandad, Boyfriend, Brother and Sister-in-Law so is very used to a busy household. Not forgetting her beloved dog Archie and cat Junior. She also had two pet horses growing up, Ebony and Polo! She enjoys walking Archie in Henley, babysitting her Goddaughter, eating out and spending time with friends and family. She has also booked to go to LA and Vegas this Summer!



Hannah

Hannah joined us at St Bernards in 2016 covering the Kitchen, Activities and is now a member of our Care Team. With Hannah's hardest efforts at work she is now medication trained and also a Dignity Champion.

What's the favourite part of your job?

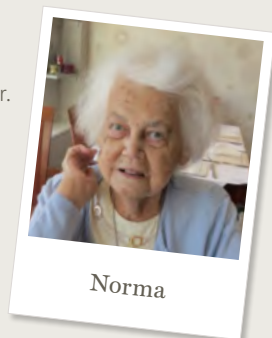
"Making people laugh, the Home and all of the residents"

Resident News...

Each month we hold Resident Meetings to keep them up to date with activities, changes and provide them with information regarding the Home. This also gives them opportunity to voice any issues or compliments they have about staff, activities, trips, food, rooms etc. After all this is their home and we like to make it as homely as possible by listening and supporting their needs and views.

Norma's Story

Our lovely Norma is 90 years old and was married to a Marine named Arthur. She has 2 children, a Son called Rod and a Daughter named Fran. A Mother, Grandmother and also a Great Grandmother. For most of her life she lived in Hall Green and worked as an Administrator in an all boys secondary school. Norma also volunteered at St John's Ambulance for 7 years for which she received medals for! This found her utilising her First Aid training and also transporting people to Hospital during the Ambulance Strike. In her younger days she enjoyed playing golf, knitting and sewing.



Norma

Norma also takes part in our Intergenerational Project which gives her the opportunity to integrate with young children. She said it takes her back to her youth and gives her something to look forward to every week.

What is the thing you enjoy most about living at St Bernards?

"The company I keep, the girls are an absolute treat to me"



Key Worker Hannah & Norma

Key Worker Project

Each Resident has their own specific Key Worker to help us create a focus around Person Centred Care. This is a major part of our ethos here at the Home. This involves finding out the Resident's likes and dislikes, reviewing Care Plans and rooms, spending time with the resident and finding out their life history so we can individualise our Care for each Resident's needs.



Mindfulness

Mindfulness is a type of therapeutic practice where people are encouraged to be fully in the present moment and is used as a way of managing and accepting thoughts and feelings. This is something we live by at St. Bernards. It is based on traditional Buddhist meditation practices, but also incorporates a variety of techniques such as controlled breathing as well as body awareness activities, such as tai chi and yoga which are practiced weekly in the home. We work by how the residents and staff feel right here and right now.

Recent and Upcoming Activities

This quarter has seen us celebrate some fantastic days including Halloween, Bonfire Night, Christmas, New Year, Burns Night, Pancake Day, Valentines Day and Chinese New Year.

We have so much in the pipeline for the rest of the quarter including some of the following:

St. David's Day, St. Patricks Day, Mother's Day and Easter.

Circle Dancing with the Residents, Irish dancers, themed days, World food tasting, smoothie making, Songs of Praise, pet therapy, flower arranging, pampering in our new spa, genealogy with Paul Wilkins and much more.

Don't forget to check the Diary Dates on our Website full view of our plans for the Month and if you have any ideas please let us know.



Burns Luncheon



Pancake Day



Valentines Day

Future Planning...

Summer Fete

Our annual Summer Fete will be taking place again this year on July 28th. We run this event not just to raise money but also awareness for the elderly and encourage community involvement. We hope to see you all there!

St Bernards in Bloom

Once again in June we will join our Neighbours in opening our gardens for the annual "St Bernards in Bloom" event. Visitors are welcome to look around and enjoy the sights for the day in aid of a good cause. This year we hope to raise more than the £6,300 we did last year.

Spa Centre

A brand new Spa is being built in our Gardens to provide a meaningful and relaxing environment for our Residents. Treatments like massages, help stimulate circulation and can help ease stiff joints – a common complaint amongst older adults. With a holistic approach we will aim to produce a treatment for the mind as well as the body.



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