

St. Bernards News



Highlights of 2018

Wellness We created our little piece of heaven with The launch of 'The Garden Spa'

New Vision St. Bernards welcomes a new Care Home Manager, Tracey Chester who is working her magic in the home

Fresh faces 2018 saw the arrival of new staff members across care, admin, and activities

Activities The intergeneration project is still in full swing, into its 2nd year

Website The St. B's website is having a makeover

The best gifts in the world are not in the material objects one can buy from the store, but in the memories we make with the people we love

Thank you 2018 for creating such precious ones.

2018, a year to be thankful for...

It's that time of the year when the Christmas decorations come down, the last remnants of the festive period lingers in the air and hopeful resolutions are still fresh. It is also a time for reflection and gratitude.

2018 was a year to remember, here at St. Bernards care. We launched The Garden Spa, introduced a new direction in leadership and welcomed a wave of new staff – all passionate about care.

The changes at St. Bernards have been a breath of fresh air, and we look forward to see what 2019 has to offer.



St. Bernards
Individual Care

THE GARDEN SPA

2018 was monumental to St. Bernards and in essence shaped a new wave of care and direction within the home.

The notion of 'person centered care' was taken up a notch by introducing a spa to the residents at St. Bernards Residential Care. The idea was stemmed by the owners Patrick and Claire, who are passionate about mindfulness and the importance of making the most of the 'here and now'.

The Madam Mayor of Solihull inaugurated The Garden Spa at St. Bernards in July 2018. She kindly conveyed:

"I would like to thank everyone at St Bernards Care Home for inviting me to their Garden Spa Opening; the Care Home is lovely as are all of the staff. I had the pleasure of meeting and talking to some of the residents which was wonderful as they were able to tell me about the care home and the benefits that the Garden Spa would bring. The Spa was beautifully decorated and located perfectly within the garden. I am sure that everyone at the care home will enjoy using it in future years to come".

Intergeneration project still strong as ever!

There really isn't anything quite like the joy of hearing children's laughter, as you enter a room! We are proud to say the Intergeneration project is still in full swing and into its second year of running.

The Tender Years Nursery and St Bernards Care teamed up early 2018 as part of a council initiative inspired by a channel 4 documentary. The sessions have proven to help develop and build confidence with both the elderly and young children.

New Year New Website

Please keep an eye out for our in house Paparazzi Priya, who will be taking photos of the home as well as the staff at St Bernards. This is all towards revitalizing our website, and ensuring it is fully utilized with added functions such as booking spa treatments keeping up to date with the latest St. B news! Changes will be in affect from February 2019.

The Garden Spa Manager, Michelle Mitchell has nurtured this branch of the home since the opening and has introduced a wealth of experience. She is a fully qualified spa therapist and a world acclaimed makeup artist.

The Garden Spa has a host of specially selected treatments that are suitable for the elderly, and is open to staff, families and the general public. Michelle said:

"It's been a real pleasure watching the spa grow and being part of enhancing the residents lives through various spa treatments. The one to one interaction has been the most rewarding element for me."

For more information, please call to book an appointment on 0121 272 7476. Details will also be available from the beginning of February at www.stbernardscare.co.uk

Tracey is here and she's on a mission!

Tracey Chester was appointed the new Care home manager in October 2018 and is no stranger to St. Bernards. She has surpassed 2 decades as a staff member and knows the home like it's the back of her hand.

Before her St. Bernards days, she was a fully qualified hairdresser and enjoyed the one to one interaction she had with her clients. It was then she realized her passion for the care industry and the desire to help the vulnerable.

It was Patrick Byrne, who was the person that gave her a chance to shine over 21 years ago. It was agreed that she would eventually go into care, but she actually started off as the resident hairdresser. Her love for personal care was in fruition! She then went on to be trained as a carer and soon had grips with all departments in the home from housekeeping, to kitchen to maintenance!

Tracey was asked about her experience in the home and what motivates her. She said:

"I have grown as an individual with St Bernards and owe special thanks to Patrick and Claire for their support and guidance over the past 21 years. I feel honored and privileged to lead a wonderful home that is so dear to my heart through means of commitment, hard work and understanding. I first knew I wanted to be a carer when I was a hairdresser, because the joy I felt when helping a vulnerable adult and being able to provide that one to one care is beyond measure, I knew it was my calling. The relationships I have forged over the years are very precious to me and I look forward to building more with colleagues, residents and families. 2019 is going to be a great year!"

We wholeheartedly welcome all the new staff at St. Bernards care, and wish Tracey the very best in this new chapter of her life at the home. She is an invaluable member of the St Bernards family and look forward to this bright future.

