

EXMOUTH HOUSE NEWSLETTER FEB 2020

IT'S NEARLY TIME FOR PANCAKES!

Not long until Shrove Tuesday now. And that means it's not long until Spring and lighter days too.

And let's not forget Valentine's Day on Friday 14th when we have a special lunchtime menu. It must be love, love, love, nothing more, nothing less, love is the best...*for everyone!* It'll be free hugs all round.

NEW FACES

A very warm welcome to Len. Len is already friends with many of you and a familiar face to others as he's been visiting his wife Jeanne here almost every day for the past year. They have been married for 68 years. Ever since he coming, Len has kindly been lending his Welsh baritone to our singsongs.

We are also welcoming two new members to our Care Team, Zoe and Marlene. To help them settle in and be their best for you, do tell them a little bit about yourself when they're with you. The more we get to know you, the better we can help.

BIRTHDAYS & SCONES

There's **not a birthday among us** in February - giving us all a chance to slim down our Christmas waistlines ready for Easter! On the other hand, not wanting to appear to vanish if we turned sideways, our January Oomph Bus Trip was to the **Devon Court Hotel for an Afternoon Tea.**

Freshly baked warm scones, jam and cream awaited. So many of you wanted to go that we ended up making two bus trips to the hotel. Our thanks to Devon Court Hotel who looked after us very well and to our team members and volunteers (knitting-Barbara and her husband George) that made it possible for so many to have such a lovely afternoon.

MOVING ON

Our Carer Robert is leaving us, taking his smile to pastures new in Exeter. We're sorry he's leaving home! Yet, of course he goes with our warmest wishes and we very much hope he enjoys his new job.

TEAM MEMBER OF THE MONTH – NOMINATED BY YOU

Each month, we're asking you, your family and friends to nominate one of our staff team for special recognition. We all know how good it feels to be acknowledged and thanked when we do something special for others.

It's not necessarily about big things and grand gestures (though it may be). It's sometimes about the small things that have brightened up your or your family's day, solved a problem or irritation and made you feel better.

For February, our Team Member of the Month is Alison. Alison is our home's Administrator, most often keeping things ticking behind the scenes. As residents you probably know her best for leading our sing-a-longs and choir. For your family and friends she is the first person they see, the font of much knowledge and their first port of call when those everyday things just need sorting.

Alison has been nominated for always being helpful whatever her workload, being a kind and good-humoured listener (often when times are a little tough, because let's face it, sometimes they just are) and always leaving you with the happy feeling that nothing is too much trouble for her to sort. Congratulations!

If you would like to nominate someone, please ask Anne for a form or take one when she hands them out each month. You can always ask a relative or friend to help you complete it if you find reading or writing a bit tricky.

CARE QUALITY COMMISSION (CQC) INSPECTION

On Monday 10th February, we had a formal inspection from the CQC. This is the independent regulator that assesses whether homes like ours are meeting good standards of care and safety. Our inspection was really positive, so thank you to all the hard work of the Caring Team that's made this so.

As part of any review, CQC Inspectors speak freely and privately with residents to gather evidence of their experiences of our care. We'd like to thank all our residents for giving such helpful feedback about your experience of what we do. In the end, that's what counts.

Our CQC Inspector is called **Rachel Doyle**. She has told us that she would like to gather more evidence from relatives, staff and volunteers with a view to putting us forward for the highest rating of Outstanding in the area of 'Responsive & Caring'. If you have any examples that you're willing to share, please email them to rachel.doyle@cqc.org.uk

NB If you don't have access to email, you can give Tracy your story and she will send it on to Rachel.

HEY SANTA! IT'S TIME TO MAKE WAY FOR EASTER BUNNIES

Christmas cake competition – the result! The judges have finally finished chewing things over and have reached a verdict. We were just pipped to the post by Houseman Court, our sister home in Bromsgrove. No matter, we baked it, we decorated it, we had our cake and ate it...and thoroughly enjoyed it all.

HOPPING ALONG TOWARDS THE EASTER BUNNIES

Easter Craft Sale – we're now taking orders! We are selling and taking orders for our Easter Crafts. They include **hand-knitted ducks, hedgehogs and Peter Rabbits**. If you have any request for any of these delightful hand-knitted items, please talk to **Barbara** who's here, **every Tuesday and Thursday**, leading our knitting group. If you should miss Barbara, don't despair - you can **leave a message with Anne instead**. All money raised will go into our Residents' Activity Fund.

Exmouth Pavilion Easter Craft Fair Sunday, 22 March,

10.00 am – 4.00 pm Barbara, together with some of our residents and Care Team members will be selling our hand-knitted wares at our stall. Do please come along and support us and bring your family members. Whatever we raise we will put straight into our Residents' Activities Fund.

Friends, residents and families, lend me your hats! We're looking for hats - caps, boaters, panamas, trilbies, the wedding hat or fascinator that

you only wore once. Together we're going to be decorating them over the coming weeks and then having fun at our **Easter Hat Parade at 3.00 pm on Thursday 9th April.**

BACK TO THE FUTURE - 1950's LOUNGE

Families and friends, we need your help! We want to make a final push to get this area of our home finished, before Spring is upon us. We have many talents here in Exmouth house, but sometimes **we need a little extra help from people with different skills.** We're looking for volunteers to:

- **fit the fire surround**
- **put up some wallpaper**
- **put a fresh coat of paint on the display shelves.**

We're also **looking for a 1950's style coffee table** to complete the homely feeling. So, if you're secretly harbouring one in your garage or loft or thinking you must get rid of '*that xxx table*', please tell us. **We'd love to take it off your hands.**

If you, or anyone else you know can help with any of these things, we really will be most grateful.

PLEASE NOW READ ON for some important dates for your diary.

The more residents, family and friends we have joining in together, the more fun we have. So, if you can come along and/or help us on trips, please do. You will always be welcomed with open arms. **EXMOUTH**

HOUSE DIARY DATES

Date	Time	Event	Families & Friends
Monday's	2.30 pm to 4.30 pm	One2One Pamper For for ladies and gentleman alike. Fancy a -hand massage -manicure -foot spa or -hair-wash? Please ask Anne if something appeals.	Residents only, though of course you're welcome to visit as usual.

Date	Time	Event	Families & Friends
Tuesday's	10.30 am to 12.30 am	Knit & Chat with Barbara. Don't be shy if you're a beginner or think you've lost the skill – come along anyway!	You are welcome to join in .
	3.30 pm to 4.00 pm	Sing-along with Alison.	Please come and join in . You don't have to be a chorister, Frank Sinatra or Vera Lynne!
Wednesday's	9.00 am to 1.00 pm	Hairdressing with Annabel. If don't have an appointment, please ask Anne.	Residents only.
Thursday's	10.30 am to 12.15 am	Creative Crafts with Barbara, Sue & Anne. Don't be afraid to join in and turn your hand to something new. No previous crafts experience required!	Do come and join in , everyone's welcome and you may have crafting skills you can share with us .
	3.00 pm to 5.00 pm	Hairdressing with Annabel. If you don't have an appointment, please ask Anne.	Residents only. You may want to check when your family member is having their hair done and adjust your visiting time , as it takes a little while . Although, you are always welcome to sit and chat with the rest of us while you wait for them to return.
	3.30 pm to 4.00 pm	Sing-along with Alison.	Please come and join in . The more the merrier! You don't have to be a chorister, Frank Sinatra or Vera Lynne!
Friday's	10.00 am – 12 noon	One2One with the Caring Team, some quiet time specific to individual's wants/needs on the day.	Residents only, though you're welcome to visit as usual .

Date	Time	Event	Families & Friends
Saturday's	On request - ask our Carers	Board Games. Take a trip down memory lane and have some fun!	Do please come and join in!
Sunday's	2.30 pm to 4.30 pm	Me & My Key Worker One to one personal time with your Key Worker.	Residents only, though you're welcome to visit as usual.
Specific dates for February			
Wed 5 th Feb	3.30 pm to 4.00 pm	Holy Communion with Revd John Davies (in the Conservatory).	You are welcome to join in. Remember, you don't have to hold religious beliefs to participate in this short service. You may just like a peaceful time to reflect and to listen to some wise-words.
Tues 11 th Feb	All Day	Friendship Day Sharing time as a group - friends, volunteers, carers and families altogether for tea and a chat.	All welcome
Fri 14 th Feb	12.30 pm to 2.00 pm	Valentine's Day Free hugs all round! And a special lunchtime menu Drinks White or red wine, juice and water Starters Cream of chicken or vegetable soup Mains Roast beef or chicken pie or tomato & lentil bake Deserts Profiteroles or toffee yogurt ice-cream or strawberries and cream.	Free hugs all round!

Date	Time	Event	Families & Friends
		After Dinner Coffee and mints.	
Tues 18 th Feb	2.00 pm to 5.00 pm	Oomph Bus Trip Manor Hotel Tea Dance (to be confirmed). You don't have to dance or be a dancer to come!	We would welcome any volunteers, family and friends who are able to meet us at the venue to support residents , giving them an extra helping hand. (We don't have room on the bus to take anyone other than our residents to and from the venue.) If you can lend a hand, please speak to Anne.
Wed 19 th Feb	3.30 pm to 4.00 pm	Holy Communion with Revd John Davies (in the Conservatory).	You are welcome to join in. Remember, you don't have to hold religious beliefs to participate in this short service. You may just like a peaceful time to reflect and to listen to some wise-words.
Tues 25 th Feb	12.30 pm to 1.30 pm	Pancake Day Fillings from the traditional to the outrightly indulgent. These are just some of our residents' suggestions: <ul style="list-style-type: none"> - Lemon & Sugar (and sultanas) - Chocolate & Banana - Golden Syrup. 	Residents' only though you're welcome to come and try to snatch a taster of theirs!
Thurs 27 th Feb	2.00 pm to 4.00 pm	Read Out Loud Day Your favourite poem or ditty or an extract from your favourite book. Watch out Dylan Thomas and Jane Austen! If you don't feel able to read to the room, we'll read it for you.	Please come and join in. Bring your favourite and/or help our residents to read out loud or read some of their favourites to them.

Date	Time	Event	Families & Friends
		Any specific requests, please ask Anne. Anne will do her best to find the book or poem you're wanting to hear.	
And looking ahead to March and April with more to come...			
Wed 4 th Mar	3.30 pm to 4.00 pm	Holy Communion with Revd John Davies (in the Conservatory).	You are welcome to join in. Remember, you don't have to hold religious beliefs to participate in this short service. You may just like a peaceful time to reflect and to listen to some wise-words.
Wed 18 th Mar	3.30 pm to 4.00 pm	Holy Communion with Revd John Davies (in the Conservatory).	You are welcome to join in. Remember, you don't have to hold religious beliefs to participate in this short service. You may just like a peaceful time to reflect and to listen to some wise-words.
Sun 22 nd Mar	12.30 pm to 2.00 pm	Mothers' Day Lunch Special Menu with wine. And a celebratory Mothers' Day cake.	All welcome! Come and help us celebrate all of our lovely ladies.
	10.00 am to 4.00 pm	Exmouth Pavillion Easter Craft Fair where we're selling hand-knitted Easter treats to raise money for for our Residents' Activities Fund.	We would welcome any volunteers, family and friends who are able to meet us at the venue to support residents. And if you can collect and bring your family member along to enjoy the Craft Fair so much the better. It'll be a great day out for everyone, young and older alike. Please speak to Anne if you would like more information.
Tues 24 th Mar	2.00 pm to 5.00 pm	Oomph Bus Trip We have yet to decided where we will go on this trip -	We would welcome any volunteers, family and friends who are able to meet us at the venue to support

Date	Time	Event	Families & Friends
		it's one for your diary! If you have ideas of where you might like to go, please let Anne know.	residents , giving them an extra helping hand. (We don't have room on the bus to take anyone other than our residents to and from the venue.) If you can lend a hand, please speak to Anne .
Wed 1 st Apr	3.30 pm to 4.00 pm	Holy Communion with Revd John Davies (in the Conservatory).	You are welcome to join in. Remember, you don't have to hold religious beliefs to participate in this short service. You may just like a peaceful time to reflect and to listen to some wise-words.
Thurs 9 th Apr	3.00 pm to 5.00 pm	Easter Hat Parade with musical entertainment.	Come and join in the fun , with or without your own hat!
Thurs 16 th Apr	2.00 pm to 5.00 pm	Oomph Bus Trip We have yet to decided where we will go on this trip - it's one for your diary! If you have ideas of where you might like to go, please let Anne know.	We would welcome any volunteers, family and friends who are able to meet us at the venue to support residents , giving them an extra helping hand. (We don't have room on the bus to take anyone other than our residents to and from the venue.) If you can lend a hand, please speak to Anne .