



**Together
We
Care**

Housman Court's Monthly News Letter October 2019

Dear Residents, Relatives and Friends

Welcome to our latest newsletter, which we hope you enjoy.

We would welcome resident, relative, team members and friends involvement and input into the monthly newsletter. Any stories you would like to share, quizzes, crosswords or poetry would be welcome. This is your Newsletter!

Amica Care Trust

Please follow the link below to view the website <https://www.amicacare.co.uk/>

Goodbyes

Sadly Barbara who has had several stays with us passed away.
Our thoughts and best wishes are with her family and loved ones.

Welcome:

Sophie has joined the kitchen team we welcome you and hope you are happy in your new role here at Housman Court.

I know that you will all make them feel welcome.

We welcome them and hope they enjoy working with us here at Housman Court.

Fundraising:

Christmas Fayre – we will be holding our annual Christmas Fayre on Saturday 7th December, time to be confirmed.

We will be grateful for any donations of raffle prizes, tombola – prizes & bottles, cakes for the cake stall, crafts and bric a brac.

If anyone has any suggestions for fundraising events during the Fayre or would like to help out on the day please let us know.

We will also have refreshments available so even if you can't help, please come along and support the event.

Residents' & Team Members Birthdays:

All residents' birthdays are celebrated with a card and a gift from all the staff here at Housman Court. Families are welcome to stay for lunch or have a room made available for family to hold a get together. The kitchen also prepare a birthday cake for each resident.

Resident Birthdays in October:

- Gwen – 2nd October
- Leslie – 4th October
- Pamela H – 7th October
- Marci – 8th October

Please remember, if you are struggling to know what to buy we still have the sponsor a plant for the garden.

Team Birthdays in October:

- Dennie – 3rd October
- Shannon – 6th October
- Sue M – 8th October
- Paul – 17th October
- Jenna W – 18th October
- Vicki – 19th October
- Toni – 24th October
- Tina P & Sarah W – 27th October

Planned events for the coming month

(please see our notice board for the most up-to-date activities taking within the home).

Regular Planned Events:

- First Monday of the Month Bowling at Rubery – always very popular
- Church service Reverend Richard (in house)
- Methodist church every other Sunday
- Bingo every Friday afternoon in the Community Centre 2-3pm
- Coffee morning last Thursday of every month – all are welcome for a coffee and catch up, not to mention the cake!

Planned Events for October:

- Wednesday 2nd October – Afternoon tea at the Holt House
- Wednesday 16th October – Choir practice 4pm-5pm in Housman Park Community Centre – everyone is welcome to come along – let the competition begin!!
- Tuesday 22nd October – fitness with Shane at 3.00pm – 3.30pm in the main lounge
- Wednesday 23rd October - minibus trip to the Black Country Museum
- Thursday 24th at 11.00am – fitness with Jenny in the main lounge
- Monday 4th November – fireworks, quiz and hotdogs to celebrate Bonfire Night – all are welcome to join us

Please see notice board for further activities taking place throughout the month

Please see photos at the back of the Newsletter for all the fun things the residents got up to in September

WE NEED YOUR HELP!!

Mick has been making a work board for our ladies and gents who like to be active with their hands and enjoy making things and taking things apart.

Mick has made the frame and we are now filling it with items which can be done up, taken off, unscrewed, plugged in etc.

Mick has come up with some suggestions of things to add, listed below. If you can help with any items then please drop them into us here to add to the board.

Zip, Plastic Pipes through board and back into ball holder, Light Switches, Door security Slide Bolt, Bolt, Plastic Buckle (Wheelchair Strap), Door Handle, Trapdoor with Prize chocolate (three different bolts), Lock with three keys on string, Material, Velcro Straps, Door knocker, Lights, Buzzer, Abacus, Padlock, Door Stop Spring, Plug & Socket, Hinges, Maze puzzle, Wheel(s), Toilet Roll Holder, Coach Bolt and Nuts, Telephone with dial, Mirror, Magnifying Glass, Egg Timer, Chains, Compass, Wooden knobs, Horn – Rubber Squeeze

This list is not exhaustive and any ideas and suggestions to add onto the board would be appreciated.



Reg and Mick hard at work making the activity board, oh and eating cake!

Inter-house Competitions:

Each year the Trust hold competitions within the homes where we compete against each other to win prizes.

As you are aware we had the Garden Competition recently and we still have the following competitions to prepare for:

- Christmas Cake
- Christmas Decorations
- Choir

As will all of our competitions it is about resident, relative, community and team involvement so we are asking for help, as always!

We are asking for anyone who has suggestions for the Christmas cake design, different ideas for decorations within the home and support in making these.

We will also have planned a date for decorating the home for Christmas when we would love to invite everyone to come along and be involved and we will follow this with a curry lunch or supper TBC, always a lovely day. The date we have agreed is Saturday 30th November and we will confirm the time at a later date.

This year we have a new category which is the best home choir, so we are calling all who can play an instrument, sing or do impressions of singers who would like to help us win this new competition. If you are confident enough to do a solo or prefer to be part of a group, regardless of your ability, we really want to hear from you.

We really do need all the help we can get in this category especially!

PLEASE SEND YOUR IDEAS, SUGGESTIONS AND INTEREST TO THE ACTIVITY E-MAIL OR SPEAK TO LAURA, LISA, HELEN, VICKI OR HEATHER.

Employee of the Month.

We had a good response to employee of the month with several nominations.

The winner of Employee of the Month for September 2019 was Sophie

Thank you for making a difference.



We welcome all Residents, staff and visitors to nominate staff for Employee of the Month when they observe their good practice within the home. We have a letterbox and nomination slips in the main corridor which we have decorated pink and yellow

Update on developments within the home:

- We held Resident and Relative meetings on Friday 27th September at 11am and Monday 1st October at 6.30pm that all were invited to attend.
This meeting was to advise you of forth coming changes within the management at Housman Court. Myself – Laura Wilkes, will be leaving Housman Court on 31st October after supporting as the interim Manager. I will be moving on to a new role but would like to thank all residents, relatives and team members for your welcome, support and communication with myself and especially to the team for helping to improve the care and support we offer. I have enjoyed my time with you all and know that Faye (Manager), Lisa (Deputy Manager) & all of the team will continue to improve and develop the home.
Faye will be supporting Housman Court as The Manager and her current home St John's Court, working alongside Lisa. Faye will let you all know when you can expect to see her at Housman Court so you can arrange to meet her on these days if you wish. Lisa will continue to be in the home Monday to Friday. Faye plans to have three days one week here then two the next.
Both Faye & Lisa will also be supported by John Chapman – Trust Operations manager, so there will be lots of support available.
- Decorating plan – we still continue to decorate bedrooms and we are slowly making our way around. There have also been some changes to the reception area which now looks more inviting. We plan to move into the dining room and complete the first floor corridor in the near future.
- Garden – As you know we hold an annual inter Trust garden competition and this year we went all out to try to win! Sadly we didn't win but a new category was added due to the improvements made 'Most Improved Garden' Keren Wilkinson – CEO and Trustees came to Housman Court on Tuesday 17th September 1pm-1.30pm to do the presentation..
Thank you to all who came along and enjoyed the 'indoor BBQ' and celebrations.
We were presented with a £50 garden voucher to continue to develop the garden and a certificate which we will display in the home.
Everyone has enjoyed being involved and it has made such a huge difference. We now have a lovely garden with areas to enjoy games or just to relax.



Helen receiving the certificate and gift card on behalf of the home

We still wish to develop the garden and front of the home. At the recent residents and relatives meeting a relative suggested that it may be nice for relatives and friends who struggle with things to buy individuals, that they may like to 'sponsor' a plant for the garden which will also help to keep the garden well stocked and looking nice. Anyone who may wish to do this please speak to a member of the team and your loved ones can see them grow and help to nurture them.

- Staff room – the team have been taking breaks in the dining room as you will have seen as they did not have a dedicated staff room, this has now been changed. As the hairdressers has moved to the community centre we have adapted the hairdressers into a staff room.

Keeping in contact & keeping you up to date:

As you are aware most people now are set up to communicate electronically such as e-mail, it would be lovely for us to be able to update you and keep you in the loop more frequently. The Activity team now have their own e-mail address and they can send items to you including this newsletter. We would be grateful, if you would like items shared with you, for you to contact the activity team to provide them with your e-mail address via Activities.HC@amicacare.co.uk or myself on laura.wilkes@amicacare.co.uk or Lisa at lisa.dews@amicacare.co.uk

Upcoming Residents and relatives meetings:

We will meet every three months as a group but you are able to speak to myself or Lisa if you have any ideas or suggestions you would like to raise in between these meetings and also during reviews.

Our e-mails are: laura.wilkes@amicacare.co.uk & lisa.dews@amicacare.co.uk

- Thursday 9th May at 11.00hrs & 14.00hrs – we will be joined by Elaine who is a funeral celebrant to give a talk and give suggestions and ideas – **taken place, thank you to those who attended.**
- Wednesday 7th August at 11.00hrs & 18.00hrs – **taken place, thank you to those who attended**
- Tuesday 12th November at 15.00hrs
Meetings are subject to change, changes will be notified via the newsletter.

Please join us to share ideas and suggestions and discuss future plans

'Cuppa and Cake' meetings with the homes cook:

We would like to welcome residents, friends and families to join Sue for our 'Cuppa and Cake' meetings.

These have been scheduled and will commence in the next couple of months and will be held every two months. These are an opportunity for everyone to come along to talk about the menu's and try out new foods during the taster sessions. Or simply just enjoy a cuppa and cake made by the cook.

These will held:

- Tuesday 25th June – thank you to those who joined Ange the new cook for her first meeting – **Taken place**
- Tuesday 27th August – **Taken place**
- Tuesday 29th October
- Tuesday 3rd December – Christmas menus

Compliments and Complaints:

Please if you have any compliments or complaints/suggestions, do let us know as we like to share this information with the team and we strive to make improvements that will benefit the residents, relatives and loved ones of Housman Court.

Carehomes.co.uk:

Also we would appreciate you sharing your experiences on the carehomes.co.uk site by logging on to www.carehomes.co.uk, searching for Housman Court and leaving a review. This allows others who are looking for a suitable home to read real experiences of those already involved with Housman Court. There will also be cards available in reception for you to complete if you prefer.

Photo Consent:

Following the rebrand, we will be sending out the Photo consent forms to update. Please can we ask that you complete and return them to us for our records.

We have had some lovely trips and entertainment over the last month which have brought a lot of fun and happiness for those who have taken part.

OCTOBER FACTS:

1. In the 18th century “October” was a common name for a strong ale brewed in this month.
2. Anglo-Saxons called this month “Winterfylleth” (“fullness of winter”). JRR Tolkien’s hobbits turned this into “Winterfilth”.
3. More US Presidents have been born in October than in any other month.
4. Research has shown that babies born in the northern hemisphere in October tend to live slightly longer than those born in other months.
5. A study in 2015 also reported that October and November babies tend to grow up most athletic.
6. It has been suggested this is due to mothers being exposed to summer sun in the last months of their pregnancies...
7. ...but research has also claimed that October babies are more likely to develop asthma and tend to have mothers of low education.
8. October is International Walk To School Month.
9. It is also Black History Month, Breast Cancer Awareness Month and Home Security Month.
10. “There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October.” (Nathaniel Hawthorne)

SAY IT SLOW

On a beautiful late summer's day, two American tourists were driving through Wales.
They reached 'that place' on Anglesey.
Llanfairpwllgwyngyllgogerychwyrndrobwylllantysiliogogoch
And stopped for lunch.

Still gazing in fascination at the place name on the sign outside, one of the tourists
approached the waitress and said "Before we order, I wonder if you could settle an
argument for us.

Can you pronounce where we are, very, very, very, slowly?"

"Sure", the girl shrugged. She leaned over the counter and said "Burr-gurr-king"

Thank you for reading our newsletter and please do send us poems, short stories, new
ideas and suggestions to us to include.