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Residents & Relatives Meeting.
To be held on
Tuesday 26 March 2019

A Big 'Hello' from Us to You!

Welcome to our Spring Newsletter! It never ceases to amaze me how quickly each season roles around, and with it the next edition of our newsletter. With Spring almost upon us this is a great opportunity to reflect upon our fun and news from the winter months. So without further ado read on and discover just what we have all been up to...

If you would like to join our emailing list for future editions of our newsletter simply email me: kala@clanfieldcare.plus.com

Alternatively, download the newsletter directly from our website.

The Clanfield Family

18 December 2018

Lights, Camera, action!



Clanfield once again took to the dance floor with full marks. With a full audience present Margaret & Derek, Bernard, Louie, Jean, Josie, Joyce, Ralph and Evelyn graced the floor.

In fact...wow! By the time Evelyn finished gliding around she left you feeling quite giddy!



As you can see by the pictures, again...

We had the time of our lives!

Grand Days Out

Wedding Bells

These chimed for Ralph's granddaughter on 28 December. All dressed up Ralph joined his family for the special day looking and feeling the proud Grandfather. We wish the happy couple all the best for their future together!

Raising a Glass (or two)

On the morning of the 17 December, Margaret and her late husband Derek, left Clanfield in style to enjoy their annual Rotary Christmas Dinner. They looked beautiful together with Margaret looking as elegant as ever. They returned late that afternoon having had a thoroughly good time.



Introducing - Memrabel 2i

A simple tool to help people stay connected. You can use the MemRabel 2i APP on your Smartphone to create timed memory prompts or send a greeting. Record video reminders, use photos from your gallery with text captions or send voice memos to remotely set up unlimited reminders.

Please ask if you would like more information or simply go to www.medpage-ltd.com
T: 01536 264 869.

Lasting Power of Attorney

If you have this in place for either **Health & Welfare &/ Financial**, could you please **ensure we have a copy in our records**. It has become increasingly important for the medical wishes of your loved ones to have value, that you must hold the former of the two. If this is something you wish to put in place visit:

<https://www.gov.uk/government/collections/lasting-power-of-attorney-forms>
Where you can access a government service and the forms required. Currently it costs £82.00 to register.

A Plea from Laundry...

We are still struggling with items of clothing that have no names in. If you could ensure all items of clothing are labelled, and in a way that will not wash off, or come out, we can continue to try our upmost to ensure every resident has their items of clothing.

Thank you so much for your support with this.

Thank you!



'The Bosun's Peggy' - the life of a Deck Boy

A Deck Boy is the lowest life form afloat! At every seaman's beck-and-call, Eric explains. Rise and shine in the foc'sle would be early as breakfast is expected by those finishing the 4am-8am watch. This had to be carried from the galley, at the far end of a tanker, along with all the dishes carried in nests called 'kits'. After this, the Deck Boy would scrub and tidy the whole foc'sle; tables, stools and deck, before being assigned to various tasks related to the smooth running of his ship. Eric continues, this was considered a good training ground, but in reality, the Deck Boy was just a servant paid the princely sum of £2/10/0 per month! And that is exactly where Eric started his service in the Merchant Navy.

It was on 30 December 1939, and a bitterly cold morning that Eric, at the age 16, first climbed the gangway of the Caroni River Tanker as a Deck Boy. After carrying out sea trails they finally set sail from Falmouth on the 10 January 1940. But only 8 miles out disaster literally struck! Eric remembers a terrific explosion in what he called the aft part of the vessel; they had been struck by a magnetic mine and were sinking fast! Eric admits his first thought was of his new long sea boots which he immediately went below



The Caroni River 1928-1940

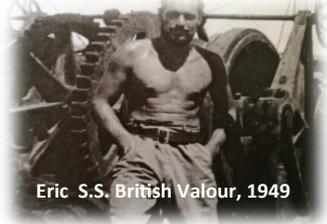


Sinking of the Caroni River

to get. A stupid action he told himself as water was already in the alleyways! Although the deck was in chaos all were rescued by a small tug and the Falmouth Lifeboat. Within 10 minutes all that could be seen of the Caroni River was a few feet of her bow upright and proud of the water.

Despite this dramatic start to his career he spent many years

afloat in the Merchant Navy, living a very different way of life. By the time he left he had received his Master's Certificate and his days as a Deck Boy were just a memory.



Eric S.S. British Valour, 1949



M.V. Anthony M, 1951

Where did that saying come from?

'A Baker's Dozen'

If you think you know the answer let me know: email kala@... or pop it in the suggestion box.

Your Voice

"I would just like to say thank you to all the staff for looking after me so well. It makes you feel better. You're all so caring and it makes a real difference! Thank you"

Margaret

A thought for Spring...

Before me I admire a great tree, and with Spring in the air, nature reminds me that all things strong and mighty grow from things as small as a seed!

By Ralph

A Christmas Party - My Experience

Unable to join the fun last year, this was to be my first Christmas Party at Clanfield! I wasn't disappointed. It was buzzing! Friends and relatives not only sharing the fun with our residents, but also helping with the proceedings too. There were staff everywhere, on and off duty, taking part and having fun. It was definitely an example of everyone coming together, and so wonderful to be part of.

Moments that stuck in my mind...

David and his brand new remote control car from Santa. To say he was pleased with this gift would be an understatement. That car was whizzing around the conservatory throughout. At one point David put his hat over it and laughed mischievously as his hat wandered around seemingly with a life of its own. I can tell you that car has done many miles since!

Phyllis and her boxes of chocolates. She was quite disappointed when she opened this gift and with dismay announced, "I can't eat these", to which she was given the reply, "Phyllis, they're special chocolates that you can eat!". Her face lit up a treat! The



cellophane was off, and if we hadn't of intervened she would have enjoyed a whole box in one sitting!

Giggling in the corner with Louie. Jamie organised a festive quiz/competition, 'He's behind you' vs 'Oh no he isn't'. Confused? I certainly was. As a result I was shouting out the wrong name as well as the wrong answers. Sorry Kim! The names soon changed to the Blues v Yellows.

Louie and I put our heads together and all we could do was laugh! We did make the odd guess here and there. But we didn't stand a chance against those who were on form that evening such as Betty and Doreen. Owen from the Juniors was very knowledgeable leaving many of us in the dust.

Craig and Owen going 'head to head'. They put so many marshmallows into their mouths! However, Craig won this with over 20 in his mouth at once!

Basil and Sav battling it out face deep in a cream! Who would be the first to retrieve a Malteser? The worrying thing was I had been expected to do this round! Me? Cream all over my face? Thank goodness I had a valid excuse. 😊

The evening ended with the Blue Team winning. Speaking as a member of, and on behalf of, the Yellow team, all I can say is, "We'll be hot on your tails next Christmas Blues".

All in all, it was a great few hours spent in good company, lots of fun and laughter shared amongst us all...Fabulous!



The Dazzle of Dance

The Dance School performed for the residents on the afternoon of Saturday 2 February. They put on a dazzling display of various dance styles, rolled out seamlessly over half hour. This was a thrill for the residents who themselves have been getting into the dancing spirit with their own 'Dirty Dancing'. The afternoon's entertainment was perfectly concluded with tea, homemade cakes and biscuits for all, a chance to have a natter with the young performers and exchange dancing tips!



Tea & Cake



Back in the Day! What is this? What was it used for?
 This could well have been in a kitchen draw of a 1950s kitchen. If you think you know the answer let me know: email kala@... or pop it in the suggestion box.

Community Action the Oundle Way



Leo, Julian & Howard have been visiting Clanfield every Wednesday afternoon since last October. They've played cards with Jean and Eileen, helped with Bingo calling and sat and chatted with residents, David and his animals had certainly impressed them! When asked what they think about their experiences this is what they had to say:

Leo: I first visited Clanfield in 2017. I'm very lucky that I'm still visiting with my friends. During my time here I have really enjoyed helping the staff to entertain those lovely elderly people. I think the best time is playing cards with Jean & Eileen.

Julian: This is my first year here. I was learning sign language as my Community Action, but find spending time with the residents more rewarding and interesting. We play a card game called 'Sevens' which Jean & Eileen really enjoy.

Howard: Personally, I have enjoyed all the time we have spent at here. We always have a great time with the residents and know not to mess about with the cats! We all really look forward to the next Newsletter.



A Spring Clean Garden

With Spring upon us we start to turn our attention to our gardens once again. But what should be thinking about doing?

We have a beautiful garden at Clanfield. What is happening there this Spring? According to Bob, we need to have a good tidy up!

Start removing all those dead leaves and twigs, lift that 'winter blanket' so-to-speak. Where possible turn the soil over.

Trim back any unwanted growth on hedges like the box hedges at Clanfield.

Prune the fruit trees. We have a good number of apple trees!

Bob has also taken the opportunity, on the sunny days, to paint the arbour and attend to any other structures and furniture, ready for sitting out later in the season.



Bob

Staff in the Spotlight!

How well do you know our staff? This edition puts Leighanne & Debbie in the spotlight. Read what they say...

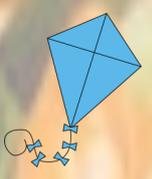
Leighanne - Day Carer

- My Dream Car?** - A little white Audi A1
- Favourite colour** - Turquoise blue
- If I were an animal...** I'd be a horse. I think they're interesting strong animals.
- What goes with her chips?** Fish. Cod/ haddock
- What makes me smile?** My family
- Favourite day of the week...** Saturdays!! Lay-ins!! and the day can still be exciting once you're up 😊



Debbie - Office Assistant

- If I were an animal I'd be...** Oh a cat! Eat, lay around and sleep all day.
- My Dream Car?** - An Aston Martin in blue.
- Me in 3 words:** Quiet, polite and funny.
- My favourite quote** - "What goes around, comes around".
- My best tips:** use toothpaste to clean gold jewellery, and always make the chocolate one, that's best when baking!
- My best memory** - helping Dad fly my kite, unsuccessfully, whilst holidaying in a caravan when I was 10 years old.





CLANFIELD

Residential Care Home

'Your Home from Home'

Spring Newsletter 2019

Hellos & Goodbyes...

We always like to take this opportunity to say 'Hello' to new staff and residents, and welcome them to our family. We are delighted that Philip has moved from our Voluntary Team to our Junior Team as a permanent member of staff. He will be an asset I'm sure. We have had volunteers join us on activities: Helen will be supporting the new Art Club on Thursdays whilst Kim will be putting aside her Senior hat to support a new monthly Knitting Club. Joining our family over the winter were Shirley and Madge &



Eric. We would like to welcome them, and hope they settle, and enjoy it here at Clanfield as much as the rest of us. Sadly, we say goodbye to two members of the Day Care Team. Andrew takes up a position in care at KGH, after many years service at Clanfield. Aaron starts a new position as a 1:1 carer of a young adult in Ely, where he now lives. We wish both Andrew and Aaron all the very best in their new positions and hope they both visit Clanfield often.



The Lady of a Publican - an interview with Our own 'Peggy Mitchell'!

The day would start at 5am, well sort of. Gwen told me she didn't rise until around 8am! My husband Leslie, she continued, treated me like 'Lady Muck'! When asked if she challenged this she dreamily replied, "No". But don't be fooled she accepted nothing but good behaviour! Even from the rowdy fishermen. Whilst running the Brandon Arms in Bridgenorth (1978-1981) she recalled 'placing', as she described, a large crystal cut ashtray on a young man's head for arguing rudely about his change. Her daughter Sarah adds, she knocked him out cold! Needless to say, he never returned! However, bar mats began to appear all over with 'Wot No ashtrays' on! 😊

Gwen's funniest memory was of all the fishmen's wives going down to the toilets after breakfast and looting all the toilet roll, before going off shopping in town. They would cheekily inform her as they left, 'there's no toilet roll in the ladies'.

Evenings were spent at the bar and as the bar staff were informed, "4 deep at the bar! Crack on!" Gwen would sit, in her Alexon suit, as the lady of the publican with her favourite drink, a G&T, overseeing all. Cheers everyone!

(Gwen & Leslie, lounge bar, Brandon Arms)



JAMIE'S FUTURE EVENTS

- Pancake Day - 05 March
- Mother's Day Cream Tea - 31 March
- Easter Weekend Egg Hunt
- St George's Day - 23 April
- Willy Wonker Day - 11 May



CLUBS RUNNING:

- Art Club with Helen - Thursdays 2pm
- Knit & Natter with Kim - Monthly
- Cooking Club with Karen - starting soon

For other Activities view
THE ACTIVITY PROGRAMME
in the main lounge

If you have a little time to spare, and would like to share this with our residents, please have a chat with either Jamie or Craig.

Vacancies

Clanfield currently has the following job vacancies:

2 part-time Activity Assistants

If you are interested in these vacancies, please contact us for an application by email:

kala@clanfieldcare.plus.com

or download from our website:

www.clanfieldcarehome.com

Closing Date: 25 March 2019

Management News

Thank you to all those who have returned the Quality Assurance Questionnaire. If you still wish to have your say pop your completed questionnaire into the suggestion box in the reception foyer. We have extended the deadline for your responses to the 22 March, due to the recent closure.

On the 15 January we had our CQC inspection. We are still awaiting our results. Our initial verbal feedback highlighted some areas of admin to be improved but overall the care delivered at Clanfield was praised. Thank you to all those who spoke with the inspectors on the day.

We are also very excited about a new daily Activity Programme that Jamie will be overseeing and rolling out over the Spring period. It is hoped that this programme will increase activity time, choice and availability. As you can appreciate there is only one Jamie at present and potentially 30 residents! We aim therefore to build an Activity Team to support Jamie and his plans. We are currently advertising for Activity Assistants but will also need and welcome volunteers too. So, if you have a little time to spare and would like to share this with our residents please have a chat with either Jamie or Craig. You can also contact Craig on: 01832 732398 or 07715 332619 alternatively you can email

craig@clanfieldcare.plus.com. Even if you have ideas or suggestions for this new programme please don't hesitate to let us know. You could simply write your idea down and drop it in our 'Views & Suggestions Box' in the reception foyer.

We have now received quotes for new falls equipment and hope to move forward with this in the near future, and are also looking at different software for digitalising all our admin on the care side. Watch this space!

Work has now started on the new office and staff areas over in what we call, The Cottage, the small building opposite the Home. This will free up the conservatory for residents and their relatives and create a space for staff and their belongings. Finally, Management hope that all our residents, families, staff and friends have a wonderful Spring as we now look forward to warmer, brighter days.

The Management Team



*If you would like to contribute to the next edition of our newsletter (this could be your current experiences, a story, a treasured memory, etc.) or submit a paragraph or photograph for the 'Your Voice' section, please feel free to email me at: kala@clanfieldcare.plus.com or pop it into the suggestion box. The deadline for the next edition is:
Monday, 13th May 2019*