

CLANFIELD

Residential Care Home

'Your Home from Home'

Summer Newsletter, 2019

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A Big Hello!

Wow! Here we are again...Welcome to the 8th Edition of our Newsletter. In this edition we will celebrate many of the things we have been doing throughout the Spring, and give you an insight into what we plan to do through the Summer! We hope you enjoy this edition as much as we all enjoyed creating and being part of the news it holds within...

The Clanfield Family

Join our emailing list for future editions of our newsletter. Simply leave your details at reception or email: kala@clanfieldcare.plus.com or download a copy directly from our website: www.clanfieldcare.co.uk

Pssst...it's much better in colour!



St George's Day took on quite a traditional English feel to the occasion here at Clanfield. With the dining room decked in flags the residents sat and enjoyed that English favourite of fish and chips for their lunch. According to Josie, 'the flags looked amazing draped from the ceiling'. As we all know there is no better way to appreciate that particular traditional fayre than by eating it straight off the paper, and that's exactly how they enjoyed it! Betty in particular remarked, "how nice it is to eat chips from paper again like we did long ago".

Lasting Power of Attorney –LPA

If you have this in place for either **Health & Welfare** and or **Financial**, could you please **ensure we have a copy in our records**. It has become increasingly important for the welfare wishes of your loved ones to have better support, then 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 the government service and the forms required. Currently it costs £82.00 to register.

Special Wishes...

Many happy returns of the day were sent their way for Doreen as she celebrated her 90th birthday on Tuesday 21st May. She had a wonderful day, celebrating with staff and residents, and a cake baked especially for the occasion by Karen our cook. Later she was joined by her family for a party in the conservatory. She looked on top of the world and in her own words admitted "I'm not that bad for 90!". Go Doreen!



Introducing our brand new Activity Team!

Our Activity Team currently offer activities for our residents Monday to Saturday (9am—7pm Monday to Fridays; 10am to 3pm on Saturdays). They're currently trialling a new programme that includes activities such as cooking, music, games & quizzes, arts, crafts, reading/books, Tea & Chat and gardening to name a few. They're open to ideas for their programme so don't be afraid to let them know, either email kerry@clanfieldcare.plus.com or drop a note in the **Suggestion Box**. If you have time or a hobby you'd like to share with our residents let us know and join Maureen and Helen our current volunteers.

Meet the gang:

Jamie

Helen

Jenna



Kerry

Rowan

Ellie



What's in a Name?

A number of people think Northamptonshire is part of Hampshire, and not a county in its own right which has become known world wide for its footwear production. The county has a river with its source near Naseby. It is the beginning of the River Nene which is joined at Northampton by a branch of the Grand Union Canal which make the rivers connected to the system of waterways covering much of the country.

The question is, is it Nene or Nene? On maps the river is shown as Nene. But from Northampton to Thrapston it is nearly always called the Nene. From there to the coast it becomes the Nene. No one seems to know why. Over the years many different cargoes have been carried on the river. Many towns and villages had their own wharves where goods were unloaded. Some were still in use in the 1960s.

Coal from Midland Coal fields was brought direct to these wharves by narrow boat barges via the Grand Union Canal. Wheat was brought to Whitworths Mill on a regular basis. I have seen 3 or 4 boats waiting to unload. The boatmen disliked using the river due to the fact that flooding happened so quickly that crafts couldn't pass under the bridges; 'No cargo, no pay' caused great hardship to the families that lived on the boats.

Road and rail caused the demise of most of the carriers on the canal and rivers. However, pleasure crafts have taken their places and are thriving. This does not answer the question, which I am sure is asked daily; Nene or Nene? But I have enjoyed writing about it!

By E. Drage, 2019

A view from the Nene Thrapston

View from River Nene Thrapston to Mill



Where did that saying come from?

'Bite the bullet'

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

Answer to last edition's saying: **'A Baker's Dozen'**

A bakers dozen means thirteen. This old saying is said to come from the days when bakers were severely punished for baking underweight loaves. Some added a loaf to a batch of a dozen to be above suspicion.

A thought for Summer...

As we sit back and enjoy the warm Summer days, our hard work invested in our crops during Spring, we wait for the fruits of our labours to grow. Though not instant, we know they will come in good time. As with many things it's always worth the wait.

By Ralph

A polite request...

If you're able to, please avoid visiting around meal times. This will help staff ensure residents eat their meals without distraction. Thank you for your support and understanding



Willy Wonka

Jamie's big event finally arrived on Saturday 11th May. After months of preparation stretching back into last year the residents and their families got to see inside Willy Wonka's chocolate factory! Just as Grandpa Joe and his grandson Charlie Bucket, we all had to wait for the big clock to chime 3! Before us a room full of colour and sweets, lots and lots of sweets. As Bernard said, "I've seen something like this before at Cadbury's World!". Gwen G. couldn't stop smiling; Louie said it was very good; for Jean it was simply amazing! Rita reported, "It's incredible! There's too much to look at!" The moment of the event was when Stan, totally overcome by the magic of this

confectionary world, turned to Mavis and asked for a kiss. Beautiful!

Jamie starred as our very own Willy Wonka (top middle) Compare this with Gene Wilder in 1971. Who looks they're having the most fun?

Talking of fun I think the rest of the pictures show this fun was enjoyed by all!





Mothers' Day

A wonderful afternoon was shared at Clanfield as our Mothers and their families got together and enjoyed a delightful cream tea. Cake stands loaded with pretty little cakes and scones, with accompanying fresh cream and strawberry jam, quaint teapots flowing with English tea and of course fresh spring daffs! Josie loved having these fresh flowers at the table. Everyone enjoyed the fayre with Ralph's thumbs up confirming this.



Dementia—into their world

"Look at these hands, I still feel like I'm 18...but then I think I've been 18 for a while now." (Dementia from the Inside, SCIE)
Dementia sufferers can tend to relive or live within a certain era of their life.— it's real, nothing or no one has changed. But then again, they're aware something isn't quite right. Be gentle, realisation and reliving the pain of lost ones is very real!

Back in the Day!

What is this? What was it used for?
This would have been to hand for any special occasion. If you think you know the answer let me know: email kala@... or pop it in the suggestion box.



Last issues' answer: Stainless steel kitchen tool designed to drop portions of cookie batter onto a baking sheet. The dropper with tong-like handles at one end and a polygonal spatulate shape at the other end. Manufactured by the Foley Company between 1950 and 1964.



If you have any suggestions, ideas or comments jot them down on a piece of paper and simply drop them in the comment box out in reception.

Your Voice



Staff in the Spotlight!

How well do you know our staff?
This edition puts Jessica & Teighan in the Spot Light

Jess - Kitchen Assistant

Favourite colour? - Purple

If you really want to wind Jess up- just slam a few doors!

Her favourite dinner & pud? - It has to be roast beef followed by chocolate brownie

Her favourite saying - 'Just keep on going' She has this tattooed on her arm

Jess' favourite celebrity? Robert Downing Junior (Iron Man), I love his films and personality

Jess in 3 words - Quiet, blossoming and willing

Teighan - Junior

A happy memory... My first flight on a plane going to Jamaica. I remember, I was in a pink hoodie with animals on, from the zoo in Oxford, and I watched Twilight - Breaking Dawn 2 and played games.

What goes with Tig's chips? - Well I can't have chips! (Potato intolerance). Not that I'm bitter, I would love chips! I have sweet potato fries, mayo and cod chunks

Tig's favourite celebrity? Chris Evans (Captain America). If he was younger he would be my ideal husband material!

Tig's biggest ambition - To make it as an international lawyer

My favourite singer? Khalid, especially his songs 'Location' and 'Young, Dumb & Broke'

If I was an animal I would be... A sloth! Lazy and sleep all day! Bliss!



Clanfield's Summer Garden

For Bob it's all about bedding plants cutting back the spring bulbs and keeping those weeds at bay - spare a thought for his sore knees from all that kneeling on the firm ground! His top tip for a quick garden make over is to cut the grass and borders. A tidy lawn makes all the difference! Bob also recommends you keep an eye on shrubs and on top of any ground elder or bind weed. Bob's favourite spots in the garden for this Summer are his fern and hosta borders along the gravel path leading to the metal arbour and the pond which has been receiving a make over.





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The Sound of Music...

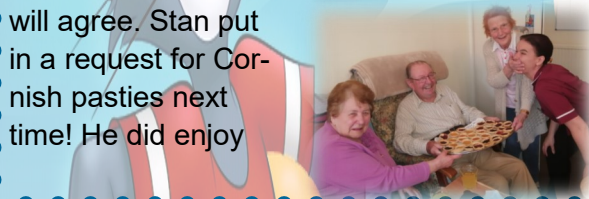
Armed with percussion instruments residents enjoyed the sound of music as they played along to tunes such as Living Doll and La Bamba. It was that infectious staff and management were singing and dancing too! Everyone had a wonderful time, residents spoke of it through the rest of the day!



The Queen of Hearts, she made some tarts!

Cooking Club made a great start with a batch of jam tarts. They looked delicious, I'm sure you

will agree. Stan put in a request for Cornish pasties next time! He did enjoy



Jamie's Future Events

National Care Home open Day-28 June
13:30-15:30

Clanfield 35th Birthday Party-
20 July 12pm onwards

Sports Day- August Date
TBC



Vacancies

Clanfield currently has the following job vacancy:

Care Assistants

If you are interested in the vacancy, please contact us for an application form either in person, by email (kala@clanfieldcare.plus.net) or download one from our website www.clanfieldcare.co.uk

Hellos and Goodbyes

We were delighted to welcome a number of new faces that have joined our family over the Spring period.

On the care team Charmaine has joined us. She comes with a background of delivering care in and around the community. Jess comes



to us fresh from college having studied Health & Social Care Level 3. Her heart is set on a career in care. Emily is a university student studying Psychology and wishes to gain experience in care during her study leave.

And of course there's our brand new Activity Team! Also, joining our family are Betty, Anneliese, Lillian, Eric, Bruce and Stan who will now be enjoying some rest time with us. We do hope that they all enjoy being a



big part of our family.

WELCOME

Sadly, we also have to say our goodbyes in this edition too. It is with sadness that we said goodbye to Basil from the Care Team. He goes onto Bedford Hospital to work in their theatres, however, we may see him on occasion doing a little bank work for us. We also say goodbye to Owen from the Junior Team he's taken on another job that fits better with his studies and is closer to home. We thank both Basil and Owen for their hard work and wish them all the best in their new ventures.



GOOD LUCK!

Management News

Spring has come and gone and it felt like quite a busy period.

Firstly, I would like to let you know of our new website:

www.clanfieldcare.co.uk

Its launch followed after our old website provider went into liquidation.

Take a look we're rather pleased with it.

Brand new falls equipment has now been purchased and is in full use. We have now accepted a quote on a new digital care system that will be gradually introduced over the following months.

The old conservatory is scheduled for a rebuild with completion hopefully in time for the Birthday Party. We have a brand new office over in the cottage opposite. Our residents and families now have the current conservatory at

their full disposal, and I'm sure you'll agree this extra space and quiet is wonderful!

Finally, hopefully with the long warm summer days to look forward to, we also look forward to you joining us all at some of our planned forthcoming events.

Just to finish, a BIG thank you to our staff for your continued hard work, to friends and families for your continued support and kind words, and last, but by no means least, our residents for just being wonderful!

The Management Team



If you would like to contribute to the next edition of our newsletter (this could be your experiences, a story, a treasured memory, etc.) or submit a paragraph or photograph for the 'Your Voice' section, please feel free to email Kala at: kala@clanfieldcare.plus.com or drop a note in our suggestion box. We kindly ask that you do this, however, before: **Monday 19 August 2019**