

ASTBURY MERE

ARTICLE

WINTER 2021-22

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WELCOME TO OUR WINTER EDITION!



Emma Harding

Home Manager, Astbury Mere

We have many different and exciting events coming up for our residents throughout the next few months and we look forward to welcoming relatives, visitors and friends to join in with us. To all those that have continued to support us throughout 2021, I want to say a big thank you. We could not have done it without the continued hard work and dedication of our staff.

I would like to wish all of our readers a very Happy New Year with best wishes from myself and all the team here at Astbury Mere. I hope 2022 brings health and happiness to you all.

HOME NEWS

It's been a busy few months here at Astbury Mere!
Here is a mere snapshot of what's been going on.



A WINTER'S STROLL

Our residents are keen to go out all year round and the fresh winter air does not stop us! We took a trip to visit Tunstall Park; one of the six towns in Stoke on Trent, which is also the hometown of the singer Robbie Williams! The beautiful, grade II-listed park was devised by the council's architect, Absalom Reade Wood, and by 1914 it had largely taken its present form, covering 21 acres of land. We all enjoyed the stunning scenery that the park had to offer and watched the birds resting on the lake. Following our stroll, we decided it was time for a pub lunch before heading back.

IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS

Our residents, Ivan Greenwood, Bert Cherry and Doreen Walsh were feeling festive whilst putting up the Christmas tree in the drawing room. Doreen is a former music teacher who took to the piano to play a variety of well-known Christmas carols, which our staff and residents sang along to. The room was filled with the spirit of Christmas whilst our residents reminisced about Christmases gone by. We finished off the afternoon with a sherry or two!



A SPOONFUL OF CHRISTMAS SPIRIT!

Our residents have been meeting together and sharing recipes. These sessions have led to many discussions on making the perfect scone, tart, or mince pie. Sharing stories of days gone by, our residents decided to make their own Christmas cake in late November to ensure it was ready for the festive season. Leading the way, Dallas and Doreen made their own cake using recipes discussed in our baking sessions. The room smelt divine and we couldn't wait to taste it on Christmas day!



WINTER BIRTHDAYS!

We have a number of our residents celebrating their birthdays over the coming months but of course, not everybody likes to make a fuss. So, in the interests of respecting our residents' wishes, we will just say from all of the Astbury Mere team that we wish you a very happy birthday indeed. For those who do like a fuss, there will of course be cake!

WHAT'S NEW?

Keep up to date and get to know more about people and goings on at Astbury Mere!

RESIDENT PROFILE...



MEET MARGARET CLARKE



How long have you been a resident here?

I have recently moved here, I have now been here for four weeks.

What is your favourite dish from the menu?

I most enjoy chicken and leek, but all the food is nice!

Which leisure and wellness activity do you enjoy most?

I enjoy walking when I can and getting acquainted with my new environment. I also like to read, use my

iPad and play Scrabble.

Tell us something about yourself that others may not know.

I grew up during World War Two. I firstly lived in Wimbledon then moved down to Dorset on the south coast. When I moved North, I worked as a teacher in Biddulph.

NEW ACTIVITIES FOR THIS WINTER A SELECTION FROM OUR PROGRAMME

MINDFULNESS MATTERS

THURSDAYS, 2.00PM

Mindfulness is a way of paying attention to the present moment. We will be beginning 2022 by holding some mindfulness sessions, which will include relaxation, nature sessions, cognitive stimulation therapy and one-to-one breathing sessions, alongside social activities. These will help our residents to alleviate anxiety and stress, and promote wellbeing.

ART ACTIVITIES

WEDNESDAYS, 2.00PM

We believe sensory activities are important as they allow us to be creative. Taking part in art activities can stimulate the mind and raise our spirits. We will be hosting art sessions, which will include everything from pencil drawing to painting. These sessions will be held in our activities room or, weather permitting, in the garden.

MUSICAL MOMENTS

TUESDAYS, 2.00PM

The talented Victoria Thornton will be joining us early in the new year to lead some musical therapy sessions! Join us to enjoy some nostalgic musical entertainment and some gentle exercise. However, these sessions are more than just 'entertainment'; this activity has been specially designed to stimulate several areas of the brain, whilst also being engaging and uplifting. Our residents from both floors are most welcome to attend!

For dates and times for all of the above, speak to a member of the Leisure and Wellness Team or see the weekly programmes.

LOOK OUT FOR OUR UPCOMING SPECIAL EVENTS

25 JAN

BURNS NIGHT SPECIAL

Enjoy a Scottish-themed evening meal, accompanied by musical entertainment. Learn about the life and poetry of the famous Rabbie Burns, whilst enjoying haggis and sampling other fine Scottish food. We may even enjoy a Scotch whisky!

11 FEB

FLORAL CREATIONS

Why not come along and enjoy creating a flower arrangement for a loved one? Join us in the activities room for a floral demonstration, where you can put your new skills to good use as you create your own floral masterpiece.

17 MAR

ST PATRICK'S DAY

Our staff and residents are all invited to enter the St Patrick's Day costume contest. Each floor will strut their stuff down our catwalk, whilst our residents judge, and the winning lucky leprechaun will receive a prize! We will also enjoy a day of Irish food, music and refreshments.



STAFF UPDATE

Get to know us better... who are your team at Astbury Mere and what have they been up to recently?

STAFF PROFILE...



MEET BEVERLY MURRAY DOMESTIC ASSISTANT



Beverly joined Astbury Mere after being furloughed from her previous job at the beginning of the Covid pandemic. She has an NVQ3 in Childcare and Education, and has previously worked in this field.

How long have you worked here?

I have worked at Astbury Mere for 18 months now.

Describe your role here at Astbury Mere.

As a domestic assistant, my role includes the daily cleaning of bathrooms, bedrooms and communal areas. I also work within the laundry and bring back clean washing to put away in bedrooms.

What do you enjoy the most about your role?

I love interacting with all of our residents and having a chat. I've made lots of new friends here.

What are your hobbies and interests outside of work?

Outside of work, I enjoy baking, gardening and spending time with my family.



WE SAY HELLO TO... ANDREW MORTON CARE ASSISTANT

Andrew began his career in care shortly after leaving school, which was some time ago. Working with different client groups took him around the country, before bringing him back to his home town of Congleton. In his spare time he enjoys watching Formula One and walking around the local area.
Welcome, Andrew!

STAFF NEWS AND ACHIEVEMENTS

OUR CONGRATULATIONS TO THE FOLLOWING...

VENEPUNCTURE AND INTRAMUSCULAR INJECTIONS TRAINING



Here at Astbury Mere we regularly engage with training opportunities, in addition to our annual mandatory training, to enable us to give the best possible care to all of our residents.

On the 1st October, our wonderful team leaders participated in a **Venepuncture**

and **Intramuscular Injections** training session as part of our efforts to develop the skills of our staff.

We have further training sessions planned for January on a variety of topics and we are looking forward to reporting on their success.



PROMOTION

Team member, **Angela Parr** who has worked here at Astbury Mere since 2015 has not only achieved her NVQ Level 3 but has also been promoted to a Senior Carer! She is now working to develop her skills to boost her abilities in this new role.
Congratulations, Angela!

FEEDBACK CORNER

How are we doing?
Your views, opinions and news from our meetings.

RESIDENTS MEETING SUMMARY

A number of topics were discussed at our last residents meeting. Here is a summary of a few of the main points:

UNCLAIMED LAUNDRY

You said: There are a few items that have gone missing in the laundry.

Update: We have shown a selection of 'unclaimed' items to our residents to identify any missing belongings, which our residents have found useful.

LEISURE AND WELLNESS

You said: Can we talk about the upcoming activities and what we enjoy?

Update: We discussed the activities that our residents enjoyed. We have personal trainer, Vanessa, coming in to work with our residents in small groups and individual sessions, promoting fitness and wellbeing. We hope you will find these sessions beneficial.

REFURBISHMENT WORK

You said: What is the status of the ongoing refurbishment work?

Update: We are pleased to confirm that the ground floor dining room refurbishment is now complete and the ongoing works will be complete in the new year. We hope you like the upgrades we have made!

DATE OF NEXT RESIDENTS MEETING FRIDAY 28TH JANUARY, 3.00PM



HOME MANAGER'S COMMENTS

Thank you all for your patience during our ongoing refurbishment. You probably will have seen the dining room refurbishment on the ground floor, as well as the visitor facilities within our reception area. In the new year, we will see an upgrade to our hair salon and first floor dining room.

Thank you for spending your time reading our newsletter. If you like what we do then please let us know; your kind comments will be fed back to the individuals personally, giving credit where it is due for the fabulous care they give on a daily basis. You can give feedback by completing the Porthaven questionnaire, found at reception.



CQC rated and inspected

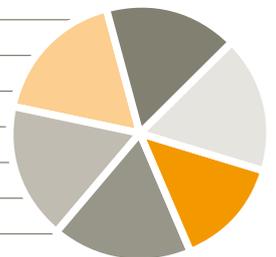
Overall
GOOD

RESIDENT QUESTIONNAIRE FEEDBACK RESULTS

POSITIVE APPROVAL RATINGS

12 months to March 2021

CARE & MORE	97%
FOOD & DRINK	98%
LEISURE & WELLNESS	81%
CUSTOMER CARE	100%
HOME ENVIRONMENT	99%
RECOMMEND TO OTHERS	100%



Carehome.co.uk review score

9.7 OUT OF 10

**THANK YOU FOR YOUR VALUABLE COMMENTS
KEEP THE FEEDBACK COMING!**

FUN TIME!

DID YOU KNOW... THE WINTER OF 1963 IS ONE OF THE...

coldest on record, and the coldest since 1740. Temperatures consistently reached lower than -20°C!



DID YOU HEAR THE ONE... WHAT DID ONE SNOWMAN SAY TO ANOTHER?

Can you smell carrot?



CHEF'S SEASONAL RECIPE GINGERBREAD MEN

Prep time 40 mins

Ingredients

- 225g plain flour, plus extra for dusting
- Half teaspoon salt
- 2 teaspoons bicarbonate of soda
- 1 heaped teaspoon ground ginger
- Half teaspoon cinnamon
- 50g unsalted butter
- 100g soft brown sugar
- 100g golden syrup

Method

1. Heat oven to 190°C / 170°C fan / gas 5 and line a baking tray with baking parchment. Sieve the flour, salt, bicarb, ginger and cinnamon into a large bowl. Heat the butter, sugar and syrup until dissolved. Leave the sugar mixture to cool slightly, then mix into the dry ingredients to form a dough. Chill the dough in the fridge for 30 mins.
2. On a surface lightly dusted with flour, roll out the dough to a quarter-inch thickness. Stamp out the gingerbread men shapes with a cutter, then re-roll any off-cuts and repeat. Place your gingerbread shapes on the lined trays, allowing space for them to spread. Cook for 10-15 mins, then remove from the oven and leave to cool.



WORDSEARCH

Find all the hidden winter words:
COAT - COLD - FROST - ICE
IGLOO - SCARF - SNOW - WINTER

C	S	M	F	S	N	O	W
O	C	B	R	C	S	M	H
A	A	Q	O	O	B	V	K
T	R	E	S	L	F	E	I
W	F	O	T	D	Q	S	Z
L	W	K	Y	Q	I	C	E
V	Q	W	I	G	L	O	O
H	W	I	N	T	E	R	N

Words can be spelled forwards, backwards, diagonally, up or down.



ASTBURY MERE CARE HOME
INVITES YOU TO

GET IN TOUCH

We would love to hear from you. If you have any feedback or are interested in any of the information covered in this edition...

FIND OUT MORE AT
PORTHAVEN.CO.UK
OR CALL US ON
01260 296789

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