

SPRING 2021

Issue 12

2

## GET THE LATEST

News on our recent outings, events and activities

4

## STAFF UPDATE

Meet some friendly faces and find out who's new

5

## PORTHAVEN NEWS

Recent awards and what people say about us

6

## FUN TIME!

Jokes, quotes and Chef's seasonal recipes

BOURNE WOOD MANOR

# BUGGLE



## WELCOME TO OUR SPRING EDITION!



Spring is here and what a difference a season makes. The warmer weather and lighter, longer days certainly lift our spirits. With our residents and team members receiving the second dose of vaccines, we are looking forward to the further lifting of restrictions.

We have restarted our trips out in the minibus to open areas where residents can feel the warmth of the sun and fresh air and this will be such a welcome relief. The last three months has really tested the strength of character of our staff and it has never ceased to amaze me how cheerful and committed they all remained during these difficult times. They have placed great emphasis on welfare, ensuring that residents experienced minimal disruption to their daily lives.

We hope to be able to open our doors soon to invite you all in and I look forward to this day coming.

Paul Hart

Home Manager, Bourne Wood Manor

# HOME NEWS

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



## NEW JELLY DROPS

We have recently partnered with Jelly Drops, a company dedicated to improving the hydration of dementia residents. These drops are made with 95% water and are engaging, sweet and sugar-free. They are available in an assortment of flavours and colours and are a brilliant way of helping our residents to hydrate more often and independently. We are testing the drops for three months to see how they are received but it's been going well so far!

## ON THE ROAD AGAIN!

It has been a year since our residents were able to hop onto their minibus to get out and about but at the end of March, trips were back on the activities programme, which we were thrilled about. Our first outing was a drive through the countryside, taking in the wonderful Surrey scenery and a visit to an outdoor nursery to purchase plants for our entry into this year's Porthaven Garden Challenge.



## NEW ORIGAMI SESSION HAS RESIDENTS IN CREASES!

Following a request from a resident to learn origami, the leisure and wellness team arranged a session one Wednesday afternoon. After much laughter and joking, we all managed to make a fish and a butterfly each. We had been reliably informed that each task would take three minutes. Two hours later, we emerged from the activities room, our sides hurting from laughter, having completed our origami session!



## SPRING BIRTHDAYS!

We have a number of residents celebrating their birthdays over the coming months but of course, not everybody likes to make a fuss. So in the interests of respecting residents' wishes, we will just say from all of the Bourne Wood Manor 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 Bourne Wood Manor!

## RESIDENT PROFILE...



### MEET DENNIS MCQUAID



Dennis, who likes to be called Mac, grew up with a lot of friends playing rugby and squash, and was part of a rowing club. He wanted to join the army before working as a consultant at Shell. He says he had a nice upbringing and a happy life and describes himself as a 'friendly gentleman'!

**How long have you been a resident here?**

I have been a resident since October 2018.

**What is your favourite dish from the menu?**

I really enjoy the steak, but I also like the bacon and eggs breakfast.

**Which leisure and wellness activity do you enjoy most?**

I like to keep moving, so the walks in the morning are good and also the chair volleyball we do in the lounge is a good laugh.

## NEW ACTIVITIES FOR THIS SPRING A SELECTION FROM OUR PROGRAMME

### ORIGAMI

TUESDAYS FORTNIGHTLY, 2.00PM

Using both mental and physical coordination, this fun activity has already seen some residents in fits of giggles. Following a tutorial all together means teamwork has to come into play and it's a great way to learn a new skill in our leisure and wellness room.

### GARDENING CLUB

WEDNESDAYS, 2.00PM

With the Porthaven Garden Challenge upon us, it's a great time to all come together to create something wonderful. From choosing the plants and seeds to planting and watching everything bloom. Outside or in, there will always be something to do!

### INTERFAITH DISCUSSION GROUP

FRIDAYS, 3.30PM

Accepting everyone from every denomination, this group is a safe place to honour faith and discuss ideas and prayers surrounding it. Situated in the quiet lounge, it leaves time for reflection with no outside distractions, meaning residents can get the most out of it.

**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

# 03 APR

### GATSBY TEA PARTY

Singer Lynda Styan will be serenading us with music from the 20s and 30s at our Gatsby Tea Party.

# MAY

### INTERGENERATIONAL GARDEN PROJECT

The ongoing intergenerational garden project began in March and, in collaboration with our local primary school, we're designing and building our new medicine wheel sensory garden.

# JUN

### TRIP TO BIRD WORLD

We hope to be hopping on our minibus and making our way to Bird World, to see and learn about all of their beautiful birds.

# STAFF UPDATE

Get to know us better... who are your team at Bourne Wood Manor and what have they been up to recently?

## STAFF PROFILE...



### MEET HUNTER DELVES L&W LEAD



Hunter is a great new addition to our leisure and wellness team, proving to be a very valuable asset to our home. He has recently finished a fine art degree as a mature student and has previous experience of organising intergenerational projects and events for various charities, as well as art therapy for children and specialist dementia care.

#### How long have you worked here?

I have been in this role for four weeks.

#### What do you enjoy the most about your role?

What I enjoy most is seeing the residents smile and laugh. If you can walk into a room with a resident who may be feeling upset, sad or confused and leave half an hour later with the resident laughing, waving and smiling, it can feel very rewarding.

#### Tell us something interesting about yourself that others may not know.

After completing a traditional stone masonry apprenticeship, I spent a year volunteering around Europe, repairing traditional pilgrim routes.



### WE SAY HELLO TO... MIRANDA OWUSU RGN

Miranda was staff nurse at Royal Surrey County Hospital before joining our team. She has settled in really well, ensuring our residents and care team receive professional nursing support. Apart from her passion for nursing, Miranda enjoys painting, going to the gym and singing. We look forward to hearing her sing soon as she is currently recording an album. **Welcome, Miranda!**

## STAFF NEWS AND ACHIEVEMENTS

## OUR CONGRATULATIONS TO THE FOLLOWING...



### NEW STARTERS

Eight new carers started with us recently. **Rachel** has joined the care team from housekeeping and **Samantha Daxer** (pictured) is our new reception and admin assistant, so you're sure to see plenty of new faces around the home. We wish everyone the

best of luck in their new roles and look forward to updating you on their training journeys in future issues.

### FIRST AID

Congratulations to **Aidan** and **Roxy** who both passed their Emergency First Aid at Work course. Aidan is our minibus driver and activities assistant and Roxy is our leisure and wellness coordinator. Well done to you both!

### BOURNE WOOD MANOR BABIES

We had a lovely start to the spring with a baby shower for two members of staff, one of whom has had a baby, whilst the other is currently expecting. Residents joined in the fun and loved looking at the tiny outfits and admiring the soft cuddly toys. Lockdown has brought the birth of five babies in total to our Bourne Wood family, including a set of twins born on Christmas Day! Residents have enjoyed knitting cardigans and booties for the babies.

## 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:

### MINIBUS TRIPS

**You said:** Our residents were looking forward to being allowed out on minibus trips and having visitors again.

**We said:** We agree! Our minibus trips have now restarted and we've enjoyed a drive out through the beautiful Surrey countryside and a visit to a local garden centre. It was a very welcome change of scenery for everyone and we returned feeling revitalised and excited to plan our next trips.

### GARDEN ACTIVITIES

**You said:** Residents expressed a keenness to have more events in the garden.

**We said:** We thought this was a great idea, so we're beginning to plan for the warmer weather ahead.

### MONTHLY MEETINGS

**We said:** We all agreed that, going forward, monthly residents meetings would be beneficial. The idea is that this will enable us to action requests and changes to our leisure and wellness programme more expediently, as we gather momentum for the start of spring.

**DATE OF NEXT RESIDENTS MEETING**  
**SATURDAY 17TH APRIL, 3.00PM**



## HOME MANAGER'S COMMENTS

Our aim is to continually improve the service we provide for our residents and relatives, so we have had a series of meetings to tighten up on our methods of communication.

We want to ensure that you can have absolute confidence that you will receive all the relevant details on any matter that affects the wellbeing of your relative. Every resident has a named nurse and key worker and we will be notifying you shortly of the names of these individuals and their responsibilities, so they can act as your principle point of contact should you need to speak to them.

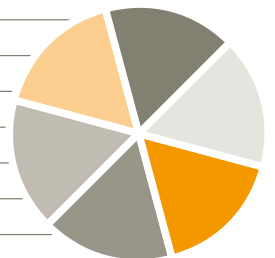


CQC rated and inspected | Overall **GOOD**

## RESIDENT QUESTIONNAIRE FEEDBACK RESULTS

**POSITIVE APPROVAL RATINGS**  
12 months to September 2020

CARE & MORE	100%
FOOD & DRINK	100%
LEISURE & WELLNESS	100%
CUSTOMER CARE	100%
HOME ENVIRONMENT	100%
RECOMMEND TO OTHERS	100%



Carehome.co.uk review score

**9.5 OUT OF 10**

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

# FUN TIME!

## DID YOU KNOW... FOR THE JAPANESE...

the opening of the cherry blossom, Japan's national flower, in March or April signals the start of spring.



## DID YOU HEAR THE ONE... HOW DOES A BEE BRUSH ITS HAIR?

With its honeycomb!



## CHEF'S SEASONAL RECIPE

### ONE-PAN SALMON WITH ROAST ASPARAGUS

Prep 20 mins • Cook 50 mins

#### Ingredients (serves 2)

- 400g new potatoes, halved if large
- 2 tbsp olive oil
- 8 asparagus spears, trimmed and halved
- 2 handfuls of cherry tomatoes
- 1 tbsp balsamic vinegar
- 2 salmon fillets, about 140g/5oz each
- Handful of basil leaves

#### Method

1. Heat oven to 220°C / fan 200°C / gas 7. Tip the potatoes and 1 tbsp of olive oil into an ovenproof dish, then roast the potatoes for 20 mins until starting to brown. Toss the asparagus in with the potatoes, then return to the oven for 15 mins.
2. Throw in the cherry tomatoes and vinegar and nestle the salmon amongst the vegetables. Drizzle with the remaining oil and return to the oven for a final 10-15 mins until the salmon is cooked. Scatter over the basil leaves and serve everything scooped straight from the dish.



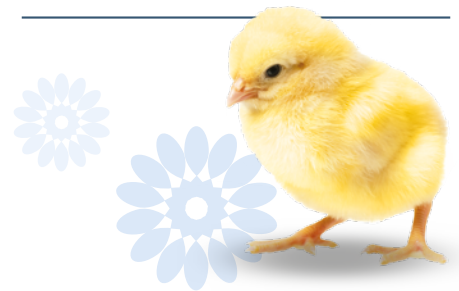
## WORDSEARCH

Find all the hidden spring words:

BLOSSOM - MIST - LADYBIRD  
BUZZING - TWEET - GROWTH - SHADE  
NEST - BUD - SUN - BEES - ENERGY

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

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



**BOURNE WOOD MANOR  
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  
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01252 941300**

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