

**AUTUMN 2021**

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**BOURNE WOOD MANOR**

# **BUGLE**



## **WELCOME TO OUR AUTUMN EDITION!**



As we approach the autumnal months and the leaves begin to transition, we here at Bourne Wood Manor also welcome some changes.

We would like to offer a big warm welcome to our new Deputy Manager, Laxmi Bankar, who will be taking the clinical lead role. Laxmi was selected for the National Care Awards in the 'best registered nurse' category, landing in the top five nominations. She is passionate about achieving 'Outstanding' for Bourne Wood Manor in our next CQC inspection, and we are delighted to have her join our team!

Welcome Barbara (Babs), our new Leisure and Wellness Lead. Babs is enthusiastic about supporting the wellbeing and happiness of our residents. After dedicating 11 years of her career to working for Surrey Police, Babs is now ready to join our community and she's keen to empower our residents by helping them find their place and purpose in society.

**Cheryl Williams**

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.



## FEATHERED FRIENDS

On the 7th September, we played host to some feathered friends with a falconry display in the garden. Residents met Buddy, the harris' hawk, Bella the barn owl and various other owls of all ages, with the youngest one being only eight weeks old. Our residents had an opportunity to hold the birds and touch them, some commenting how soft their feathers were. The brilliant day was finished off with a flight display by Buddy and Bella.

## A TASTE OF SPAIN

Daniella, a flamenco dancer, recently brought a taste of Spain to Bourne Wood Manor. She set the scene by asking our residents to imagine they were on a cruise around Spain, docking at Cádiz. She put on a very entertaining and energetic set, using a variety of props including castanets, hats and fans. Daniella shared the history of flamenco, and encouraged our residents to shout Olé! and Agua! (the highest compliment as without water there is no life).



## WISH UPON A CAR!

As part of our 'pick-a-wish' scheme, Graham, one of our residents, chose to ride in a classic car. We were thrilled when a community volunteer got in touch and offered to take Graham for a drive in her father's convertible Jaguar. They spent an hour driving around the countryside listening to his favourite reggae tunes. We can't wait to fulfil more of our residents' wishes!



## AUTUMN BIRTHDAYS!

Balloons, bunting and cake! We like to celebrate our residents' big day and we have many birthdays coming up over the Autumn months. Not everybody likes to make a fuss so always on their birthday we have a one-to-one session to organise flowers, cards, presents etc. and just spend time with that person, whether they want a celebration as well or not. It's really important to make each individual feel special and hopefully we achieve this each time this big day comes around.



# WHAT'S NEW?

Keep up to date and get to know more about people and goings on at Bourne Wood Manor!

## RESIDENT PROFILE...



### MEET MEG FITZGERALD



Meg describes herself as a fun loving lady with a big family and she has no regrets in life. She married her childhood sweetheart and looks back fondly on those memories, always maintaining a positive outlook on life.

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

I arrived in April of this year so haven't been here very long.

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

Out of everything I like desserts most, especially the ice-cream which most definitely has to be with chocolate sauce!

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

I enjoy walks around the garden and the home as I can stretch my legs at my own pace. I prefer solo activities, apart from the quizzes. I like to join in on the evening activities and I enjoy having a coffee in the bistro with some of the other residents after dinner.

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

When I was younger I lived in Cyprus with my husband. We loved the weather and the culture, however after a few years we came back to England to settle down.

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

### CLAY MODELLING MONDAYS, 2.00PM (FORTNIGHTLY)

Who doesn't love getting a bit crafty and using your imagination? Clay modelling is a great way to have some fun and make some silly things whilst enjoying a sensory experience.

### REMINISCENCE SESSION WEDNESDAYS, 11.00AM

Reminiscing with our residents is a wonderful way of providing everyone with a sense of purpose, especially for those living with dementia. Reminiscing encourages social interaction and promotes interpersonal skills as well as memories. We use various reminiscence items such as photo books, cards and games and even sensory packs to trigger memories. These sessions definitely get the conversation going and promote interest.

### HOOPLA TUESDAYS 4.00PM

With so many physical activities out there it's hard to choose, but when residents get to throw inflatable hoops onto staff members wearing antlers, I think it's a winner! By using muscle strength, aiming and patience, it utilises a wide range of skills. Not to mention creating many laughs throughout!

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

### OCTOBER BARBECUE

Our talented chef, Will, is going to be making dishes from many countries, showcasing their culture and delicacies for a lunchtime barbecue. It's sure to be a fun one, with flags all around!

### NOVEMBER BONFIRE NIGHT

Sparklers and lights at the ready for bonfire night! There will also be a special service and celebration for those who fought and died for their country. This month will be sure to keep our residents busy!

### DECEMBER ANNUAL ELF DAY

Our annual Elf Day and Christmas Jumper Day will be back in full force. With all the money going to charity, it's a great way to raise awareness and have some fun doing it!

# 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 MOLLY YALDEN TEAM LEADER



Molly is bubbly, energetic, full of fun and works on Willow and Cedar. She has recently been promoted to Team Leader and has completed her Boots Core and Learning course. Molly recently returned from maternity leave and is popular with both residents and staff.

#### How long have you worked here?

I joined Bourne Wood Manor in August 2018 and am now completing my Porthaven apprenticeship.

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

I am an extrovert and love being surrounded by people. I enjoy the interaction with staff and residents. I get a real sense of reward when I make a resident smile and I feel a sense of achievement after a shift, knowing that I have made someone's day better.

#### What are your hobbies and interests outside of work?

I'm really enjoying motherhood and spending time with my daughter Evie, which leaves little time for anything else at the moment. Together, we like trips to the park, baby classes and swimming. Sleep is a precious commodity to me at present and I take every opportunity to catch up when I can as Evie is teething at present.



### WE SAY HELLO TO... JAMES SQUIRREL JUNIOR CHEF

Our Junior Chef, James, has been making some delicious and beautifully decorated cakes for our residents under the watchful guidance of our Head Chef. To commemorate one of our residents who used to be in the RAF, James made a beautiful cake with an aircraft on for his birthday. Everyone has been delighted to see how James' talent is blossoming and we wish him well with his future bakes!

## STAFF NEWS AND ACHIEVEMENTS

### OUR CONGRATULATIONS TO THE FOLLOWING...



### FIVE BOUNCING BABIES!

During the pandemic we had four staff members give birth to five bouncing babies. We welcomed **Evie, Joseph, Imogen, Sienna and Harry** to the world in the last year

and our residents were finally able to meet them when they joined us for a baby club. The cupcakes and bubbles were enjoyed by all.



### NVQ LEVEL 3

Congratulations to **Lindsey Hurst**, who has completed NVQ 3! She has worked so hard to achieve this and Lindsey has since been promoted to a Team Leader in our night care team. Well done!

# 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:

### PANCAKES FOR BREAKFAST

**You said:** Please can we have pancakes served at breakfast?

**We said:** The chef has approached residents and asked which pancakes they would prefer and how often they would like them served. One resident suggested Scotch pancakes at breakfast, which we think is a great idea!

### CULTURED CUISINE

**You said:** Are we able to try some different cuisines?

**We said:** In October, we are doing a barbecue incorporating six different cuisines from around the world, with activities to correspond to the countries.

### FRUIT ON THE MENU!

**You said:** Can we have fresh fruit available at breakfast time?

**We said:** The catering team have made fruit available throughout the day and we would love to know if there are any fruits in particular that you would like. Watermelon, mango and pineapple were served throughout the short heat wave period that we had and our residents enjoyed the refreshing snacks.

### DATE OF NEXT RESIDENTS MEETING THURSDAY 21ST OCTOBER

## HOME MANAGER'S COMMENTS

We have just been informed that we won the gold award for the best care home in the Farnham in Bloom competition under the category 'best secret garden'. Congratulations to our staff and residents who worked so hard developing the dementia sensory garden, from growing the plants from seeds in the greenhouse to planting and maintaining vegetable gardens that are supplying our kitchen with lovely fresh produce!

We are busy in the midst of getting ready for Christmas and hope to share our exciting programme with you soon. We are planning Elf's Day, Ugly Christmas Jumper Day and various other outings and activities so keep an eye on the leisure and wellness list over the coming months!



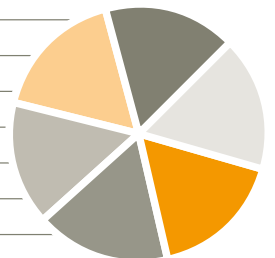
CQC rated and inspected | Overall **GOOD**

## RESIDENT QUESTIONNAIRE FEEDBACK RESULTS

### POSITIVE APPROVAL RATINGS

12 months to March 2021

CARE & MORE	100%
FOOD & DRINK	100%
LEISURE & WELLNESS	100%
CUSTOMER CARE	100%
HOME ENVIRONMENT	91%
RECOMMEND TO OTHERS	100%



Carehome.co.uk review score

**9.6 OUT OF 10**

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



# FUN TIME!

## DID YOU KNOW... THE LARGEST PUMPKIN PIE EVER BAKED...

was 20 feet in diameter and weighed 3,699 pounds!



## DID YOU HEAR THE ONE... WHAT DID ONE AUTUMN LEAF SAY TO ANOTHER?

I'm falling for you!



# CHEF'S SEASONAL RECIPE

## PUMPKIN SPICED SCONES

Prep 15 mins

### Ingredients (makes 25 scones)

- 450g self-raising flour, plus extra for rolling
- 100g cold butter
- 50g golden caster sugar
- 1-2 tsp pumpkin spice (or mix half tsp cinnamon, quarter tsp ginger, a grind of nutmeg & a pinch of allspice)
- 200g cooked pumpkin
- 80-100ml milk
- butter or cream cheese flavoured with a pinch of cinnamon, to serve

### Method

1. Heat oven to 220C/200C fan/gas 7. Put the flour in a bowl and coarsely grate in the butter (dipping the butter into the flour can make it easier to grate; do this as often as you need). Use a butter knife to stir the butter into the flour, then mix in the sugar and spice.
2. Add the pumpkin and 80ml milk to the flour mixture and quickly stir everything together. Add more milk if you need to.
3. Tip the mixture onto a floured surface and lightly bring together with your hands a couple of times. Roll out until 4cm thick and stamp out rounds with a 7cm cutter. Re-shape the trimmings until all the dough has been used. Place the rounds on a lightly floured baking sheet and brush the tops with remaining milk. Bake for 10-12 mins until risen and lightly browned.

## WORDSEARCH

Find all the hidden autumn words:  
RAKE - CROW - SQUIRREL - TREE  
PUMPKIN - ACORN - LEAF - HAY

P	A	D	E	P	R	H	C
O	E	W	N	U	K	L	R
L	E	A	F	M	T	H	O
T	R	E	E	P	I	A	W
S	B	N	R	K	I	Y	A
R	A	K	E	I	U	I	L
C	O	E	R	N	D	F	H
S	Q	U	I	R	R	E	L
H	E	A	C	O	R	N	K

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  
OR CALL US ON  
01252 941300**

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