

AUTUMN 2021

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FALKLAND GRANGE

FORUM

WELCOME TO OUR AUTUMN EDITION!



Summer has come and gone and now we are looking forward to autumn and winter at Falkland Grange. We have had a fun packed few months with our grand opening, canal trip and many other fantastic trips and events.

It has been wonderful to welcome new members of staff to the professional team at Falkland Grange. Many of you will recognise familiar faces, as some of them are staff members who have chosen to return to Falkland Grange. We are happy to welcome them with open arms.

We will be preparing for the festive months here at Falkland Grange so if you have any ideas or suggestions, please do let me know!

Carla Kell
Home Manager, Falkland Grange

HOME NEWS

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



WE RECEIVE 'GOOD' FROM CQC!

We celebrated in true Falkland Grange style after receiving the fantastic news that we have scored Good in our recent CQC rating. We hosted a carnival on site for residents and staff and this included a steel band, show girl dancers and a Caribbean barbecue. Everyone enjoyed the mocktails and danced the day away. A fantastic day was had by all and we couldn't be happier!

A BARGE TRIP ALONG THE KENNET AND AVON CANAL

Residents and staff enjoyed a barge trip along the Kennet and Avon canal. Our kitchen staff supplied an on-board buffet, which was enjoyed thoroughly by all. We were lucky with the weather and had the sun shining all day on us. One particular resident had a life goal to take a trip down memory lane, as he used to share these barge trips with his family, which made this an extra special trip. It was also a birthday trip for three of our residents celebrating this month!



FALKLAND GRANGE OFFICIAL OPENING!

We were thrilled to celebrate our official grand opening in September! Special guest, Angela Rippon, came to unveil the commemorative plaque much to the delight of our staff and residents. The socially distanced celebration meant that our residents could invite a plus one, and it was wonderful to sit outside and enjoy music from a cellist as part of a champagne reception before we all tucked into a delicious meal cooked by our wonderful chef team. It was truly a day to remember!



AUTUMN BIRTHDAYS!

We have many special birthdays to celebrate in the winter months ahead, which will be celebrated in a way that each resident wishes. We do know that they will include our homemade personalised birthday cakes, which are always thoroughly enjoyed.

WHAT'S NEW?

Keep up to date and get to know more about people and goings on at Falkland Grange!

RESIDENT PROFILE...



MEET MIKE STABLER



Mike has been a resident at Falkland Grange since June 2021. He was born in Dorset, although he moved locally to Kintbury, which he calls home. Mike's wife is called Shirley, and they have been married for over 30 years. He has two daughters and two granddaughters and is waiting for the arrival of his third grandchild.

What is your favourite dish from the menu?

It's a real treat to eat the fresh strawberries that we grow in our garden. In fact, I like all of the food here.

Which leisure and wellness activity do you enjoy most?

My favourite activity is seated spin, as I have always been a keen cyclist. This brings back fond memories of when my girls were younger and we used to go cycling. My wife, Shirley, would rarely join us as she wasn't as keen on a bike! I also like going out in the garden and I enjoy the bus trips. I like to do anything that keeps me active as I like to exercise.

NEW ACTIVITIES FOR THIS AUTUMN A SELECTION FROM OUR PROGRAMME

CHURCH SERVICE

FIRST TUESDAY OF THE MONTH, 2.30PM

We welcome the return of on-site services from our local church, St George's. This is a popular session with our residents, giving everyone the chance to sing hymns and enjoy a more intimate service again. Our first theme was 'harvest', with future services being themed 'remembrance' and 'Christmas'.

INTERAKT CHARITY VISITS

MONDAYS, 10.00AM & FRIDAYS, 2.00PM

Falkland Grange have made a community link with Interakt charity, who support adults with learning disabilities. Twice a week, some of the adults who attend the day centre will be coming to get involved with our residents in our Monday sing-a-longs and our Friday garden club.

SEATED SPIN/VIRTUAL CYCLING

TUESDAYS, 3.00PM

This winter, we will be cycling through the Alps, the Cotswolds and many more destinations chosen by our residents. We enjoy getting our pedal exercisers on in the cinema and cycling along to different locations, watching the beautiful scenery as we go!

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

31 OCT HALLOWEEN

Things here at Falkland Grange will be getting spooky for Halloween. We will be holding a bingo evening, so plenty of treats will be available.

11 NOV REMEMBRANCE DAY

Falkland Grange will be looking back and remembering everyone who served and sadly lost their lives. We will be remembering those who fought for our country by letting off some lanterns to show that their light never burns out and they are always remembered.

15 DEC CHRISTMAS PARTY

The festivities commence at Falkland Grange! We will be inviting in a performer and having a Christmas lunch together with staff and residents. We look forward to dusting off our dancing shoes!



STAFF UPDATE

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

STAFF PROFILE...



MEET CATHRYN AYRES L&W CO-ORDINATOR



Cathryn's background is in childcare, where she started out organising birthday parties and children's activities whilst training to do her childcare degree. She moved on after becoming fully qualified to become part of the management team in a local nursery, running a small team of one and two year olds.

How long have you worked here?

I started here in August 2021, working upstairs.

I have enjoyed spending time with our residents, especially listening to their many life stories, family histories and interests. This helps with my role to gather ideas for activities that are new and exciting. I look forward to working with the rest of the home.

What are your hobbies and interests outside of work?

I like to spend time with my family in my spare time and we enjoy bike rides, walks, badminton, and days out. I enjoy baking (not that I'm very good!) and cooking with my partner to try and experiment with new dishes. I have started to grow my own vegetables and herbs in the garden during lockdown and I have found that it is really rewarding!



WE SAY HELLO TO... ROBERT SPARROW TEAM LEADER

We are pleased to welcome our new team leader, Rob, who joined us in July 2021. Rob transitioned into the care sector in March 2020, after a 30 year career in his family-run plumbing and heating business. He decided to make this change because of the COVID outbreak and he wanted to make a difference and help others. Welcome aboard, Robert!

STAFF NEWS AND ACHIEVEMENTS

OUR CONGRATULATIONS TO THE FOLLOWING...



CLINICAL UPSKILL TRAINING

Rachel Joyce, Katie Butler and Charlotte Cooper have all completed Clinical Upskill training with Acute Training Solutions Ltd. They are now trained in basic observations, venepuncture, enteral feeding, catheterisation, and wound management. We are so thrilled to be able to support this progression within our home.



SENIOR HEALTHCARE SUPPORT

Nicky Painter has enrolled on her Senior Healthcare Support Apprenticeship course. We wish Nicky the best of luck with her new qualification.

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:

BOAT TRIP

You said: We would enjoy a trip out on a boat.

We said: Residents and staff went for a cruise on a barge along the Kennet and Avon canal. We were lucky enough to hire a boat from the Bruce Trust charity and we all enjoyed having lunch cruising along the river!

FITNESS AND ACTIVITY CLASSES

You said: Can we have more fitness and activity classes?

We said: Absolutely! We promote daily sessions at the gym and encourage walks in our garden, along with three sessions a week of either chair exercises or light exercise classes. We have also organised external visitors to come in and host yoga, tai chi and other fitness classes for us.

MUSIC TO OUR EARS!

You said: Are we able to host more musicians and instrumental performers?

We said: We had a cello player in August and a piano player in September, which our residents really enjoyed. We will continue to invite performers in to play for us: we do love a sing a long!

DATE OF NEXT RESIDENTS MEETING
SECOND MONDAY OF EVERY MONTH, 11.00AM

HOME MANAGER'S COMMENTS

Despite promises of long summer days spent in the garden this summer, the British weather hasn't always been on our side! We had some lovely days watching Wimbledon inside, sampling themed drinks from the cart and after lots of tasting, pink Gordon's seemed to be the drink of preference!

We are now looking ahead at Christmas planning, so if you have any suggestions for the festive months please let us know and as always, I love to hear your feedback!



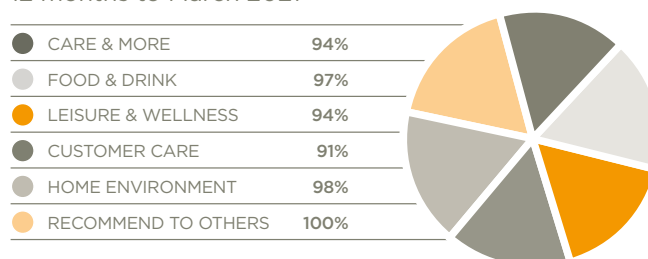
CQC rated and inspected

Overall
GOOD

RESIDENT QUESTIONNAIRE FEEDBACK RESULTS

POSITIVE APPROVAL RATINGS

12 months to March 2021



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 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.



FALKLAND GRANGE 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
01635 926900

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