

AUTUMN 2021

Issue 15

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

FEEDBACK CORNER

See how we rate and help us to raise the bar higher still

6

FUN TIME!

Jokes, quotes and Chef's seasonal recipes

LAVENDER OAKS

LOWDOWN



WELCOME TO OUR AUTUMN EDITION!



We've had a fantastic few months here, with the highlight being our CQC inspection where we scored 'good' across all areas and we also secured a place in the top 20 category for the most recommended care homes in London 2021! To put that into perspective, there are 1,299 care homes in the London area listed on carehome.co.uk! I'm really proud of our team here for both results.

We are looking forward to the next few months which will see us celebrating Halloween, bonfire night and Christmas and we plan to make it a memorable one!

Cristian Diaconu
Deputy Manager, Lavender Oaks

HOME NEWS

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



PORHAVEN GARDEN CHALLENGE PREPARATIONS

For this year's garden challenge, we were given the task of creating a pop-up garden, and here at Lavender Oaks we decided to create one with a safari theme. Our residents brainstormed and decided on the animals that we wanted to create and then we started crafting! We brought the garden to life with cardboard cut outs and soft toys. Here is Kenneth Lea and Margaret Fox meeting some of the safari animals.

SUMMER BARBECUE AT LAVENDER OAKS

On the 28th August, we hosted a barbecue in the garden to be enjoyed by all of our residents, friends and families. We enjoyed a delicious meal cooked by our Head Chef which included favourites such as sausages and burgers, accompanied by a selection of salads. We were lucky to escape the rain and our residents ate outside with their family members. Thank you to everyone who attended, we had a wonderful day!



JEWISH NEW YEAR

On the 6th August, our residents enjoyed celebrating the traditions of Rosh Hashanah Jewish New Year. We all enjoyed sampling the homemade challah bread and apples dipped in honey and in keeping with the culture, we learnt that honey represents a sweet new year and new beginnings!



AUTUMN 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 Lavender Oaks 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 Lavender Oaks!

RESIDENT PROFILE...



MEET KENNETH LEA



Kenneth was born and raised in Manchester. After studying physics, he gained a PHD and went on to teach at Oxford and Yale University in the science department.

How long have you been a resident here?

I moved to Lavender Oaks on the 14th January 2019

What is your favourite dish from the menu?

I am a vegetarian and there are lots of great options, but my favourite dish has to be the cheese omelette and stuffed peppers.

Which leisure and wellness activity do you enjoy most?

In my spare time, I liked to play the piano. When I am not playing the piano, I enjoy listening to classical music. As part of the leisure and wellness programme, I often get involved in the chair-based activities to keep active.



NEW ACTIVITIES FOR THIS AUTUMN A SELECTION FROM OUR PROGRAMME

MUSIC AND MOVEMENT

Come and join us for some moving and grooving! We combine music and movement to create a fun and engaging way to keep fit. Whether you just want to listen to some music or move to the beat, let us know your music of choice and come and join us.

GIN TASTING

With gin being so popular, we have decided to start a gin tasting session every Friday. Residents can come along and try different flavoured gins, and even tonics, in the ultimate search for your new favourite combination.

CARD MAKING

Let's get creative! Using a range of resources from the leisure and wellness room, we will be putting our crafting abilities to the test. Our residents can join us in making a range of greeting cards. After the cards have been designed and carefully crafted, we will all sit down and write a message to send out to friends and family.

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

26 OCT LAVENDER OAKS' 4TH BIRTHDAY

To celebrate the home's 4th birthday, residents and staff will be throwing a party in the bistro in the afternoon. We are welcoming an entertainer so put your dancing shoes on and boogie to your favourite songs through the decades!

14 NOV REMEMBRANCE DAY

Lavender Oaks will be joining the nation with a two minutes silence at 11.00am to remember the fallen, followed by afternoon tea in the bistro.

24 DEC CHRISTMAS EVE PARTY

Get your dancing shoes on and dance the afternoon away with Barry Stevens singing and entertaining everyone at Lavender Oaks for our Christmas Eve Party!

STAFF UPDATE

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

STAFF PROFILE...



MEET LISA BLAIN CARE ASSISTANT



Lisa is one of our lovely carers working on the butterfly suite. She has worked in care for over 14 years so brings with her lots of care experience.

How long have you worked here?

I have worked at Lavender Oaks for two years.

Describe your role here at Lavender Oaks.

My role as a Health Care Assistant involves taking care of our residents ensuring that they are happy and safe whilst living as independently as possible.

What do you enjoy the most about your role?

I love learning about our residents and hearing their stories. As well as this, I enjoy meeting their families when they come in to visit. Working at Lavender Oaks is different from anywhere else that I have worked before, there is a lovely homely atmosphere.

What are your hobbies and interests outside of work?

Outside of work, I like walking my dog and taking time to go swimming.



WE SAY HELLO TO... KAREN MILLS CARE ASSISTANT

Karen has previously worked as a health care assistant so has experience in the role. She enjoys working here at Lavender Oaks, looking after our residents and everyone has made her feel so welcome. Her hobbies include horse riding and socialising with her family and friends. Welcome, Karen!

STAFF NEWS AND ACHIEVEMENTS

OUR CONGRATULATIONS TO THE FOLLOWING...



PROMOTIONS!

A big congratulations to **Anastasia Maison** (above, left), who has been with the company for nearly three years now. She has recently been promoted to Team Leader after completing all of her training and she is looking forward to the future and fulfilling her new role.

Congratulations to **Shannon Hamilton** (above, right). Shannon started at Lavender Oaks three years ago as a Health Care Assistant and then went on to the qualify as a Team Leader. Shannon has most recently been promoted to a Home Trainer. Well done!



EAR SYRINGING COURSE

We would like to give a special thanks to our **nursing team and residential care manager** for attending and completing an ear syringing course in August.



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:

CHURCH SERVICES

You said: Can we have a church service once a week.
We said: Absolutely! We are currently in contact with two churches to arrange a service weekly.

BAKING

You said: Can we do some more baking?
We said: Of course! We will be putting a baking club on the planner once a week for everyone to take part in. We would like to encourage our residents to discuss any recipes that they might like to bake during this activity and put them forward to the leisure and wellness team. With Christmas fast approaching, there will be lots of festive baking across all four suites.

MINIBUS TRIPS

You said: We really enjoy going out on the minibus trips!
We said: So do we! In the next meeting, we will discuss some new venues to visit.

DATE OF NEXT RESIDENTS MEETING THURSDAY 21ST OCTOBER, 2.00PM



HOME MANAGER'S COMMENTS

As mentioned in my introduction, we won a place in the prestigious Carehome.co.uk top 20 awards this year. Here are some examples of the reviews from residents and family members that helped us to achieve this.

"Lavender Oaks has been an absolute godsend in caring for our mother, especially in these COVID times. We are so relieved to know that she is happy and well cared for. The staff are all so caring and considerate and treat mum with dignity and respect. I have no hesitation in recommending Lavender Oaks as an excellent care home."

Daughter of resident

"My mum is very happy living here. She tells me she finds the staff very helpful and is well looked after. All the staff at the home are lovely and will always tell me how my mum is doing. It feels like one big family."

Daughter of resident

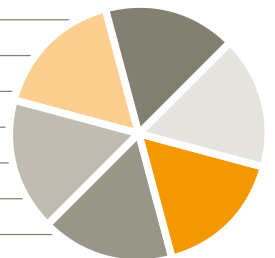


CQC rated and inspected | Overall **GOOD**

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	100%
RECOMMEND TO OTHERS	100%



Carehome.co.uk review score

9.9 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.



LAVENDER OAKS 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
020 3957 5200

Lavender Oaks Care Home

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Access from the Woodmansterne Road end of Metcalfe Avenue

WWW.PORTHAVEN.CO.UK/CARSHALTON

LAVENDER OAKS

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