

AUTUMN 2021

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WELCOME TO OUR AUTUMN EDITION!



We have enjoyed a lovely summer spending time in the garden with family and friends, going on outings and taking part in a wonderful variety of activities, from a ventriloquist show to the Lincroft Meadow Olympics.

We have also thoroughly enjoyed re-starting our monthly friendship café and have been delighted to see both old and new faces from the local community joining us for an afternoon of entertainment, company and delicious refreshments once a month.

After a challenging period with regards to recruitment, as I write, I am delighted to bring you news that we have recently welcomed nine new team members and are continuing to see an improvement in the number of quality candidates interested in joining our team.

We are now looking forward to our autumn programme of activities and in particular a fun-filled festive season. We look forward to welcoming family and friends to our home over the coming months.

Elaine Ratcliffe

Home Manager, Lincroft Meadow

HOME NEWS

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



KIDDLEYDIVEY CAFÉ

On Tuesday 7th September, we welcomed back Yvette from Kiddleydivey into our home. The entertainment went down a treat and everyone thoroughly enjoyed listening to the beautiful music. Yvette played a selection of seaside songs and encouraged residents and staff to join in by catching bubbles, playing instruments, singing and dancing. Everyone had a wonderful time, including James who you can see is pictured joining in and playing a tambourine.

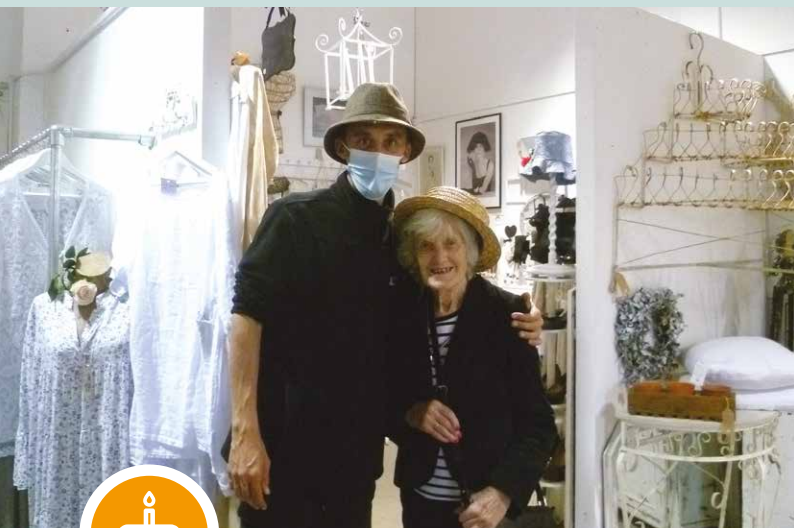
BEAUTY TREATMENTS

One of our residents' favourite activities is a lovely relaxing session of pampering. Once a month for a whole day, our residents can choose from a wonderful range of pampering treats including relaxing facials, massage treatments, manicures and nail polish, pedicures and moisturising socks, or even a foot spa! The sessions were originally planned due to a suggestion made at our residents meeting and it's fast becoming one of our most popular activities. Here is Joy enjoying having her feet moisturised.



OLD FLIGHT HOUSE MILL TRIP

A much-loved place that our residents enjoy visiting is the 'Refreshingly Different Antiques: Vintage and Interior Centre' located in Weston-on-the-Green, just outside Oxford. With over seventy different units to explore there's always something interesting to browse and their café also offers a chance to relax and take a break from all that retail therapy. Margaret is pictured here having fun trying on some of the hats on display with our minibus driver, Stephen.



AUTUMN BIRTHDAYS!

We have a number of residents celebrating their birthdays over the coming months, so on behalf of Elaine and all the team at Lincroft Meadow, we'd like to wish the following residents a very happy birthday indeed: **Philip, Janet, Albert, Annie, John, Paddy, Bernie, Margaret H, Bernice, Anne D, Carol and Paul G.**

WHAT'S NEW?

Keep up to date and get to know more about people and goings on at Lincroft Meadow!

RESIDENT PROFILE...



MEET DOREEN MIDDLETON



Doreen was born in Reading, in 1931 and met her husband Hubert at a local dance hall. He told her his name was Huw because he didn't like it! They married in 1954 and remained in Reading where they raised their two children, Haydn and Wendy. Doreen has four grandchildren and a great granddaughter.

How long have you been a resident here?

I moved in at the beginning of July.

What is your favourite dish from the menu?

I really enjoy all the fish dishes and the cottage pie.

Which leisure and wellness activity do you enjoy most?

I really enjoy the daily exercise classes and my son was amazed to find me using the exercise bike when he visited recently. I also enjoy spending time with the new friends I have made here.

Tell us something about yourself that others may not know.

I have only ever travelled abroad once in my life. I travelled to Italy in the 1950s but discovered that I suffer with terrible travel sickness, so I have never set foot on a plane again.

NEW ACTIVITIES FOR THIS AUTUMN A SELECTION FROM OUR PROGRAMME

LET'S SING

FROM WEDNESDAY 20TH OCTOBER

The Dementia 'Let's Sing' Network helps people affected by dementia take part in singing groups and choirs across Oxfordshire. We know that singing is good for you and singing with a group is even better. During a monthly gathering, members of the 'Let's Sing' team will be visiting our residents for a good old sing song.

BOARD GAMES CLUB

FROM TUESDAY 16TH NOVEMBER

Several of our residents enjoy playing board games so we thought we would start a club, where residents play various games whilst enjoying a drink with friends. If you would like to play a game that we don't currently have, please request it from a leisure and wellness team member.

CHRISTMAS ARTS AND CRAFT CLUB

FROM THURSDAY 2ND DECEMBER

Let's get creative and make something special and festive. Every Thursday in December our residents will be creating seasonal gifts for loved ones at our arts and crafts club.

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

4-10 OCT SPACE THEMED ACTIVITY WEEK

Residents will be creating their own solar system, cooking a comet, building a satellite, listening to a concert of space related music, watching 'Everything and Nothing' at the cinema and having an internet chat with a space expert from Rutherford Appleton Laboratory!

11 NOV ARMISTICE DAY

Our residents will remember the service and sacrifice of all those who have defended our freedoms and protected our way of life during a special Armistice Day Remembrance Service.

21 DEC CHRISTMAS CAROLS

We are honoured that the social activities we plan create links between our residents and their communities, and bring different generations of people together. As a special treat this Christmas a local teenage choir will be singing Christmas Carols for our lovely residents.



STAFF UPDATE

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

STAFF PROFILE...



MEET FRANCY SAUREZ TEAM LEADER



How long have you worked here?

I have worked here since we opened in 2018.

Describe your role here at Lincroft Meadow.

As a Team Leader my role changes from day to day depending on the needs and preferences of our residents. However, I primarily administer medication, provide assistance with personal care and look after the welfare of our residents. As Team

Leader I also help to support and direct the care assistants to ensure that we provide the best possible care for our residents.

What do you enjoy the most about your role?

I love chatting to residents, getting to know them as individuals, finding out about the life history and what makes them happy.

What are your hobbies and interests outside of work?

I love spending time with my family. I am a proud mum of three boys and they certainly keep me busy when I'm not at work.



WE SAY HELLO TO... BRENDA BYWATERS MINIBUS CARE ASSIST.

Brenda joined us in the summer as the carer for our minibus outings. She lives in Kidlington and has worked in care for over thirty years including roles for the NHS and private care homes. Brenda enjoys her new role and loves seeing how much our residents enjoy getting out again. In her spare time Brenda keeps busy with gardening, cooking and DIY projects. **Welcome, Brenda!**

STAFF NEWS AND ACHIEVEMENTS

OUR CONGRATULATIONS TO THE FOLLOWING...



MANDATORY LEARNING COURSES

Over the summer, staff have been busy keeping all their mandatory learning courses up to date under the guidance of the Home Trainer, Rebecca. The Nurses and Team Leaders have also undertaken **Advanced Care Plan** training in order to enable them to better support residents and families with decision making and documentation of end of life wishes.

Congratulations to **Marinela Stoichitoiu** (top) and **Victoria Valentine** (below) on completing their **Moving and Handling** and **Train the Trainer**

qualifications. They are now qualified to assess residents' moving and handling care needs and to train staff as necessary, and they have already been putting their skills to good use!



ENGAGED!

Congratulations to carer, **Hannah Boiling** and her partner Mark on their recent engagement. Mark completely surprised Hannah when he popped the question on 11th September and gave her the most beautiful diamond engagement ring. They have already set the date and planning their big day on 23rd July 2023.



RESIDENTS MEETING SUMMARY

We were delighted to hold an in-person relatives meeting for each of the units at the beginning of July. We would like to say a big thank you to everyone who came. It was lovely to hear all of your positive comments about our staff and the way we as team have responded to the unprecedented events of the last eighteen months.

MINIBUS TRIPS

You said: We would like the team to organise new trips. We would like to go to the theatre, out for evening meals, a trip to the seaside or perhaps a boat trip on a local river if possible.

We said: These are fantastic ideas! We will add all of these to our programme now that it is possible again.

BOOKS

You said: Would it be possible to have a greater selection of murder mystery books? We would also like the book club to be held twice a month in future.

We said: Of course and thank you for your feedback, we will make these changes. Happy reading!

DATE OF NEXT RESIDENTS MEETING FRIDAY 19TH NOVEMBER, 2.00PM



HOME MANAGER'S COMMENTS

I hope everyone has a lovely autumn. I would like to invite everyone to please join us at Lincroft Meadow on the last Thursday of every month between 2.00pm and 4.00pm, for our friendly and informal monthly friendship café.

You can enjoy live music, great company and delicious refreshments in a relaxed and friendly environment. Whether it's company and a friendly chat or advice, support and guidance you are looking for, our café is free to everyone wishing to join us and is a great event.

Please call Suzi Morgan on **01865 950500** for further details.



CQC rated and inspected

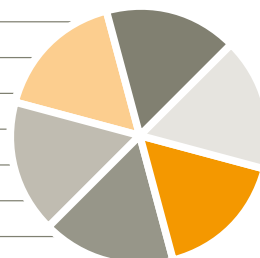
Overall
GOOD

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.



LINCROFT MEADOW
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
01865 950500

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