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**WELCOME TO OUR WINTER EDITION!**



What a busy few months we have had here at Penhurst Gardens. We celebrated autumn in style and for the first time at our home, held a silent firework display! It was accompanied by a delicious BBQ and mulled wine prepared by our kitchen. We also held a day of thankfulness for all of our community colleagues who, on a daily basis, have to overcome many hurdles. We feel here at Penhurst Gardens that we are very lucky to work with such a great team and we wanted to extend that to our community.

We had a very busy festive period as we turned our home into a winter wonderland! As the temperatures dropped outside everyone at Penhurst Gardens was in the festive spirit. We were able to welcome visitors into our home and it was lovely to see

families being able to celebrate together.

**Philippa Cook**

Home Manager, Penhurst Gardens

# HOME NEWS

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



## SILENT FIREWORK NIGHT

**O**n 4th November, we hosted a silent firework night for our residents, which included a silent catherine wheel and a beautiful, colourful firework fountain. The night was completed with a barbecue of hot dogs and burgers, hot soup, mulled wine and hot chocolate from our incredible kitchen team. Many of our residents gathered in the courtyard, dressed in their warm layers, whilst others watched and waved from their bedroom windows!

## WHEN YOU WISH UPON A STAR

**D**uring a trip into town, two of our residents, Edna Haines and Sheila Ratcliffe, noticed some penguin toys in the window of our local shop. One of our residents exclaimed that they loved penguins. From there, our staff had an idea, to bring the penguins to Penhurst Gardens! We had two fishy friends visit us on Tuesday 14th December to fulfil the dreams of our residents at Christmas, along with a red carpet and snow machine!



## CHRISTMAS TREE DECORATING FESTIVAL

**O**n Monday 29th November, our residents joined the Methodist Church in Chipping Norton for their annual 'Christmas Tree Decorating Festival'. Our residents selected a tree and added their very own twist to the decoration for all to see. The festival began on 3rd December at Chipping Norton Methodist Church and the public were invited to attend the celebrations throughout the festive period.



## WINTER BIRTHDAYS!

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

## RESIDENT PROFILE...



### MEET SANDRA HENDLEY



Sandra was born in Eastleigh, in the New Forest, to parents, William and Jessie and followed her mother into the profession of shorthand typing. She has three wonderful children, and seven grandchildren. Sandra's room here is lovingly decorated with many photos of her friends and family and she will often happily chat about them.

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

I have been a resident here since February 2020.

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

I thoroughly enjoy the breakfasts at Penhurst Gardens. My favourites are eggs and toast with marmalade!

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

I really enjoy walking into Chipping Norton: I like to stretch my legs and see the beautiful town. We have a flower arranging class on Wednesdays which gives me a reason to go and pick some flowers off the market stalls. I like to come back afterwards and rest up with a cup of tea.

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

Interestingly, my father served as a Lancaster bomber crewman during the Second World War.

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

### EXERCISE WITH OOMPH WELLNESS!

MONDAY AFTERNOONS – 3.00PM

We have arranged video classes and livestreams, using the online resource, Oomph Wellness, that will be trialled throughout January. This is an exciting, stimulating activity that will start very soon and we hope that our residents enjoy the session!

### THANK YOU THURSDAY

LAST THURSDAY OF EVERY MONTH – 9.00AM-1.30PM

We will be putting on an event for all healthcare professionals and offering complimentary bacon sandwiches and afternoon tea to say thank you for all their hard work throughout the pandemic.

### FRIENDSHIP CAFE

LAST WEDNESDAY OF EVERY MONTH – 2.00-4.00PM

Featuring live entertainment from In2culture we will be hosting an afternoon of singing and dancing, as well as your choice of cake. Our talented Chef, Paul, will be baking a lemon meringue and a three-veg carrot cake, made with parsnip and beetroot!

**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

### 14 JAN MP VISIT

Conservative MP, Robert Courts, is visiting as our guest speaker. We will give him a grand tour of our care home and introduce him to our residents.

### 14 FEB VALENTINE'S SURPRISE TREAT

To celebrate Jo and Reg Gandy's 66th wedding anniversary, we have planned a meal for the couple in our fine dining room, with romantic decorations and their favourite meal; fish and chips. The rest of us will enjoy Valentine's themed activities.

### 28 MAR CELEBRATING WOMEN IN OUR COMMUNITY

We will combine Women's Day and Mother's Day to show our appreciation. Four professional guest speakers from our local community will speak, while afternoon tea will be served with Buck's Fizz, flowers and goody bags on arrival.



# STAFF UPDATE

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

## STAFF PROFILE...



### MEET PAUL GANEA CHEF



#### How long have you worked here?

I've been working at Penhurst Gardens for two years now.

#### Describe your role here at Penhurst Gardens.

I was recently promoted to chef, so I spend a lot of my time cooking.

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

I love chatting and getting to know our residents, especially during mealtimes when they can give me feedback on my dishes. Every one of our residents has a story to tell and there is always something interesting to learn.

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

I'm a big football fan and I love to watch a game with a cold pint. Anyone who supports Manchester United is welcome to watch a game with me!



### WE SAY HELLO TO... CHARLEY-ANN DOHERTY TEAM LEADER

We are thrilled to welcome back Charley-Ann Doherty to our team at Penhurst Gardens. Charley worked in our home previously before welcoming her first child, and we are delighted that she has returned now as a team leader. **It's good to have you back, Charley-Ann!**

## STAFF NEWS AND ACHIEVEMENTS

## OUR CONGRATULATIONS TO THE FOLLOWING...



Congratulations to our Head Housekeeper, **Hilary Howes** (left), for winning the Regional Ancillary Worker Award, we wish you the best of luck in the national awards! Hilary manages a great team and always goes the extra mile for our residents and staff. We have had many comments from our residents' families of how well kept their rooms are and that our home smells very refreshing and homely.

We would also like to congratulate our Deputy Manager, **Clarissa Ellis** (centre), and our Home Trainer, **Alfie Ellis** (right), on successfully completing their four day Dementia Care Mapping course. Clarissa and Alfie are extremely knowledgeable and help other members of staff to complete the training so that they can continue to improve their care standards for our residents who have dementia.



### KYLIE HESTER

Congratulations also to our Team Leader, Kylie Hester, who was highly commended in the Dignity In Care Award. Kylie has great empathy for our residents and communicates fantastically well with all our residents' families.

# 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:

### GARDEN

**You said:** We love the garden and love spending time in it! Can we add to it for the spring?

**We said:** We know how much you love our garden, so have procured a landscape gardener to create a design for our garden renovation this year. The projected timeline for completion is between April and June 2022.

### LEAVES

**You said:** Can the fallen leaves be removed from the newly laid grass in the first-floor garden?

**We said:** Yes of course, we have done this for you!

### OUTINGS

**You said:** We love going on outings! Can we plan some more for the new year?

**We said:** Absolutely! From the week commencing 10th January 2022 we have planned outings for all of our residents over the spring months.

**DATE OF NEXT RESIDENTS MEETING**  
**MONDAY 31ST JANUARY 2022, 11.00AM**



## HOME MANAGER'S COMMENTS

I continue to be impressed with our whole team's commitment and relentless hard work to ensure that our residents can lead a full and happy life here at Penhurst Gardens.

We have had a fantastic winter season, but the sight of spring flowers will be welcomed after the long winter days. We look forward to lighter days and more activities being hosted outside in our beautiful gardens as we look towards spring.



CQC rated and inspected

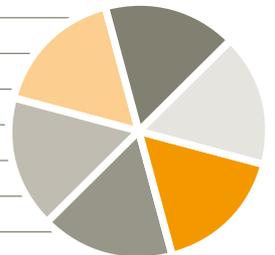
Overall  
**GOOD**

## 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

**9.8 OUT OF 10**

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

# FUN TIME!

## DID YOU KNOW... THE WINTER OF 1963 IS ONE OF THE...

coldest on record, and the coldest since 1740. Temperatures consistently reached lower than -20°C!



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

Can you smell carrot?



# CHEF'S SEASONAL RECIPE GINGERBREAD MEN

Prep time 40 mins

### Ingredients

- 225g plain flour, plus extra for dusting • Half teaspoon salt
- 2 teaspoons bicarbonate of soda • 1 heaped teaspoon ground ginger
- Half teaspoon cinnamon • 50g unsalted butter
- 100g soft brown sugar • 100g golden syrup

### Method

1. Heat oven to 190°C / 170°C fan / gas 5 and line a baking tray with baking parchment. Sieve the flour, salt, bicarb, ginger and cinnamon into a large bowl. Heat the butter, sugar and syrup until dissolved. Leave the sugar mixture to cool slightly, then mix into the dry ingredients to form a dough. Chill the dough in the fridge for 30 mins.
2. On a surface lightly dusted with flour, roll out the dough to a quarter-inch thickness. Stamp out the gingerbread men shapes with a cutter, then re-roll any off-cuts and repeat. Place your gingerbread shapes on the lined trays, allowing space for them to spread. Cook for 10-15 mins, then remove from the oven and leave to cool.



## WORDSEARCH

Find all the hidden winter words:  
COAT - COLD - FROST - ICE  
IGLOO - SCARF - SNOW - WINTER

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

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



PENHURST GARDENS 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  
**PORHAVEN.CO.UK**  
OR CALL US ON  
**01608 698100**

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