

**AUTUMN 2021**

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**PRESTBURY HOUSE**

# **POST**



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



As summer ends and we head into autumn, I have had the pleasure of meeting more relatives, as visits to our home have increased. We hope that this can continue throughout the autumn months.

We have been up to a lot of exciting things throughout the summer, including the Porthaven garden challenge, activities with our local Macclesfield Football Club and with our regular weekly excursions, allowing our residents to make the most of the intermittent British sunshine. The highlight of the summer was the honour of having multiple members of our staff nominated for the British Care Awards. I couldn't be prouder of them and the hard, valuable work that they do.

I hope you enjoy this latest quarterly newsletter, which provides you with a small snapshot of what life is like here at Prestbury House.

**Lynne Hudson**  
Home Manager, Prestbury House

# HOME NEWS

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

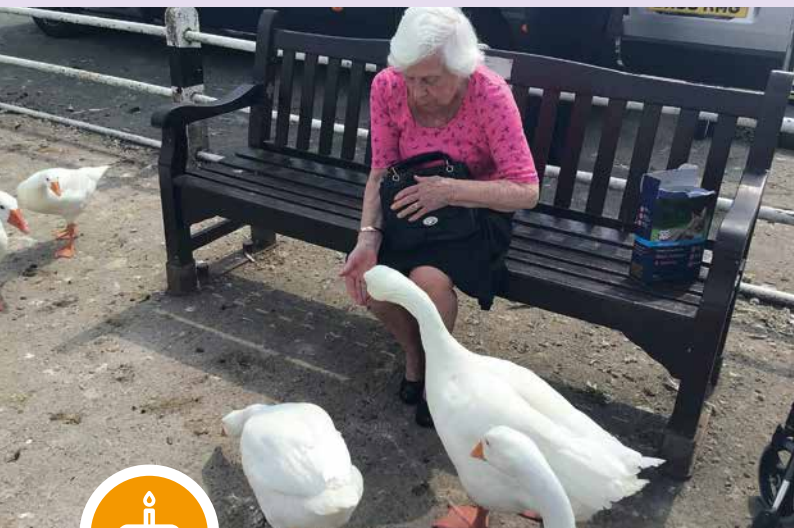


## ICING ON THE CAKE!

At Prestbury House, we love having our cakes and eating them, so as an activity, our residents were asked to ice the cakes that the kitchen staff had made for them. We had a great time getting creative and half of them disappeared into the mouths of those decorating them! Dinah, pictured here is showing us her handy work, which was as tasty as it looked!

## TEA TIME ACCORDION WITH OUR RESIDENTS

We had a brilliant tea party for all our residents at Prestbury House with a special guest on the accordion, John Jones. He played all different genres of music to get our toes tapping! We had an eventful day full of food, drinks and even a raffle for our residents. We hope in the near future we can host an event that all of the family can enjoy!



## GOOSEY GOOSEY GANDER!

We decided to 'wing it' on our bus trip to Reedsmere to take a gander at a gaggle of geese. We found that with a little food and kindness, we did an 'im-peck-able' job at making new friends! We had a beautiful day out in the sunshine followed by a lovely quick drink at the pub coming back. All in all, it was a 'goose day'!



## AUTUMN BIRTHDAYS!

We have a number of residents celebrating their birthdays over the coming months, so on behalf of Lynne and all the team at Prestbury House, we'd like to wish the following residents a very happy birthday indeed: **October** - Agnus Bull turned 100! (8th), Patricia Mines (10th), Mary Arnold (11th), Joan Clegg (24th), David James (31st). **November** - Gordon Burdon (9th), John Ash (22nd). **December** - Sheila Bingham (5th), Donald Reedshaw (7th), Robert Sleigh (9th).

# WHAT'S NEW?

Keep up to date and get to know more about people and goings on at Prestbury House!

## RESIDENT PROFILE...



### MEET AGNUS BULL



Agnus has been with us since 25th May 2021 and brings a lot of smiles and laughter to the unit. She was born in Glasgow and lived there until she was 18. Agnus then moved down south where she was conscripted into the ATS. Her first job was as a carpet weaver and she later passed her exams to enter the civil service and worked at the Inland Revenue. She married and had two beautiful daughters.

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

I am quite a traditional lady who loves a good cooked full English breakfast, fish and chips and bananas and cream.

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

I used to enjoy ballroom dancing with my husband, and carpet bowls. I now love music and socialising with all the staff and residents.

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

I turned 100 on the 8th October!



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

### POETRY MORNINGS

Join us for our poetry mornings, where our budding poets share their writing with fellow residents. We will also be reciting and enjoying a selection of the works of great poets. Whether you are new to crafting poems, or a budding Shakespeare, you are sure to enjoy our poetry mornings.

### FRIDAY AFTERNOON QUIZ

Get your thinking caps on and get ready to compete with some of the finest quizzers in our home. However, it can get competitive so you have been warned! Who will walk away with the title of the best quizzier at Prestbury House?

### SEATED DANCE

We love to boogie and what better way to do it than seated with our favourite music? This is an accessible seated dance session for everyone to enjoy. Come along, get moving and join in with the fun!

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

### 07 OCT NATIONAL POETRY DAY

To coincide with our poetry mornings that we are holding at Prestbury House, we invite our residents to join in and write their own poem that we can share on National Poetry Day!

### 25 OCT WORLD OPERA DAY

To celebrate World Opera Day come along and try your hand at a bit of Gilbert and Sullivan Opera, like The Pirates of Penzance, The Mikado and HMS Pinafore. If you're not a professional, don't worry! All abilities are welcome here.

### 11 NOV REMEMBRANCE DAY HOT POT PARTY

This will be a day to remember! We will celebrate with a traditional hot pot meal, dress up in Land Girls outfits and reminisce with the lovely Vera Lynn! 'Lest We Forget...'

# STAFF UPDATE

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

## STAFF PROFILE...



### MEET AMBER WILLIAMS CSM



Amber has transferred to our home from one of our other Porthaven locations, where she worked for three years. She has previously earned a degree in marketing and business, (BSc) and comes to us with a lot of enthusiasm!

#### Describe your role here at Prestbury House.

I am fulfilling the role of a Client Services Manager in our home and my job is to liaise with the community and hospitals to help people who are

seeking care home placements for their loved ones.

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

I enjoy meeting our residents and their families, and hearing about all their fascinating life stories. I love meeting new people and helping people so this role leaves me feeling very fulfilled. If you haven't met me yet, please feel free to say hello and introduce yourself!

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

In my spare time, I love to spend time with my husband and friends hiking, watching movies, listening to music, reading and exercising.



### WE SAY HELLO TO... SOPHIE BARBER SENIOR CARE ASSISTANT

Sophie returned to our home after working for the NHS at Macclesfield Hospital for two years. In her spare time she enjoys walking with her dog, Woody. Sophie says 'I enjoy my job looking after our residents and making them feel happy, comfortable and welcome. I work nights and I like to promote activities in the evening such as reading and watching the news.' **Welcome, Sophie!**

## STAFF NEWS AND ACHIEVEMENTS

## OUR CONGRATULATIONS TO THE FOLLOWING...



### 'TRAIN THE TRAINER' COURSE

In September the following staff members attended a **Train the Trainer** course. They are now qualified to assess residents' moving and handling care needs and to train staff

as necessary. They have already been putting their skills to good use! The staff who attended were required to conduct a short micro-teaching session during the course, training the rest of the class. Well done to (left to right) **Marie Hewitt, Fanny Kaposi, Jordan Johnson, Livia Dudasane and Beverley Baxter.**

Other training included a Basic Wound Dressing course with Acute Care. Well done to **Fanny Kaposi, Rowena Pereyra, Beverley Baxter and Kirsty Hulme** for participating.

### IMMUNISATION TRAINING WITH THE NHS

We would like to say congratulations to Nurse **Christine Beddows** and Nurse/Home Manager **Lynne Hudson** who participated and passed their recent immunisation training with the NHS.



# 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:

### STARTERS

**You said:** We would like more starters options.

**We said:** We would love to implement more. We will take on board your suggestions and offer dishes such as salmon and melon, mushrooms on toast and prawn cocktails.

### MINIBUS TRIPS

**You said:** Now that we can take trips, can we go to more garden centres, restaurants, pubs and other towns and villages?

**We said:** We are delighted that our residents are wanting to venture out after such a quiet year. We are planning to accommodate this and add further places like Blackpool Illuminations, Brighton Beach and the Trafford Centre.

### ACTIVITY PROGRAMME

**You said:** We are happy to have church services again, as well as the Macclesfield FC Charity Trust coming in for activities.

**We said:** We are glad you enjoy the current activities and we are hoping to open doors to further activity options and eventually families, so they can join in as well.

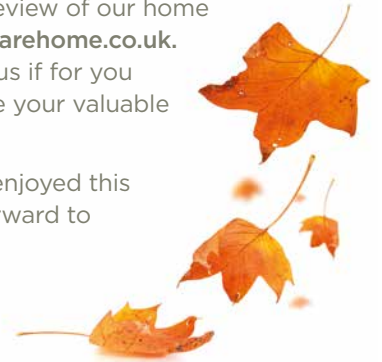
**DATE OF NEXT RESIDENTS MEETING**  
**WEDNESDAY 3RD NOVEMBER, 2.00PM**

## HOME MANAGER'S COMMENTS

I am really pleased to see how happy our residents and families are with the progress we have been able to make with activities and visits. I want to thank our staff for being extra vigilant, so that we can continue to protect our residents while being able to provide more than in the previous year.

I would like to ask our families and residents to kindly consider leaving us a review of our home and services on [www.carehome.co.uk](http://www.carehome.co.uk). It would mean a lot to us if for you could continue to share your valuable feedback as well.

As always, I hope you enjoyed this edition and we look forward to showing you our next!



CQC rated and inspected

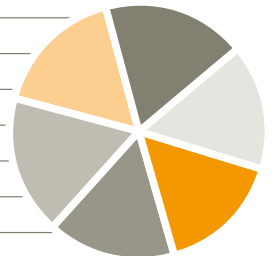
Overall  
**GOOD**

## RESIDENT QUESTIONNAIRE FEEDBACK RESULTS

### POSITIVE APPROVAL RATINGS

12 months to March 2021

CARE & MORE	95%
FOOD & DRINK	82%
LEISURE & WELLNESS	83%
CUSTOMER CARE	83%
HOME ENVIRONMENT	92%
RECOMMEND TO OTHERS	86%



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 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.



**PRESTBURY HOUSE  
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  
01625 506100**

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**WWW.PORTHAVEN.CO.UK/MACCLESFIELD**

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**PRESTBURY HOUSE**

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A PORTHAVEN CARE HOME