

THIRLESTAIN PARK TIMES

WINTER 2021-22

Issue 19

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



WELCOME TO OUR WINTER EDITION!



Deborah Williams
Home Manager, Thirlestaine Park

We had a wonderful time celebrating Christmas here and it was lovely to see everyone getting involved with decorating our home. Our real Christmas tree on the ground floor went down a treat and the authentic smell filled our whole home.

Over the next few months, we will be welcoming some new faces and looking forward to some new and exciting activities.

Thank you to everyone for the warm welcome to Thirlestaine Park. As always, feel free to pop in for a chat or give me a call, my door is always open!

HOME NEWS

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



HAWAIIAN PARTY

We celebrated in Hawaiian style on 27th September by formally introducing Debbie Williams, our new Home Manager to the Thirlestaine Park team during our staff and residents party, marking the end of the summer. Our fabulous chef served everyone Hawaiian-inspired barbecued food, including delicious burgers, rib-eye steak, marinated pork, chicken and a selection of salads and amazing desserts. Our residents and staff joined in to listen to and dance along with Julie, our steel pan performer.

WEAR IT PINK DAY!

On the 20th of October, we held a charity event in support of Breast Cancer Research's Wear It Pink Day. We hosted a raffle with some special prizes for the winners. There was plenty of tea and cake, and our residents enjoyed singing along to our fabulous performer, Alice Tribe. The lucky winners of the raffle received bottles of fizz, chocolates, hand creams, scented lotions and aftershaves. The day was a success and we managed to raise £66.31, all for a great cause!



HAPPY HALLOWEEN!

We celebrated Halloween at Thirlestaine Park in style this year! On the 30th October, we got creative and took part in themed activities led by our Leisure and Wellness Team. Our residents created Halloween hats and then we all got involved with a pumpkin painting competition. We baked pumpkin spiced cupcakes and enjoyed them as part of our afternoon tea party, whilst the winners of the earlier competition were announced and presented with bottles of prosecco and chocolates!



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 Thirlestaine Park 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 Thirlestaine Park!

RESIDENT PROFILE...



MEET TOM GARNIER



Tom has enjoyed a life full of travel. He carried out national service when he was in his 20s, then moved on to join the SAS and Parachute Regiment before settling in Cheltenham, where he raised his family.

How long have you been a resident here?

I have been at Thirlestaine Park now since September this year.

What is your favourite dish from the menu?

I enjoy a good fish dish; our chef cooks some wonderful things! We ate lots of fish in the army.

Which leisure and wellness activity do you enjoy most?

I enjoy joining in with the group activities within the home. We have had some great outside entertainers in for Christmas time.

Tell us something about yourself that others may not know.

After being in the armed forces, I worked as the chairman for a company where I met my beloved wife, Heather, in Hong Kong. We went on to have four lovely children: Izzy, Rachel, William and Edward.

NEW ACTIVITIES FOR THIS WINTER A SELECTION FROM OUR PROGRAMME

HORTICULTURAL THERAPY

TUESDAYS, 2.00PM

As part of horticultural therapy, we were thrilled to be including this activity with a festive theme! We made Christmas table garlands to get us all into the festive spirit and after Christmas, we will continue this activity inside with a spring theme.

SINGALONG SESSIONS WITH ALICE TRIBE

12TH JANUARY

Alice will be coming in to Thirlestaine Park to deliver an engaging and therapeutic singing session with our residents. Her performances are always thoroughly enjoyed and we cannot wait to welcome her on a regular basis.

EXERCISE THERAPY WITH MATT FROM G FITNESS

THURSDAYS, 2.00PM

Matt will be coming in to Thirlestaine Park twice a month to do exercise therapy. Matt has vast experience in facilitating group fitness in a care setting and our residents really enjoy getting up and moving. The exercise will be something different for everyone to get involved with. Dates and times will be listed on the weekly activity lists so keep your eyes peeled!

LOOK OUT FOR OUR UPCOMING SPECIAL EVENTS

19 JAN

BARRY JUCKES PERFORMANCE

The ever-popular Barry Jukes will be providing a set full of music from the 50s, 60s and 70s. Our residents love Barry's performances and he never fails to entertain! While Barry is singing, his wife interacts and dances with our residents and they really enjoy the atmosphere.

13 JAN

CHURCH OF ENGLAND SERVICE

We are looking forward to welcoming back our friends from St Luke's Church. In our C of E service, we have now introduced hymns and large print orders of service to ensure that all our residents can join in.

17 APR

EASTER CELEBRATION

We are excited for our Easter celebration this year at Thirlestaine Park. We will be taking part in some fun games and arts and crafts throughout the day.



STAFF UPDATE

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

STAFF PROFILE...



MEET TRACEY YUS TEAM LEADER



Tracey has worked in the care sector for five years and has previous experience in a variety of industries, including finance, where she worked for 17 years and construction, where she worked for 10. She is now enjoying working towards her level 5 leadership and management in health and social care.

How long have you worked here?

Since 11th January 2021, although I began my career with Porthaven at Savernake View in April 2020, and I also worked at Upton Mill in Tetbury last year.

Describe your role here at Thirlestaine Park.

My role involves supporting everyone throughout the home, whether that be our residents, staff, families or visitors.

What do you enjoy the most about your role?

I enjoy working closely with our residents, and providing exceptional person-centred care. I am also a Dementia Link worker and am passionate about passing on my knowledge.

What are your hobbies and interests outside of work?

Beau, my Siberian Husky. We hike for hours at a time in all kinds of weather.



WE SAY HELLO TO... JACKIE WANZOKI TEAM LEADER



We are delighted to have Jackie on board as an experienced team leader who you may find based on any of our three nurses' stations. Jackie is a qualified care practitioner and previously worked for Barchester Healthcare and Audrey Care. Welcome, Jackie!

STAFF NEWS AND ACHIEVEMENTS

OUR CONGRATULATIONS TO THE FOLLOWING...



PORTHAVEN'S ANNUAL GARDEN CHALLENGE AWARDS

Thirlestaine Park was hard at work this year in preparation for Porthaven's annual Garden and Hospitality Challenge.

We are thrilled to say that we are the overall champions for the garden challenge this year! We also won awards for the best pop-up garden and the photographic competition.

All of our staff and residents here are so pleased with the outcome of everyone's hard work and we would like to say thank you to everyone who has been part of our garden journey. We are definitely ready for next year's challenge!



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:

PRIZE MONEY

You said: We would like to spend our Porthaven Garden and Hospitality Challenge prize money on some new garden furniture.

We said: We thoroughly enjoyed hearing your suggestions and are currently looking at the possibility of either new chairs and cushions for the garden, umbrellas, a birdbath or we could plant some trees around the perimeter of the garden.

CHRISTMAS MARKET

You said: Could we have a Christmas market again this year?

We said: Of course. We invited local businesses to support, donate and sell items as part of the market. We brought in arts and crafts stalls, chocolate stands and businesses selling fragrances. It was a great success!

CLINICAL GOVERNANCE MEETING

On Thursday 2nd December, we held a clinical governance meeting with our Home Manager, Debbie, and Sarah Wollaston from head office, along with the Thirlestaine Park staff. This meeting will now take place once a month to discuss important topics within our home and how we can further improve the care provided to our residents.

DATE OF NEXT RESIDENTS MEETING MONDAY 10TH JANUARY, 3.00PM



HOME MANAGER'S COMMENTS

I have now been in post for a few months and I am getting to know our residents, staff and our relatives.

I am observing some wonderful interactions between staff and residents, which tells me that this is a home filled with people who care about one another. This was reinforced by a review of our home I recently read on the independent review site [carehome.co.uk](https://www.carehome.co.uk). I have shared an extract below.

'I have been amazed and reassured by the wonderful welcome and care he has received from all the staff. Nothing seems to be too much trouble and the staff take time with him, treating him with respect and dignity. Dad says that the food is outstanding and was thrilled when the chef came and asked him to suggest some dishes to include on the menu...'

Daughter of Thirlestaine Park resident



CQC rated and inspected

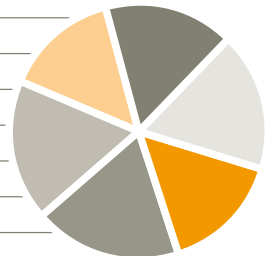
Overall
GOOD

RESIDENT QUESTIONNAIRE FEEDBACK RESULTS

POSITIVE APPROVAL RATINGS

12 months to March 2021

CARE & MORE	89%
FOOD & DRINK	94%
LEISURE & WELLNESS	82%
CUSTOMER CARE	100%
HOME ENVIRONMENT	96%
RECOMMEND TO OTHERS	77%



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 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.



THIRLESTAIN PARK
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
01242 505560

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WWW.PORTHAVEN.CO.UK/CHELTENHAM

THIRLESTAIN PARK TIMES | P6

THIRLESTAIN PARK

CHELTENHAM

A PORTHAVEN CARE HOME