

UPTON MILL MERCURY

WINTER 2021-22

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WELCOME TO OUR WINTER EDITION!



Welcome to the winter edition of the Upton Mill Mercury. We have had a wonderful end to 2021, celebrating our second festive season as a home. This quarter has been jammed packed with Christmas celebrations, lots of singing with new musical visitors and the judging of the 2nd annual bonfire picture competition, to name a few.

With the help of our new Leisure and Wellness Coordinator, Natasha, we have launched regular one-to-one gym sessions, using Natasha's skills as a trainee movement therapist to help our residents keep fit and active. Everyone is already feeling the benefits and encouraging others to get involved. The bikes have proved to be very popular!

I hope you enjoy this edition of the Upton Mill Mercury.

Sita Murzira

Home Manager, Upton Mill Care Home

HOME NEWS

It's been a busy few months here at Upton Mill Care Home! Here is a mere snapshot of what's been going on.



GARDENING SESSIONS

We have been planting bulbs to get ready for the start of spring. Throughout the year we have been drying out bulbs in our greenhouse which will soon be ready to plant in the garden. We have beautiful autumn and winter colours emerging in our garden, from some beautiful foxgloves that were kindly donated by our CSM's mother-in-law, Jenny. We enjoy being in the garden, no matter the weather, and really love seeing the seasons change.

BONFIRE ART COMPETITION

Our residents thoroughly enjoyed judging the 2nd annual bonfire art competition. The children of St Mary's School did not disappoint with their Guy Fawkes Day themed creations. Our residents were particularly impressed with the use of shadows, textures and of course lots and lots of glitter! Over cake and tea, we chose the winning entries. 1st prize for the children of key stage 1 and 2 was a private screening of a film of their choice in our purpose-built cinema.



CHRISTMAS TREE FESTIVAL

We were so pleased to be a part of the Christmas tree festival again this year at St Saviour's Church in Tetbury. The festival forms part of the town's Christmas celebrations where local businesses and community groups are invited to display a tree in the beautiful setting. There was a wonderful carol service amongst the trees to launch the month-long festive celebrations. We are so proud of our town and happy to be a part of the festive tradition.



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 Upton Mill 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 Upton Mill Care Home!

RESIDENT PROFILE...



MEET DOROTHY PRIOR



Say hello to Dorothy Prior. Dorothy joined us at Upton Mill recently and has really settled in well since her arrival.

How long have you been a resident here?

I have been a resident here now for two months.

What is your favourite dish from the menu?

I must admit to really loving the puddings! I have a sweet tooth!

Which leisure and wellness activity do you enjoy most?

I am a really keen Rummikub player and we really enjoy playing each other here. I also like the carpet boules and I enjoy the friendly competition.

Tell us something about yourself that others may not know.

I was 13 when the war started and 19 when it finished. Throughout the war, I worked with my father on the family farm. I was machine-gunned by a German plane while on the top of a hay bale. I had to slide down quick and luckily it missed me and the horses!

NEW ACTIVITIES FOR THIS WINTER A SELECTION FROM OUR PROGRAMME

SKITTLES

COMMENCING 10TH JANUARY, 11.30 AFTER COFFEE

Due to the popularity of our carpet boules and quoit games, we will be introducing weekly skittles sessions every Monday morning.

STITCH AND SOCIALISE

22ND JANUARY, 3.00PM

With an emphasis on socialising, join us for afternoon tea and a chat while taking part in various arts and craft activities.

FLICK FRIENDS

FRIDAY AFTERNOONS FROM 7TH JANUARY, 2.30PM

We are launching the Upton Mill Flick Friends Club - Upton Mill's very own Cinema Club. Each week our residents will choose which film to watch and discuss afterwards.

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

THE WHO TRIBUTE ACT

Banish the winter blues with musical entertainment from the ever popular The Who tribute act.

15-18 MAR

CHELTENHAM RACES

Throughout the festival we will be hosting various events including Ladies' Day hat making, St Patrick's Day celebrations and a sweepstake on the big race itself.

25 MAR

MOTHER'S DAY PAMPER AFTERNOON

Family members can come together for hand massages and manicures while enjoying bubbles and sweet treats for an afternoon of indulgence.



STAFF UPDATE

Get to know us better... who are your team at Upton Mill Care Home and what have they been up to recently?

STAFF PROFILE...



MEET NATASHA MARTIN LEISURE AND WELLNESS COORDINATOR



Natasha was already a part of the Upton Mill family and has moved from her role in the care team to follow her passion and develop the leisure and wellness offering in our home.

How long have you worked here?

I have been with Upton Mill since it opened in August 2020.

Describe your role here at Upton Mill.

My role covers all sorts of things but it is mainly to develop a programme of stimulating, fun and enriching events and activities for our residents to enjoy.

What do you enjoy the most about your role?

I really enjoy the interaction with our residents and seeing them smile. It is very special when you can connect with someone and enable them to achieve something that they may not think they can achieve anymore. My goal is to bring my dance background into the role and to keep our residents active.

What are your hobbies and interests outside of work?

I am a qualified scuba diver – I describe myself as a proper water baby!



WE SAY HELLO TO... NICOLA LYNCH

CLINICAL LEAD

Nikki recently joined us as clinical lead. She initially started her career working as a care assistant and trained to be a nurse, qualifying in 2011. In her spare time, Nikki likes to go for walks. She really enjoys spending time with our residents and getting to know them. **Welcome, Nikki!**

STAFF NEWS AND ACHIEVEMENTS

OUR CONGRATULATIONS TO THE FOLLOWING...



1 2 3 4 5

STAFF TRAINING AND AWARDS

Congratulations go to **Kathy Cooper** (1), **Karen Macintosh** (2) and **Julie Osman** (3) for being awarded employee of the month for September, October and November respectively. We have recently hosted some training sessions which we opened up to our sister homes in the area. This included **Emergency First Aid**, **Dementia Care Mapping** and **Mental Health First Aid**. **Kirstie Rogers** (4) has started her Level 3 qualification in Senior Healthcare Support Worker Nursing Pathway and will be working through this apprenticeship for the next year. We wish her well. **Nikki Lynch**, Clinical Lead, **Kirstie Rogers**, Home Trainer and **Paul Diment** (5), Maintenance Technician all passed an emergency first aid course and are now qualified first aiders.

NEW STARTERS

We welcome our recent new starters: **Anastasia McMahon**, **Joshua Eddolls**, **Pat Freeman**, **Ruby Farthing**, **Steve Williams**, **Maria Ionita**, **Nikki Lynch** and **Donna Gardner** – welcome to Upton Mill!

MEDICATION ADMINISTRATION

Megan Sheridan has now completed her competencies to be able to administer medications in our home.



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:

NOTICE BOARD

You said: We would like a notice board set up where important information can be made available to all including the next chiropodist visit, mini bus trip destinations and activity program.

We said: Libby, Paul and Natasha have now designed a bespoke noticeboard which will be updated regularly to inform our residents of the different activities that are happening in our home.

REFERENCE LIBRARY

You said: We would like to create our own reference library within Upton Mill.

We said: Libby Miles, our CSM, has reached out to the local community to source works for our library, which can be added to as time goes on.

LEISURE AND WELLNESS

You said: We would like to know which member of the Leisure and Wellness Team is going to be in each day.

We said: Natasha has added this to the leisure and wellness programme so it is clear who will be working on each day.

DATE OF NEXT RESIDENTS MEETING THURSDAY 20TH JANUARY, 3.00PM



HOME MANAGER'S COMMENTS

I would like to take this opportunity to thank those involved with Upton Mill for their support: our residents and their families for choosing Upton Mill for their care needs, our team who have worked tirelessly since our home opened its doors in August 2020 and lastly, I would like to thank the community of Tetbury for welcoming us with open arms into the Tetbury family.

We really do feel like a part of day-to-day life in Tetbury and we are delighted to be a part of such an amazing community. Thank you all and here is to a good 2022 for everyone.

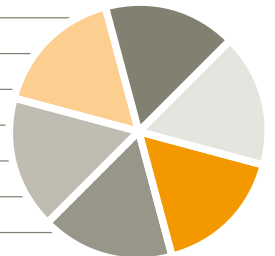


RESIDENT QUESTIONNAIRE FEEDBACK RESULTS

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 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.



UPTON MILL 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
01666 336600

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