

# WOODLAND MANOR MESSENGER

WINTER 2021-22

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## WELCOME TO OUR WINTER EDITION!



The last few months of 2021 were a great deal of fun, particularly celebrating Christmas and New Year with our residents. Our home was beautifully decorated, we enjoyed great food, a busy entertainment calendar and of course festive visits from our families and friends.

With winter now in full swing, we are looking forward to sharing hot drinks, wrapping up warm for some winter walks and trying some of the new activities our Leisure and Wellness Team have planned!

**Paulo Trinidad**

Acting Home Manager, Woodland Manor

# HOME NEWS

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



## HORSING AROUND!

Several of our horse-loving residents enjoyed a special afternoon at South Bucks Riding for the Disabled stables in Fulmer. We spent time with some beautifully trained, gentle horses who enjoyed as much petting as our residents were able to offer! It is an amazing centre that has helped many disabled children and adults over the years. Some have gone on to become national and Olympic champions in the sport of para dressage, including Sophie Christensen, Natasha Baker and Julie Payne.

## REMEMBRANCE DAY

Remembrance Day means so much to all of us and we were delighted to welcome Fiona Harrison with her ever popular 1940s *We'll Meet Again* show. The dining room was appropriately decorated with bunting, balloons and flags. The set was completed with Fiona looking beautiful in her authentic period uniform. Her vocal versatility brought the 1940s to life, singing songs from the era - songs so familiar to our residents, that they joyfully waved their flags whilst happily singing along with her.



## FUN NIGHT!

We were so pleased to join the Chalfont St Peter fun night on 3rd December. With a stall full of chocolate treats and lollies, we had quite a queue of families wanting to join in the fun. John, Michelle and Wendy had a wonderful festive evening and raised £190 for Age Concern GX Plus; a local charity supporting more senior people in and around Chalfont St Peter. Chris Burgess of Age Concern GX Plus, was so grateful for the donation and will ensure it is put to good use.



## 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 Woodland Manor 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 Woodland Manor!

## RESIDENT PROFILE...



### MEET NORMAN BROOKS



Norman was born in Bolton and grew up in Bolton and Darlington. At the age of 16, Norman joined the Merchant Navy. He is a family man with a daughter and two beautiful grandchildren, Vicky and Stephen.

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

I moved into Woodland Manor back in 2017.

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

I enjoy a roast dinner with all the trimmings. There are bonus points if I can have rice pudding to follow!

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

I like to join in with activities but particularly singing; my favourite artists are Nat King Cole and Bing Crosby. If I'm involved in an art session I prefer to concentrate on my own.

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

I support Bolton Wanderers Football Club. However, my passion is cricket. It is always exciting watching Lancashire play Yorkshire!

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

### TURNER AND TEA – OUR NEW STILL LIFE ART GROUP

Many of our residents enjoy art, some purely as a hobby and others who have an artistic background. Focusing on watercolours, this promises to be a new weekly favourite. We have a selection of brushes, watercolour paper, a beautiful selection of paints and easels ready for action!

### BOOK CLUB

With so many bookworms and even an English teacher in our home, this club has been warmly welcomed. Reading aloud, residents are currently enjoying and discussing the prose of A Christmas Carol by Charles Dickens. Book Club have asked if they can then have an afternoon in our cinema to watch the movie together. The next book? Our residents will decide!

### POSTCARDS OF KINDNESS

Send or receive postcards from anywhere in the world. An opportunity for us to discover new places or reminisce about past travels. Very often those sending cards love to receive a note in return, which we are particularly excited about. We plan to build a scrap book – so next time you are visiting we would love to show you.

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

### 18 JAN LITTLE PIGS

We will be visited by some very cute piglets for our residents to meet and cuddle. Knowing how positive animal therapy is for our residents, particularly those living with dementia, we are keen to meet these new friends.

### 25 JAN BURNS NIGHT CELEBRATIONS

We will be decorating our home with the Scottish Saltire, reading some famous poetry by Robbie Burns, hosting a quiz for everyone and hopefully some live Scottish music. Burns Night wouldn't be complete without a batch of freshly baked Scottish shortbread with afternoon tea.

### 14 FEB VALENTINE'S CONCERT

Our residents will be treated to a very special high tea, whilst listening to one of our favourite local entertainers. We will also be making handmade Valentine's cards for our loved ones.



# STAFF UPDATE

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

## STAFF PROFILE...



### MEET ROXY BARCUN HEALTHCARE ASSISTANT



#### How long have you worked here?

I joined Woodland Manor in June 2020.

#### Describe your role here at Woodland Manor.

I am a Healthcare Assistant, working as part of a team to support our residents by getting to know what they like, what is important to them and making them feel respected, cared for and valued every day.

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

I am passionate about helping people. I have a warm sense of humour that I like to bring to my role. Many of our residents are suffering from serious health issues which need to be treated professionally and tenderly. I try to make them smile, even for a short time: it can make the world of difference to their physical and mental wellbeing.

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

I enjoy travelling, walks in the park, interacting with people and spending time with my family.



### WE SAY HELLO TO... MARGARET ONN LEISURE AND WELLNESS LEAD

Mags has joined us from another care home where she worked for six years and where her mother was a resident. Her background is in graphic design, completing projects for the Royal Parks, English Heritage and the Victoria and Albert Museum. Her hobbies are singing, dancing and walking in the local countryside.

Welcome, Mags!

## STAFF NEWS AND ACHIEVEMENTS

## OUR CONGRATULATIONS TO THE FOLLOWING...



### PROMOTIONS AND AWARDS

The staff at Woodland Manor would like to say big congratulations to **Paolo Trinidad** (left), who has been promoted to acting home manager and to **Nafeesa Hussain** for being promoted to deputy manager. We all wish you both the most success in your new roles. We would also like to congratulate Paolo on passing his driving test - well done!

**Michelle Charles** (centre) recently graduated with a first class honours degree in Dance and Performance at Bucks New Uni - congratulations! Michelle is now running weekly seated or standing dance sessions for our residents.

We would like to wish **Jonna Hart** (right) the best of luck in her Level 3 apprenticeship which she started in December.

### NEW STARTERS

Welcome to our new starters **Jacqueline Masterson-Bird** who has joined our housekeeping team as a domestic assistant; **Amaneet Shokar** who has joined our care team as a healthcare assistant and **Jason Siever** who has joined us as our maintenance technician.



# 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:

### CHRISTMAS SHOPPING

**You said:** Is it possible to be able to buy gifts for our families? Can we arrange a Christmas shopping trip?

**We said:** Of course, let's go! We then scheduled a shopping trip to John Lewis on 13th December. We enjoyed soaking up the festive atmosphere in store and enjoyed some well-deserved retail therapy.

### CHRISTMAS ENTERTAINMENT

**You said:** We would like to play traditional family games, watch a pantomime and enjoy the Queen's speech on Christmas Day. An old-fashioned Christmas.

**We said:** These were fabulous ideas! We played lots of games and the Queen's speech was shown in the lounges, with a glass of mulled wine at the same time. The panto was a great idea and we booked to see Jack and the Beanstalk at the Beck Theatre. We had so much fun!

### CHRISTMAS CRAFTS

**You said:** We would like to make handmade decorations for our Christmas tree, or maybe it would be nice to make edible ornaments?

**We said:** We know just the thing! We made shortbread biscuits with stained glass windows cut into them using boiled sweets!

### DATE OF NEXT RESIDENTS MEETING THURSDAY 13TH JANUARY, 2.00PM



## HOME MANAGER'S COMMENTS

I am thrilled to have been appointed as Acting Home Manager and I look forward to the challenge of my new role and the opportunity to learn new skills.

Woodland Manor is such a fun and caring place to be and that is all thanks to our wonderful staff and residents.

Can I also once again, thank all of our friends and families for their continued support and thoughtfulness at this time. The team really appreciate all of your kind words and understanding. Together we look forward to a happy and healthy 2022.



CQC rated and inspected

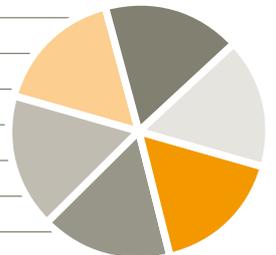
Overall  
**GOOD**

## RESIDENT QUESTIONNAIRE FEEDBACK RESULTS

### POSITIVE APPROVAL RATINGS

12 months to March 2021

CARE & MORE	100%
FOOD & DRINK	93%
LEISURE & WELLNESS	96%
CUSTOMER CARE	95%
HOME ENVIRONMENT	96%
RECOMMEND TO OTHERS	94%



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.



WOODLAND MANOR 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](http://PORTHAVEN.CO.UK)  
OR CALL US ON  
**01494 917600**

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WOODLAND MANOR

CHALFONT ST PETER  
A PORTHAVEN CARE HOME