

NEWSLETTER

Ashton Manor Nursing Home - Autumn 2021



Beritaz Care

Care You Can Trust

Update from Carla Dixon- Peart, Registered Manager



2021 has been an unusual year so far for us at Ashton Manor and the time has sped by very quickly.

Thankfully through the dedication of our entire team we have remained positive and upbeat throughout this challenging time. For the first time in my position as manager, we have had to deal with the unprecedented impact of COVID-19 on the world.

Thankfully, all our residents have remained free of the virus throughout this time and our dedicated team of staff continues to work tirelessly to ensure continuity of care. I am pleased to report, due to the commitment of our team we have not had to bring in any agency staff during this time.

In addition, we have maintained all our ratings from outside assessors and the day-to-day operations of the home have continued as usual.

One of the unfortunate impacts has been on our ability to have visitors entering the home as freely as before, due to the restrictions that have been necessary to ensure the safety of our residents.

Our previous summer and Christmas events were a big hit and gave us the opportunity to build close relationships with the family and friends of Ashton Manor. We look forward to the day when we will be able to continue these events once again for the enjoyment of our residents' and their families and friends.



**ASHTON MANOR
NURSING HOME**

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STAFF NEWS

The team at Ashton Manor have continued to work hard to provide a happy and healthy environment for our residents and we are extremely grateful to every one of them.

Our staff have continued to show commitment to their skill progression and development by taking part in various training courses. Our registered nurse Georgia recently took part in clinical training organised by Beritaz Care Group.

Specialise Falls awareness training has now been completed by all relevant staff to help support the safety of our residents, thank you to all the team members who took part in this.

Our staff have been taking part in a dementia research program called iWHELD, in association with the University of Exeter and UK Research and Innovation. This is a 16-week program for the Dementia champions where they are given supportive information to feed back to the team about providing care to people with Dementia.

Continued over



As part of this program our staff recently took part in the 'Walk in their shoes' challenge, where they replicated what it would be like to have impairments and 'walking' in our resident's shoes, in order to help further develop our person-centred care strategy.



Sarah our activities coordinator will begin her maternity leave in November, her baby girl is due in December. We wish Sarah and her family the best of luck and can't wait to meet her new bundle of joy.

We would like to give special thanks to some members of our staff who have gone above and beyond for Ashton Manor. Thank you to Claire (pictured) for stepping up and supporting the care team when it was most needed and Dan who was recognised for going way above his duty of care during times of hardship.



Thank you to all of the wonderful staff at Ashton Manor for their continued support and dedication to the care of our residents.

HOME NEWS

We have recently become a placement provider, working with local universities to provide work experience placements for student nurses and nursing associates. We are very pleased to welcome student nurses into Ashton Manor for their work experience placements, including Juliet who has been working with our nurse Jomal. We are happy to be partnering with the universities and look forward to welcoming more students into the home in the future.



At Ashton Manor getting feedback from our residents and their relatives is very important to us, we strongly value these opinions. We recently asked some of our residents to complete our quality standards survey, with the support of our care staff.

We have been fundraising in support of Diabetes UK, a charity that is very important to us at Ashton Manor. As part of our fundraising efforts, Carla our registered manager has been taking part in a challenge to walk 100miles in October. A massive well done to Carla for taking on this challenge, the whole Ashton Manor team is cheering you on. If you would like to donate, please visit our Facebook page for further details.



Recently we have been reassessed for our Investors In People accreditation and have once again received the gold award. In celebration of this achievement, we held a barbecue for our staff where we enjoyed delicious food, some drinks and took the opportunity to celebrate our success as a team.



We have been working to arrange more activities and events for our residents now that restrictions are easing. Alongside our sister homes Springkell House and Robertson Nursing Home, we will be organising trips once a month in the minibus for our residents to enjoy visits to garden centres, parks, cafes etc.

If you have any suggestions of locations you think your loved ones would enjoy visiting please let us know, we are happy to receive recommendations. We will keep you informed of any scheduled trips in advance, if you would like to meet with us at any of these locations and join your loved one for these activities you are welcome to do so.



ACTIVITIES

Over the summer we were delighted to be able to invite musicians and entertainers back to Ashton Manor to provide entertainment in the garden for our residents (whilst following covid safety protocols). Offering a wide variety of activities and entertainment for our residents to enjoy is a massive priority and we love to see the smile it brings to their faces.

We were happy to welcome Matthew Bourne's New Adventures for an outdoor dance performance which was enjoyed by all. Our residents and staff were also treated to the vocal talents of Graham Broad for a sun-filled concert in the garden.



Our residents took part in a cheese tasting and cupcake day in support of the Alzheimer's Society, an organisation very close to our hearts. Everyone enjoyed sampling the tasty treats all in support of a great cause.



We have had a wonderful time celebrating the birthdays of a number of our residents, enjoying cake and festivities in order to celebrate their big days.



At Ashton Manor we like to encourage our residents to spend time outside enjoying the fresh air and lovely flowers in our garden. Whether sitting in the sun, a nice walk or picking fresh blackberries, some time spent in the garden is always enjoyed by our residents.

It was fantastic for us once again to host the annual Ashton Manor Summer Fete, with many fun games and activities for our residents to enjoy. We had

entertainment, dancing and some lovely food and drink in the sun, we even managed to avoid the rain for our celebrations.



There's nothing to bring a smile to your face like a cuddle with a furry friend, our staff member Monica very kindly brought in her dog Patrick for some pet therapy with our residents.



Many of our residents love to enjoy a sweet treat so they had a great time taking part in our chocolate tasting sessions, guessing the flavours, enjoying some of their favourites as well as trying something new.



We know the importance of some gentle exercise for our residents, at Ashton Manor we run armchair exercise classes for our residents. Giving everyone the opportunity to stretch their muscles and have some fun.



A favourite activity for many of our residents is our movie days. Most recently the residents enjoyed the musical delights of The Phantom of the Opera, whilst enjoying their movie snacks of crisps and sweets to add to that cinema experience.



STAFF SPOTLIGHT

Sarah Ball is our activities coordinator at Ashton Manor, she joined our team in 2019 and is extremely dedicated to her role and passionate about providing support for our residents.



"I have always been interested in care, inspired by my mum who encouraged me at a young age to do voluntary work in a care home. I have worked in the Health and Social Care sector for 10 years. I started as a care assistant at the age of 16 and immediately realised that I wanted to make this my career. I knew I wanted to progress in this chosen field so became team leader where I completed my NVQ level 2 in health and social care. After being in this role, I was informed that a new position was opening up as an activity coordinator. I immediately fell in love with the role and felt that I was making a big difference to those I cared for."



"I came to work at Ashton Manor in 2019 and was immediately made to feel welcome. I was supported by all departments to provide the best care and activities to the residents. I really enjoy working at Ashton Manor, the team is great and there is lots of support for one another. At Ashton Manor and Beritaz Care we are really cared for, this has been so particularly felt throughout the COVID-19 Pandemic, and we have experienced ongoing support and kindness from all departments. Ashton Manor has supported me to develop within my role and encouraging me to undertake specific training courses and forums. I have developed a close bond with the residents I care for and feel like we are one big family. The staff and residents work together as a team to ensure we are providing person centred care."

"The support we give our residents is at the heart of what we do."



Beritaz Care

Care You Can Trust

Beritaz Care Mission Statement

At Beritaz we provide peace of mind, individuality and choice by giving home from home quality care. Our core values

Caring

We care with warmth and understanding in a secure and happy environment.

Trusting

We build and maintain strong relationships by being open and transparent.

Choices

We respect each other and those around us through understanding and supporting individual needs and choices.

Contact Details

Please let us know if your contact details have changed, or if you would like to receive communications (including this newsletter) by email – it's much quicker than the postal system. Just drop us an email at: ashtonmanor@beritazcare.co.uk

VISITS AND INFECTION CONTROL

At Ashton Manor we are continuing our efforts to ensure a safe and healthy environment for all our residents and staff during these challenging times. Infection control is still a high priority for us, and we are continuing to follow procedures and keep up with thorough cleaning.

All residents have now had their COVID booster vaccines and their flu vaccine. Our staff are also in the process of receiving their COVID booster vaccine and the majority have already done so.

As the colder winter months are approaching, we have taken into consideration concerns that have been raised regarding residents having to be taken outside to get to the visitor's room. With this in mind, we are in the process of organising an in-house room to accommodate visits over the winter months.

Please be aware visits are still subject to the wearing of PPE and appropriate testing. We ask you to please book ahead of time if you are visiting a loved one, these visiting slots are time-sensitive, however there is no longer any restriction on the frequency of visits.