

NEWSLETTER

Chestnut Court Care Home - May 2022



Beritaz Care
Care You Can Trust

Update from Lisa Shaylor, Home Manager



Welcome to our springtime newsletter. Firstly, I would like to say welcome to all our new residents, as well as their family and friends, the team and I at Chestnut Court are delighted to welcome you. We are a dedicated team, providing the highest possible care to our residents is at the forefront of everything we do.

Since our last newsletter we have had a busy, but exciting few months. We have started up a mobile shop, gardening club and exercise classes, the residents have participated in many different activities such as arts and crafts, flower arranging and baking to name a few. We have had lots of entertainment booked such as live singers, musicians, and a visit from some birds of prey.

The activities calendar is packed for the rest of the year, it has been specifically tailored to suit the needs and preferences of our residents. In March we started our monthly minibus outings, we visited a local garden centre and had refreshments in the cafe. The residents thoroughly enjoyed themselves, it felt great to be out of the home and enjoying the local area.

Our recent cream tea afternoon was a very successful event, we didn't let the rain stop us having fun! It was wonderful to finally have an event where both residents and relatives could come together, enjoy an afternoon tea and sit together chatting around the table. The smiles and laughter certainly reminded me of what we have all been missing, now we are on route to some 'normality' it will be great to see you all



**CHESTNUT COURT
CARE HOME**

9 Copse Road, New Milton, Hampshire BH25 6ES

Tel: 01425 620000

Email: info@beritazcare.co.uk

Web: www.chestnutcourtcarehome.co.uk

at future events. We have our summer fete coming up in July and not forgetting our monthly coffee mornings, which take place on the last Wednesday of every month. You are all welcome to join us!

Our staff at Chestnut Court are committed to keeping their training up to date. Recently we have had courses on Diet & Nutrition, Epilepsy, End of life and Fire training. A team of staff also went on the 'Dementia Bus' at our sister home in Bournemouth, which is a virtual tour providing an opportunity to experience what the world is like when living with Dementia. Some of the staff have also enrolled on further apprenticeships to expand their knowledge and skills.

As you are all aware, we have recently been impacted by an outbreak of this awful virus. I am so proud of how hard our staff worked during this time, the outbreak brought its challenges but the morale within the team stayed positive and professional throughout. Thank you to everyone who sent well wishes and words of support during this time, they were greatly appreciated.

Keep reading to find out more about what we've been up to at Chestnut Court.



HOME NEWS

At Chestnut Court we have continued to follow government advice on covid safety procedures and take precautions for the safety of our residents and staff. With restrictions now easing and the beginning of a return to normality, we are pleased that limitations on visits to the home have now been lifted. We are no longer restricting the number of visitors and you are not required to take an LFT test before entering the home.

Visitors are welcome to Chestnut Court at any time, you no longer need to arrange your visit in advance. We only ask that visits be kept to residents' bedrooms rather than communal areas within the home. As the weather is getting warmer you can also enjoy a visit with your loved one outside in our garden, which has been spruced up ready for spring. We are very happy to fully welcome visitors back to the home once again and are looking forward to seeing many of you in person soon.

We are very pleased that last year our staff and residents were able to receive all three of their covid vaccinations. Our residents are now entitled to their fourth springtime covid vaccine, which the majority have now received. We are diligently keeping up with all covid vaccinations as they become available, providing our residents with as much protection from the virus as possible.

We are always looking for ways we can make improvements at Chestnut Court, recently we have been carrying out renovations in many areas of the home to keep things looking fresh and neat. Several of the bedrooms have had a makeover and been spruced up, our maintenance staff have also been working hard to give all the corridors a fresh coat of paint. As part of this hallway decoration project all the bedroom doors have been freshly painted and new signs hung, which have been personalised uniquely for each resident.

Our staff were very happy to take delivery of some new equipment at the start of this year. The new hoist and stand aid were gratefully received and have been very useful for our staff when assisting our residents with mobility issues.



Recently we introduced our mobile shop for the residents, every Wednesday the shop is wheeled around the home so the residents can have a look at the items available and select anything they want to buy. The shop is stocked with a range of small confectionary items and toiletries for them to choose from and has been beautifully decorated by Alison.

The residents look forward to the weekly mobile shop visit, they get to feel like they are really going shopping and it gives them a sense of independence. Some residents have also been helping us to run the shop, they have been having fun getting involved.



We are delighted to have welcomed several new residents to Chestnut Court over the past few months. It is always lovely to have new faces in the home and have the chance to get to know our new residents and their relatives. They are all settling in very well at the home and we are very happy to have them here.

STAFF NEWS

It has been a busy few months for the staff at Chestnut Court Care Home, despite some struggles and difficult times our staff have stayed positive, continuing to provide the best care possible to our residents. The sense of teamwork and commitment to care are qualities found in all our staff, we appreciate having such a strong team here at Chestnut Court.

We have recently welcomed Bridget Fuggat to the team as our new care assistant, we are very happy to have her here. We are also delighted to have Nayayini Bijayakumar join us as a full-time care assistant. Nayayini previously worked weekends at the home whilst studying at university, now that she has joined us full-time I'm sure you will be seeing a lot more of her around the home.

Some of you may have already met Archana Geetha who has recently taken on the role of senior. She is currently working through her full training for the role and is already doing a fantastic job. We are very pleased to have Archana join us in this role, she is a great asset to the team. At Chestnut Court we are committed to helping our staff progress in their careers and develop new skills,

which is why we hold regular training sessions in a variety of areas. We have recently hosted several training courses for our staff on a range of topics, including Fluids & Nutrition training, End of Life training, Epilepsy training, as well as Fire Safety training.

Our team also recently attended mandatory First Aid training, it's important for our staff to have the opportunity to refresh their first aid skills and everyone found the course very useful.



In addition to these formal training courses, we also hold regular internal team building meetings for our staff. In these meetings, as well as discussing important updates and plans for the home, we focus on specific topics of interest to our staff, sharing knowledge and ideas that help us to educate each other as a team.

We are very grateful to have such a dedicated and loyal team of staff here at Chestnut Court, and we enjoy celebrating their achievements both inside and outside of the home.

At the end of last year our senior carer Gibin Benny Jacob celebrated his graduation, having achieved a degree in Science and Additive Manufacturing. Congratulations to Gibin for this amazing achievement, we all know how hard you worked for this.



ACTIVITIES

At Chestnut Court we strive to provide an interesting and varied schedule of activities for our residents, our activities team does a fantastic job at finding something that appeals to everyone.

It has been lovely to welcome entertainers into the home once again, we have had musicians including a keyboard player and country music singer come to the home to perform for our residents over the past few months. Our residents really enjoy these musical performances and dancing along to the music.



Many of our residents like to take part in activities where they can express their creative side. We regularly put on arts and crafts activities where our residents create lovely paintings to brighten up the home. As well as an enjoyable pastime, this can be a very calming and therapeutic activity for our residents to get involved in.



We have had a lot of fun celebrating some of our residents' birthdays over the past few months. We always make sure they enjoy their special day with delicious cakes and presents.



Last month we enjoyed a lovely trip out in the Beritaz minibus. We visited a local garden centre and enjoyed a nice cup of tea before heading back to the home, of course taking the scenic route so we could enjoy the sea views on our way back. It's wonderful to be able to take our residents on outings like this once again, they really enjoyed themselves and we can't wait to do it again soon.



We have been encouraging some of our residents with learning difficulties to attend the local Mencap group. They go along to sessions every Saturday, it's been really beneficial for them as well as providing a sense of independence, overall a very positive experience.

As we are now in spring our gardening club has been starting up for 2022, the seeds are beginning to sprout and our vegetable patch is coming along well. Alison has been running the club and the residents have really enjoyed getting involved.



We enjoyed some lovely celebrations over the Easter weekend for our residents at Chestnut Court. Our residents had fun decorating Easter bonnets and baskets, they also painted eggs and of course enjoyed some chocolate.



Recently we welcomed some very exciting visitors into Chestnut Court from Liberty's Owl, Raptor and Reptile Centre. They came to the home with their birds of prey, our residents had a great afternoon meeting and learning all about the birds.



This month we held our first event where we were able to welcome friends and family of our residents to take part. We all gathered for a lovely cream tea and had a tombola to raise money for the Alzheimer's society. Even though the rain tried to put a stop to our plans, we didn't let the weather dampen our spirits. It was lovely to see everyone together having fun, we look forward to more events like this in the coming months.



UPCOMING EVENTS

With summer just around the corner and many celebrations to look forward to, we have a host of fun events planned for our residents.

We are planning our celebrations for the Queen's platinum jubilee next month, this is set to be a fun event at the home and our residents are really looking forward to it. We have already been busy preparing for the celebrations, the residents have been making lovely decorations in their arts and craft sessions.



Our fantastic activities coordinator Alison has arranged some fun and interesting activities for the residents over the next few months, such as a belly dancing performance, musical entertainment from the Sunshine Band and much more.

We will be continuing with our gardening club throughout spring and summer, this has been extremely popular with our residents so far and we have lots more planned for this growing season.

We are hoping to soon welcome the local Chaplin from Ashley Baptist Church into the home for monthly visits, which is something we were previously unable to do due to covid.

With the easing of restrictions we are now able to welcome visitors in the home more freely. Starting in June we will be holding a monthly coffee morning, taking place on the last Wednesday of each month. We are also hoping to start inviting speakers to these events, so if you have any ideas of speakers or topics you would be interested in hearing about, please let us know.

We will once again be holding our annual summer fete for our residents and their relatives, this will be taking place on Wednesday 13th July at 11am – 3pm. There will be a barbeque to enjoy as well as musical entertainment and a tombola. We look forward to seeing as many of you as possible there.

We are also looking for donations for our tombola which will be raising funds for the Alzheimer's Society, a cause very close to our hearts.

STAFF SPOTLIGHT

Alison Peverill is our Activities Coordinator here at Chestnut Court, Alison has been a fantastic addition to the team since she joined us earlier this year. She has a real passion for her work and comes up with creative and interesting activities for our residents to get involved with, here Alison tells us a bit about herself.



"I have been at Chestnut Court as Activities Coordinator since February 2022 and would like to tell you about my background.

Like many people, I tried to have a work life balance whilst bringing up three children. Care and education establishments have helped me to do this. Having experienced over thirty years within care and education, I have a varied background.

I have worked for social services in the community for three years as a Carer, a local mainstream school for five years as a Teaching Assistant, RNIB for three years as a Teaching Assistant, within special needs residential homes for individuals with autism as a Senior and Acting Team Manager, in residential care homes as a Carer, Senior, Activity Coordinator, Admin, Deputy and Acting Manager. I also was an independent carer in the community which developed to a domiciliary care agency.

Throughout my experiences I have been, and am still passionate about person centred care. I strive to reach each individual to ensure they feel fulfilled and their needs met, as it is so important for individuals to feel empowered.

Supporting individuals to re-visit activities they thought they would not be able to achieve again. Enabling them to become more independent and see their confidence grow is an achievement to them and I feel proud and honoured to be invited to come into their home and support the individuals to achieve their goals.

Regarding qualifications, I feel we never stop learning. I have completed my NVQ3 in Health and Social Care, NVQ3 as a Teaching Assistant and Level 2 RNIB Award in Care.

Thank you for taking the time to read about me and what I have to offer Chestnut Court."



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 are;

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: info@beritazcare.co.uk

Leave Us a Review

Feedback from our residents and their family and friends is extremely important to us and we really appreciate your support.

If you have time, please visit our page on [CareHome.co.uk](https://www.carehome.co.uk) and leave a review.

Being able to read your comments and experiences with Chestnut Court Care Home can help other families when trying to choose the right home for their loved ones.

You can submit your review at the link below;
<https://www.carehome.co.uk/review-submit/10513>