

Eastbury House Newsletter October 2018 Issue 17

Welcome to Issue 17 of the Eastbury House Newsletter

(My apologies for this well overdue newsletter, it has been an extremely busy summer!)

Firstly, a warm welcome to Mrs Nan Long, Mr Les Derrick, Mrs Lydia Hughes and Mrs Margaret Stringer. Your company and participation has been enjoyed by many of the residents and staff alike, its lovely to have you with us.

Also welcome to yet more new staff members ...**Oliwia Sabat** - Care, **Hannah McCulloch** – Kitchen Assistant, **Jenny Williams** – Night Staff, **Sally Oliver** – Care and activities, **Jaz Piercey** - Care ...may you all too enjoy your time here.

Hot off the Press!!

Through the hard work and dedication of staff, Eastbury House has been accredited for the third consecutive time by The National Gold Standard Framework for 'Continued Excellence in End of Life Care', thus achieving Platinum Status. Managers, Vicki Elesmore and Jacqui Frost, travelled to the Bloomsbury Ambassador Hotel in London on 28th September to receive the award alongside approximately 400 other homes.



Our **Macmillan Coffee Morning**, which was held on the same day, raised **£101.32** ... not bad for a smaller scale event!

A big 'Thank you' to everyone who bought raffle tickets. Incidentally, the first ticket to be drawn, which was for a bottle of Champagne, belonged to Mrs. A, who then poured it out for all the residents at lunchtime!

Music Focus - I have recently attended a very interesting training session called 'Press Play to Rewind'.

Run by Musica, an organization who come to the house periodically for musical performances, the session explored the link between music and memory. As a consequence of this I am going to spend some time focusing on the music, songs and tunes that are important to you, the residents.

I am enrolling the assistance of some of the students who come to the house on a weekly basis to help me find out, not only what music you like, but whether there are any songs, tunes or melodies that are of specific importance to you.

Perhaps the music you danced to at your wedding, a song that reminds you of a special place or time in your life, or something as simple as programme theme tunes. If you could spend a little time thinking about this, perhaps jot some ideas down if they come to you, it will be much appreciated.

I did also think it may be fun to make a 'Desert Island Discs' event out of the results? ...We shall see!

Looking back



Summer sun that just went on and on and on!
Thanks to the amazing weather we were able to take advantage of our beautiful garden as much as possible... some days almost being too hot to stay out!

This year the average temperatures narrowly beat those seen in 1976, as demonstrated by the browning and drying of the lawn!.. thankfully recovered now.

Early in **June** a small adventurous group disappeared into deepest Dorset to find... we knew not what! **Dorset Art Weeks** see thousands of people roaming the county trying to find tiny villages and hidden artist studios... its like an enormous treasure hunt, where you always find creative works, an experience or people you would otherwise not know existed. Fantastic!!

Another intrepid party went to see the swans and cygnets at Abbotsbury Swannery, always a wonderful experience with the sea air, view across the lagoon and of course the varied bird life.



Alzheimer's Society Cupcake Day came on a glorious day... the cakes were in danger of melting! Some familiar faces joined us in the garden, David Andrews and Julia Ford, both performers who visit the house. There was even a small reunion when my mother met

up with the Catholic Sisters, some of whom she had known from St Theresa's in Effingham when she attended school there. Together we managed to raise a fantastic £225.85, so a huge thank you to everyone who contributed.

The good weather carried on into **July**, during which we had a visit from Sharandy's Birds of Prey. Residents got the opportunity to get really close to these magnificent creatures, even holding and stroking some. No matter how many times they have visited us I always find them captivating.



August saw the first performance from Anna Jacobs, a young and extremely talented concert pianist. After an initial false start, due to the damper pedal being stuck, Anna played a beautiful and varied program.

September brought another excellent performance from Mike Partington and his classical guitar. He really seems to have a growing fan base at Eastbury House as the sitting room was full to bursting.

Somerset Art Weeks proved to be as adventurous as our Dorset excursion. Mrs Morton, Mrs Webb and I trekked out to Lopen where we had a very warm reception with tea and homemade cake from the artist in her beautiful home. She was also hosting work by two other local artists.



'OUTINGS, WALKS AND ROOM VISITS'

Where you see this title on the monthly programme, it is generally an opportunity for me to visit or take residents out. Over the last few months there have been lunches at The Grange, The Eastbury Hotel, Oliver's, The Kings Arms in Charlton Hawthorne, The Prince of Wales on Ham Hill and Cole Manor in Bruton.

Also tea or coffee outings locally at The Pear Tree, Kafe Fontana, Castle Gardens, Three Wishes not to mention shopping trips in Sherborne and Yeovil, attendance at church services and an excursion to Chetnole Flower Show.

If there is anything you would like to discuss, somewhere you would like to go or something you would like to see, please either tell me or mention it to any member of staff who can pass on a message.

Robine

Looking Forward (Clocks go back overnight 27th/28th October)

- ❖ **Sherborne Castle or Stourhead** – Robine is looking into the possibility of a visit to one or both of these in the coming weeks
- ❖ **28th October** – Gartell Light Railway Open Day (limited spaces) anyone interested needs to talk to Robine by 24th/25th October.
- ❖ **30th October** – Alpaca Adventure (as seen on Country File) will be visiting the house with two of their alpacas
- ❖ **5th November** – Fireworks in the garden
- ❖ **8th November** – Musica performance with Rosie and her Clarinet
- ❖ **15th November** – We will be holding a Service of Remembrance in the sitting room at 11.30. Residents and staff are welcome to bring a photo or keepsake of people dear to them whom they would like remembered, we can share the joy and sadness that their memories bring.

Please remember you can find more photos of many of the events and outings, in our Red Activity book in the sitting room. If you would like to look through it in your room please just ask a member of staff.