

NEWSLETTER

SPRING 2020



Greetings to everyone and Welcome to our latest edition of Beechfield Manor Newsletter. We hope you are doing well and staying safe.

We know the difficult times we are all going through in our communities and all the sadness across world. However, we are happy to share with all of you this newsletter put together with all our love. We want to bring positive thoughts and give you the latest news about how we are making the best of the

cocooning and social distancing here in Beechfield Manor.

There are a lot of fears and uncertainty about this virus but we ensure that we keep the fears and worries at a minimum and are doing everything we can to keep our residents safe and happy



We are a team

The times we are in have meant that we have had to make changes in the way we do things. Working hard as a team but always having a huge smile has become our team Motto.

We want to now introduce you to all of the new staff members who recently have joined our

team Celeste, Lina, Carla and Jenny



We are also delighted to welcome our new physiotherapist who has started with us. His name is Jithin Mathew



Apart from this, we have lots more to share:

Activities Provided

We have had to create some new measures to reduce the spread of the COVID-19 virus.

Public Health advice stressed the importance of Cocooning

for our elderly. It was very difficult for all but we introduced measures adopted by the nursing home in an attempt to keep our residents and their families safe. Our group activities as we have delivered to date have also had to be adapted to one to one sessions, also the Activity coordinators have been working hard to ensure everyone gets to stay connected with the news and their families from within their rooms. Unfortunately, family members couldn't access the nursing home and we know this has been hard for families who have been anxious about their loved ones in Beechfield Manor. We look forward to welcoming you back soon. The whole care team has been working very hard to keep our residents feeling as cheerful as possible. Our residents understand that life regularly presents big challenges and

they have lived through many throughout their lives. Speaking with our residents they have only wished for one thing and that is that their families whom they love dearly will stay safe and well. This positivity has been an inspiration for staff and something they will take with them as they continue their life's journey and other challenges. It has made the job of the team so much easier. Our residents are great teachers. We thank them so much for what they are teaching us in their patience throughout these challenging times.

Room visits

Room visits have become hugely important during these weeks and months. This is the time that we spend with all of our residents, talking, playing and doing our activities while helping our residents forget for a while how difficult it can be without their families around.



Sonos and cognitive therapy are very popular and we hold regular sessions.



Due to the social restrictions and cocooning, we couldn't go out with our residents, however we made sure we organised individual entertainments.

Newspaper reading



Games and Brain Teasers















New technologies making communicating with families easier



Picture Puzzler

If you find the correct letter for each clue, you'll spell a word that should make you happy!

1. Find a letter that is in  but not in  _____
2. Find a letter that is in  but not in  _____
3. Find a letter that is in  but not in  _____
4. Find the letter that is in  but not in  _____
5. Find a letter that is in  but not in  _____

Write your letters again here to spell a happy word: _____

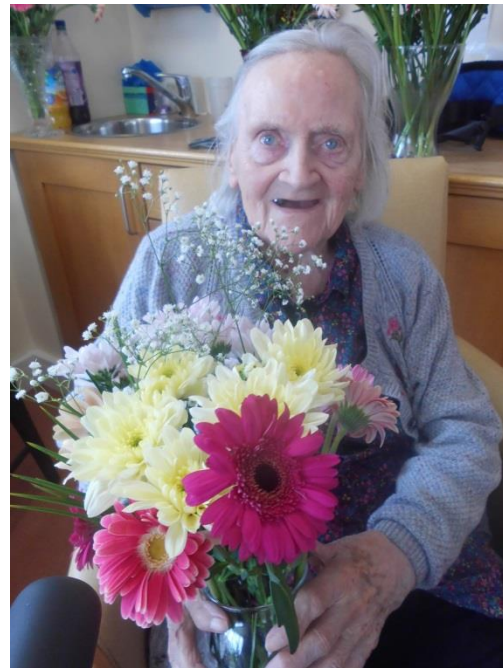


Furthermore...

Beauty therapies, individual games, letters, some parties such as St Patrick's day and Easter and also, a lot of video calls with families and friends.

Flower Arranging

We look forward to this weekly (each Thursday). The fresh flowers come in and we make some designs to decorate our Nursing Home. It has been one activity that has allowed us to connect with residents during this time as we can bring the flowers and pots to them to enjoy creating in their room. Also, very soon, we are bringing a green house where we can plant some vegetables and new flowers to grow.



Painting

Another of our star activity is colouring. We are using the seasons and different decades to create new designs. The important role art fulfils in nursing home care in bringing

great joy to residents and in supporting their wellbeing.



Pottery

Pottery was another one of the entertainment activities. Evidence of their skill is here. They are absolutely creative!



We got some tan!

The winter gave us a break and we could enjoy for a couple of days amazing weather. The good weather is brought us good times and a chance to go outside.

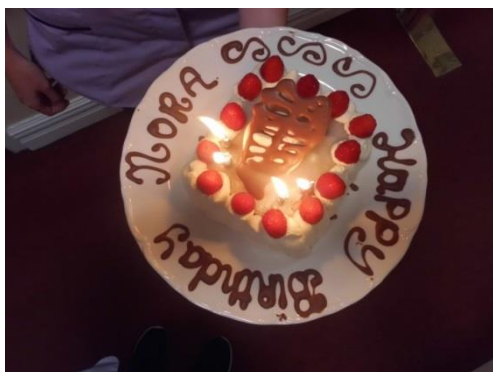
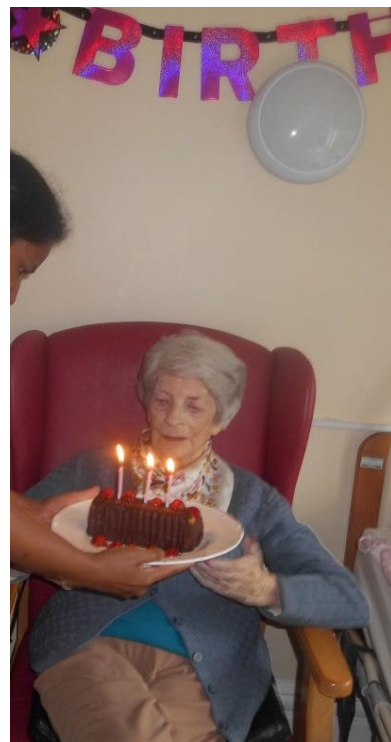




Birthdays

Whatever difficult time we have to endure we cannot forget all the birthdays.

We had many to celebrate. Chocolate, music and some dance time making each birthday an enjoyable celebration for our very special residents



Everyone makes an effort

All the staff are involved in this team, making sure that whatever job they are doing there is always time for a chat to brighten a resident's day. As we can see, Donna is tidying up while

are chatting. Finola loves talking with all the staff



So, whatever our role is, we all work together to do our very best to make life as good as possible during very difficult times for our residents and their families.

We know your families are missing you and we know you miss them. We miss them too as we are all a family here together.

We would like to thank families for their respect and care. We appreciate just how much you have done what you can to keep your loved ones in Beechfield Manor safe. In this sense you

have been just as much a part of the team as the staff.

For most of us this is the first time in our lives we have experienced such a threat. It has required all of us to stick together, to learn fast, to put our fears aside as we care for our precious residents. But please don't forget they residents have been caring for their families every step of the way. For this we thank them most especially.

