

The Southcare Supporter

APRIL 2021 | ISSUE 16
UPDATED 19.05.21

your monthly newsletter



Pictured: Mrs Nanji, former Proprietor (left), Kristie, Registered Manager of Parkside Lodge (centre), and Karim Nanji, former Proprietor (right)

FEATURE ARTICLE: OUR HOMES

Southcare Homes Group Says a Sad Farewell to Parkside Lodge

It is with great sadness that we announce Parkside Lodge will no longer be a part of The Southcare Homes Group as of May 2021.

After 20 years of ownership under Mr & Mrs Nanji, our quaint and cosy residential home in Worthing, West Sussex was transferred to new owners last week. Parkside Lodge Residential Home will now be known as Parkside Lodge Health Care Ltd.

The manager of Parkside Lodge, Kristie, said, "On behalf of the whole Parkside Team, I would like to take this opportunity to thank Mrs Nanji and Karim for all the support and care that they have given both to residents and staff over the

years and wish them all the best for the future."

Everyone at Parkside Lodge now extends a warm welcome to their new owners and management team, and look forward to very exciting and productive times under their lead.

All of us at Southcare Homes Group would in turn like to thank Kristie and everyone at Parkside for all your support and care. The home is one of great character, as are the residents and staff and we will miss you greatly! We hope the transition goes smoothly and have every confidence that the residents and staff will be in good hands with the new owners and with Kristie still at the helm.



OUR EVENTS

Lime Tree House brings a Street Party Inside for VE Day

VE Day is an important anniversary in our country's history, and we want to be sure that, despite the pandemic, our residents have the chance to mark it in their way.

Lime Tree House had an indoor street party where residents and staff got all dressed up to mark this special occasion. They had Land Army Girls and Army Corps serving food and entertaining our

residents.

One resident, Christine, commented, "today, you all contributed to bringing back many memories, and we must not forget that hope and resilience are the main ingredients in times of crisis". We are so grateful to all of our residents whose own resilience and positivity has helped us to no end this past year.

St. George's Day— with plenty of bells and some whistles



More flags were being waved, this time at Grasmere Rest Home. In April, the home embraced all things English on St George's Day. Activities Coordinator, Antony, paid homage to the British folk dance known as Morris dancing.

Residents loved getting involved in the dance, as Antony skipped round the room with bells on his ankles and wrists, tapping plastic 'swords' (in this case, swatters) with residents in time with music — an iconic part of the dance.

It was a funny and engaging day with both residents and staff being thoroughly entertained!

Freshford takes a virtual trip to Poland

Just because international flights are grounded right now, doesn't mean we can't continue exploring the world.

While there have been a lot of focus on events linked with Britain, Freshford was also took a virtual trip to Poland! Residents had a great afternoon and also watched some traditional dancing, learnt some Polish words, finishing the day off with a quiz and of course some Polish treats!





OUR WELLBEING

Did someone say Pimm's o'clock?

We don't need to wait for a special occasion to crack open the Pimm's! We know how important sunshine and good times are to our residents and their wellbeing. And if we can include a little tipple in there too, then why not?

Pictured above are residents and Activities Coordinator, Jonny, at Highbury House Nursing Home in Rottingdean enjoying life in their sunny conservatory with a nice cold glass of Pimm's and lemonade. Free rounds and smiles all round - what could be better?!

Lifting the lockdown and trimming those locks!

While we are so thankful to all our staff that took on the role of 'hairdresser' and gave our residents some lovely pamper sessions during the lockdown, we're sure both residents and staff are happy that hairdressers were one again able to come into the homes!

Rita, a resident at Lime Tree House said, "I feel myself again, and it is great to have my hair done; I was looking forward to this day". Nigel, the hairdresser for residents at Lime Tree was very happy to be back: "I missed my clients, and seeing them happy makes me content," he said.

Residents at Heatherdene also warmly welcomed The Blues Barbers to their home to update their looks. Freshford Cottage residents got a fresh, new look from Lindsay, their regular hairdresser. As restrictions continue to ease, we're looking forward to helping our residents make the most of it, and will soon be introducing [individual outings](#) (see page 6).





OUR ACTIVITIES

Freshford has its very own Generation Game.

Residents at Freshford Cottage, along with activities coordinator, Monika, worked together to create their very own, personalised boardgame. They decorated it with cut out vintage images from magazines, and the questions not only helped to strengthen the memory but were also a lot of fun! When landed on, some of the tiles would ask the player to sing, to dance, or to tell a story about travelling to another country. A great way to get to know everyone and have a good afternoon of laughter and reminiscing.

Anyone For (Table) Tennis?

Residents at Grasmere Rest Home enjoyed their very own table tennis tournament! The paddles were out, the ping pong balls were flying and the arms were swinging! Residents got a really work out (even sitting down!) Medals were given for the longest volley and everyone had fun! Well done to our winners!



A Day at The Races! Residents loved their Highbury House Grand National!

It was high stakes a Highbury House this April as Jonny, the activities coordinator, set up a Grand National in the lounge. Residents rolled a rather large soft dice hoping to get the highest number possible so their horse would win the race! It was a nail-biting finish but a lot of fun!



OUR OUTINGS

Getting those green thumbs going and our gardening a-growing.

We can't yet have trips outside (but watch this space!) so in the meantime, our residents are making the most of the garden, the sunshine and nature. Here are some of the things they've been getting up to during April.



Our homes have been making the most of the sunshine and the rain this Spring. Lime Tree House is holding a sunflower race to see who out of the staff and residents can nurture the tallest sunflower.

Residents at Freshford Cottage has also been busy planting seeds and watching their little green friends sprout in the garden. Follow the homes on Facebook to see how residents are making the most of the garden and enjoying time with nature.



A Good Reason to Head Down the Garden Path ... 100 times!

Grasmere Rest Home remembers Captain Tom and raises money for The Royal British Legion.

At the end of April, residents at Grasmere Rest Home completed a challenge to commemorate the amazing man that was Captain Tom Moore.

The challenge was to complete the length of our garden path 100 times! Our residents walked or were wheeled up the length of the

garden as many times as they wished. They did an incredible job and it was completed in one day! Our activities coordinator Antony supported our residents from start to finish and the home manager and other members of staff were to support as well.

Together, Grasmere residents raised £100 for the Royal British Legion! Well done everyone and thank you to all those who donated to the good cause.





OUR COVID UPDATES

The Mayor of Bexhill Opens Heatherdene's Visiting Hut!

Mayor Lynn Langlands of Bexhill made a special appearance at Heatherdene Nursing Home in April to open their new visiting cabin! Pictured above, accompanied by resident Audrey.

Staff and residents were very excited to meet her and Mayor Lynn said, "I walked into the grounds to see a beautifully blue painted wooden building that was comfortably fitted out for family and friends to safely visit a resident. There were balloons and ribbons and dear Audrey was ready to greet me. They were such a

friendly team of people and it was good to see what they were trying to do to keep families in touch and all their residents and staff safe."

We have since had some meaningful visits and it has made such a difference to our residents and their loved ones. We look forward to seeing more relatives visit soon.



COVID-19 VACCINE: SEEING THE NEED FOR THE NEEDLE

99% of our residents and 92% of staff have been vaccinated in our group!

We are proud that our percentages of staff and residents that have received their first shots of the vaccine are above average among care homes in the country! Almost all our residents, barring one or two, are fully vaccinated throughout our entire group!

More members of staff continue to consent to the vaccine as well and 92% have had their first jab already. If you have not already done so, arrange to have your vaccine as soon as possible to help protect yourself, your loved ones and other vulnerable ones.

ROADMAP OUT OF LOCKDOWN STEP 3 SUMMARY (17TH MAY)

Residents can have up to 5 named visitors

- Test at Home (if you can) to speed up the visiting process
- Only visitors of the same household or bubble can visit at the same time

A resident can go on an outing with a loved one

- All outings must be outside
- Risk Assessments are needed for each outing
- One person can accompany the resident on the outing - no groups

[**CLICK HERE TO READ OUR VISITING POLICY**](#)

Group Vaccine Statistics: May 21

	Lime Tree House	Heatherdene	Freshford Cottage	Highbury House	Grasmere	Southcare Homes Group
Residents	96%	100%	100%	100%	100%	99%
Staff	88%	93%	88%	100%	88%	92%



OUR FAMILY

Two Residents Join The Centenarian Club!

April was a milestone month as not one, but two residents celebrated their 100th birthdays (and another celebrated her 103rd!) Our wonderful resident Edna at Grasmere Rest Home (pictured above) enjoyed a lovely day as family gathered outside her window and staff raised a glass to her 100th year. Betty (right), at Lime Tree House also joined The Centenarians Club, with balloons, safe visits from loved ones, activities. Both residents had beautifully-decorated cakes and enjoyed their day.

As of this month, we have four centenarians among our five homes. As well as our two new ones, we have Elsie aged 102, at Grasmere Rest Home and Eunice, at Lime Tree House, whose 103rd birthday was also in April! All of you truly are amazing!



Thank you to the Southcare Family: for wearing smiles, facemasks and fancy dress!

We want to thank everyone that works in the Southcare Homes Group for your continued care, endurance and hard work in looking after each other, our dear residents, and those in the local area. Our staff make great sacrifices to be there for your loved ones and still find time to dress up at times! Here are some of our fantastic staff, always working with a smile!





YOUR COMMENTS



HEATHERDENE
NURSING HOME

“ My brother-in-law suffered a serious hip injury following a fall and after admission to hospital contracted Covid-19. I was so relieved when he was admitted to Heatherdene because **he finally received the love and care that he deserved.** The team are kind and very caring and they made sure his end of life was calm and dignified.

P, SISTER-IN-LAW OF RESIDENT | APRIL 2021

Source: carehome.co.uk



FRESHFORD
NURSING HOME

“ I could not be happier with the care and attention my Mum has received. **The staff are loving and friendly. Nothing is too much.** I will always be grateful for the help they have given me at this difficult time.

SALLYANN, DAUGHTER OF RESIDENT | APRIL 2021

Source: carehome.co.uk

Don't forget to follow us!

All of our homes have their own **Facebook page** and some have **Tik-Tok** as well so you never miss out on any activities and events going on in your local Southcare Home. We also have a **NEW Instagram** account that you can follow for more updates.

[@limetreeringmer](#)

[@FreshfordCottage](#)

[@GrasmereRH](#)



[@HighburyHouseRottingdean](#)

[@HeatherdeneNH](#)

We hope it goes towards showing you that your dear ones are very dear to us as well. Don't forget you can have a video call your loved one at any time via Skype, Zoom or Facetime. Please contact your home manager to arrange this. Until next time, please stay well and keep safe.

Tracey Austin

Group Manager
Southcare Homes Group



Contact Us

If you have any questions, comments, or would like more information:
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