

The Southcare Supporter

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your monthly newsletter



SPECIAL EDITION: CARE HOME OPEN WEEK

Freshford Cottage Armchair Travel Across the Globe!

Welcome to our special edition of the Southcare Supporter which will share details on the events our homes planned for Care Home Open Week as well as other important events!

Freshford Cottage made some leaps when it came to connecting, spending two days on a whirlwind tour of the Great Outback!

Our residents made good use of their new 'pandemic passports' and sat back for an epic Armchair travel to Australia. We had the hats, the accents (having an Aussie staff member, Maggie, our fabulous Administrator), the food – a good old barby of course – sadly we didn't have the weather but we made up for it with sunny smiles and a blow-up kangaroo!

We all loved exploring the landscape, culture and artwork of this beautiful country. One of our residents, Jean, pictured right, hadn't been abroad

before so she really cherished her homemade passport and the chance to travel – albeit virtually.

Making use of technology to connect didn't end there. Who knew something as simple as bingo could bring people together?

Freshford Cottage also has some residents that cannot leave their beds easily. With Zoom though, they can still join in our activities from the comfort of their rooms – and even go and win! Residents really appreciated the time staff took to include them in the daily activities.





Grasmere residents dance, strut and sing their way through Care Home Open Week!

At Grasmere, we've danced, played and laughed our way through Care Home Open Week!

Leading up to Care Home Open Week, we connected with the younger generation and asked any and all children of residents, staff, families and friends to get creative and design something a poster or picture about our home, Grasmere Rest Home. We had some wonderful, colourful entries! They made a such positive impact on our residents and we have displayed them around the home. All of the beautiful artwork that was sent in will be greatly cherished.

Staff then had a lip sync battle, dressing up as ABBA and Queen! They certainly entertained our residents and brought a lot of laughter to the home!

We also had a glittery Strictly Come Grasmere competition! We did the cha-cha, the rumba, we waltzed and foxtrotted. All to impress our razzle-dazzle resident judges. The winners and runners-up received their own Grasmere Glitter-ball trophies!

On another day, we had a fashion show to remember as residents dressed their models – our staff! – and themselves in summer-



themed, very 'original' outfits! We all walked down our catwalk and voted for our favourite.

On our last day of celebrations, we reached out to our community and residents had a chance

to connect with their local healthcare professionals. We all enjoyed a BBQ together and a glass of champagne. Our special guests included our local Ambulance Crew from South London, representatives from NHS South West London CCG, members of the Care Home Support Team, and representatives from our Borough, Stephen Hardisty, Commissioning Manager for Care Homes, and his colleague Helen Hayes, Commission Lead for Care Homes, LBS. Residents were able to give all our guests a warm welcome either in person or virtually.

We would like to say a massive thank you to all our guests for supporting us and taking the time to speak with our residents. A huge thank you also goes to all our carers. Without them, we wouldn't be Grasmere!





Live Singing at Highbury's Summer Festival, including pro Opera singer!



Music is very important to all of us at Highbury House. Our talented Activities Coordinator, Jonny and our Administrator, Meg, both have experience in the hospitality industry and performing is second nature to them. Our residents have enjoyed some beautiful duets and performances from the musical pair.

Residents were in for a treat for Care Home Open Week though. The home had planned something special. A summer festival in the garden! Residents really enjoyed live singing as Jonny and others put on a fabulous show for residents. One such performer was a professional Opera singer, Trevor, who used to perform in The Royal Opera House!

Trevor is the son of a resident here at Highbury and we were so grateful to him for spending the afternoon with us and belting out some beautiful opera classics. For a clip of the stunning performance, visit our Facebook page [here](#). Our very own little private opera! Our residents and staff agreed it is our highlight of 2021 so far - it was amazing!

We want to thank all our staff for their incredible hard work and dedication. It's lovely to be reconnecting in person and we look forward to another festival when the hot weather returns!





Lime Tree House Branches Out in the Community for Open Week!

Kicking Off Care Home Open Week!

For Lime Tree's first day of Open Week, residents were whisked away on Zoom to the Amex Stadium to meet with Mr Paul Barber, The Chief Executive of Albion Football Club, for an exclusive virtual chat! Brighton & Hove Albion FC are very active in their community and residents were delighted to hear about how the players supported and made a difference during the pandemic and the exciting projects ahead to connect with senior fans.

Spending a day with Sussex Police... and no arrests!

On our second day of the Care Home Open Week, we decided to dedicate it to the Community Services. Today PCSO Crispin Scott and PCSO Avril Kent from Lewes, [Sussex Police](#), visited Lime Tree House for an interactive and informative afternoon.

We were also delighted to welcome back Helen from [Dementia Support East Sussex](#) for an afternoon of live sing-along.

Bringing the Ritz to Lime Tree House

Day Four, our residents were treated to High Tea at The Ritz and an Art Exhibition. Jane, one of our residents, is a remarkable artist and we were honoured to take a cultural trip through her life and paintings. After the exhibition, residents were invited to a High Tea at The Ritz while enjoying the displayed art and sharing memories.



DAY 1
Albion FC Exec, Paul Barber



DAY 2
Police pop in and say hi



Horsing Around for Royal Ascot!

Also in June, residents and staff dressed to impress donned their best hats and had their bets ready for Royal Ascot. However, this year, we had to adapt and adjust this very much awaited event due to the current situation, but the fun was guaranteed. The residents at Lime Tree House received a pleasant surprise on Ladies Day when Hannah, the granddaughter of one of our residents, brought her pony, Rory, and the horse Woody for an outside parade to mark this day. Our two equestrian guests were exceptionally well mannered and enjoyed the attention from our residents and staff. The afternoon continued with a themed party, and everyone enjoyed the sunny weather.



DAY 4
Jane's Art Exhibition

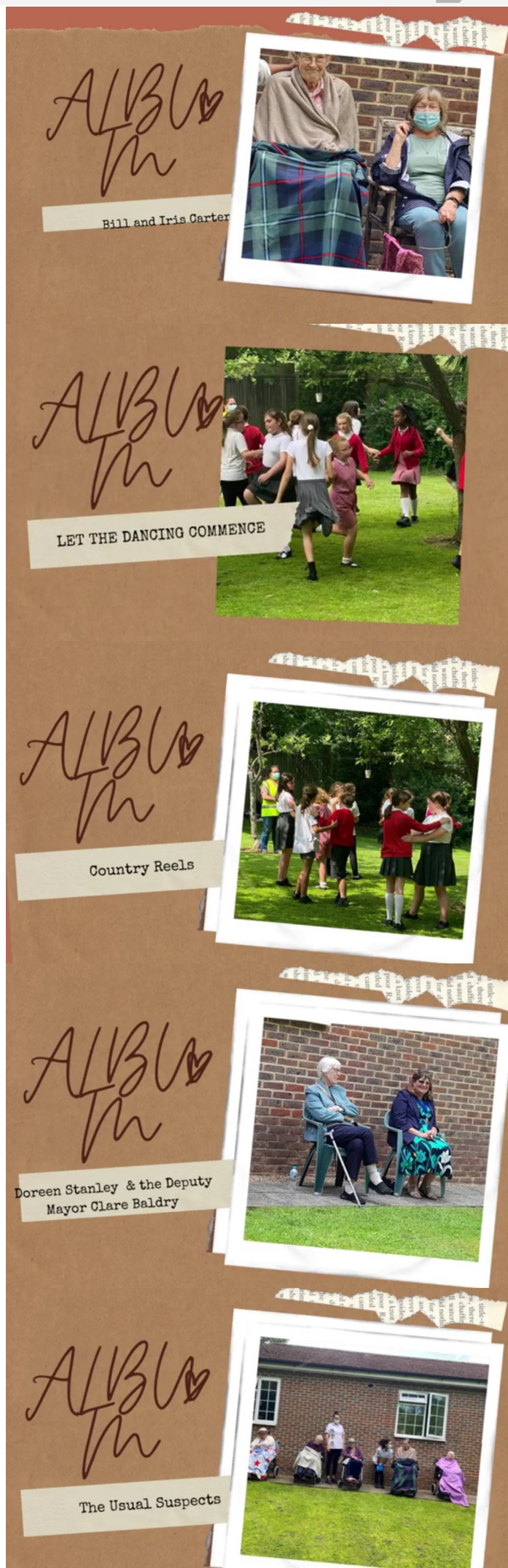


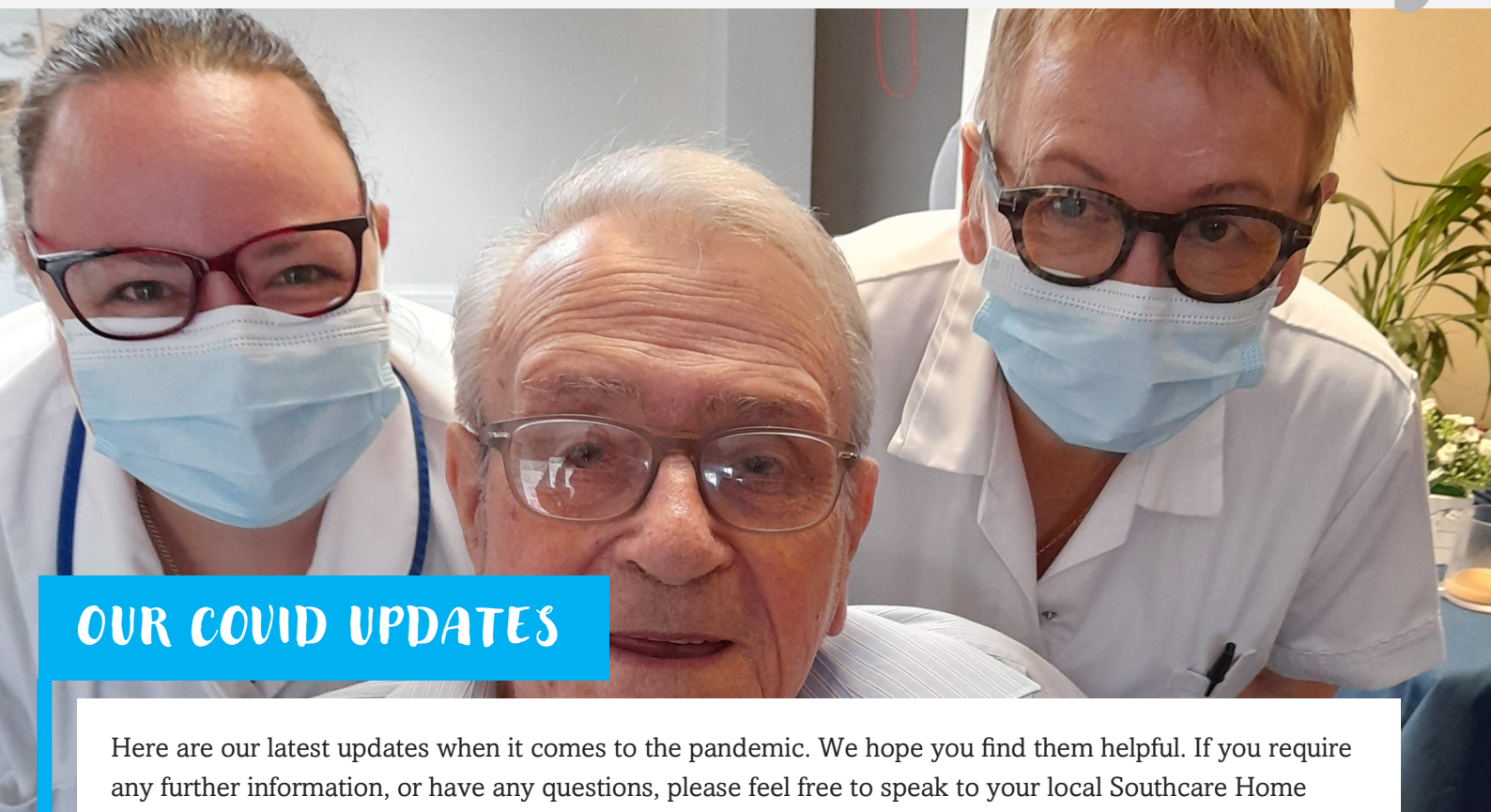
Local School Children Dance for Heatherdene Residents & The Deputy Mayor, Claire Baldry

Life had gleams of sunlight last week when children from King Offa Primary Academy performed their very own school dance especially for residents here at Heatherdene Nursing Home. As Care Home Open Week is all about connecting with the community, it was refreshing to be able to welcome people to our home – even on our front lawn – and speak to people in person.

We also had a special guest join us to mark the occasion. Joining us for an afternoon of fun, laughter and frivolity was the Deputy Mayor of Bexhill, Claire Baldry. It is amazing that our community selflessly give their time and energy to bring a smile to our residents faces. Our residents enjoyed it so much and it was wonderful to see the smiles on the faces of young and old together. A big thanks to the support team from the school and the parents who came to collect our young dancers. Thank you also to our brilliant activities coordinator, Gina, for organising a memorable intergenerational event.

Other events they had planned for the week included a Chocolate Factory afternoon tea where visitors received a Fizzy Lifting Drink and a Golden Ticket Box which included lots of tasty treats! It was a lovely chocolate-ty twist to connecting our residents with their dear loved ones. Thank you to our special guests and our Heatherdene family for making Care Home Open Week one to remember!





OUR COVID UPDATES

Here are our latest updates when it comes to the pandemic. We hope you find them helpful. If you require any further information, or have any questions, please feel free to speak to your local Southcare Home Manager who would be more than happy to help you. You can also visit our website.

ROADMAP OUT OF LOCKDOWN: UPCOMING UPDATES

STEP 4 SUMMARY (AS OF MONDAY 19TH JULY)

- **The majority of safety measures will remain in place in all care homes.**
- **Visiting numbers are now unlimited but safety measures are still in place.**
- **Risk assessed individual outings continue & group outings may resume.**

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

Group Vaccine Statistics: June 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%

Statistic accurate as of 11 June 2021



YOUR COMMENTS



FRESHFORD COTTAGE
NURSING HOME

“

My mother has been there for two years, and all the family are so pleased she is in Freshford Cottage, everything about it is excellent.

T A , DAUGHTER OF RESIDENT | JUNE 2021

Source: carehome.co.uk



HIGHBURY HOUSE
NURSING HOME

“

Mum came to Highbury in 2018 [and] was shy and wary about moving to a home but was made to feel welcome and cared for from the moment she arrived. Very quickly, my sister and I could see mum had settled in and was even taking part in every activity... Every member of the team from the kitchen, office, caregivers and support staff were so friendly and caring, mum never felt uncared for [...] Mum went to sleep with a nurse by her side [...] so was never alone.

We and our family will never forget the love and care shown to us and to our mum, for which we will be forever grateful. You are truly beautiful people with huge hearts.

LESLEY I, DAUGHTER OF RESIDENT | JUNE 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](#)



[@southcare_homes](#)

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:
[**info@southcarehomes.com**](mailto:info@southcarehomes.com)

