

The Southcare Supporter

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your monthly newsletter



The 2021 Southcare Homes Christmas Collage





OUR ACTIVITIES

ELF DAY

The 3rd of December is Elf Day! It's an amazing fundraising event from Alzheimer's Society that gets people together and raises awareness for Alzheimer's. Our homes enjoyed taking part, raising money and dressing up! Our residents enjoyed it too, of course. Especially for Joyce at Freshford Cottage. She loves Elf Day as she gets to say hello to a cheeky little friend of hers: that's right, Cheeky Little Elf! He made another appearance this year just for Joyce (see front page). Lime Tree staff and residents also had a cracking day.



Disney DAY

The 6th of December in 2021 was Walt Disney Day! Walt Disney was born in 1901 so it's a great day to celebrate the international icon that has brought magic and sparkle to so many people and so many generations.

Residents at Heatherdene Nursing Home had a blast of a day reminiscing over their favourite Disney classics and dressing up as some iconic characters from Toy Story, Fantasia, and of course Minnie and Mickey Mouse. Thanks to Erin our Activities Coordinator and other staff for making the day so special.





OUR COMMUNITY

RESIDENTS SINGING & SLEIGH-BELLS RINGING



It wouldn't be Christmas at Highbury House without our seasonal singing and movement session with Helen from the brilliant charity organisation, Dementia Support East Sussex.

These interactive singing and dancing sessions are especially designed for care homes. Helen has been entertaining our residents regularly at Highbury and at our other homes since the pandemic. We had some fabulous interactive

zoom sessions and it's lovely we can now welcome her back into the homes and have some in-person socialization.

The whole gang at Highbury had a great time! They were all shaking their sleigh bells and having a good sing-a-long to some classic Christmas tunes! Thank you, Helen, for visiting us and bringing smiles to our residents' faces.

SAINTLY SINGING FROM ALL SAINTS PRIMARY SCHOOL

Residents at Heatherdene were in for a treat this month when a group of Year 6 students from All Saints Primary School popped by for an outdoor Caroling session. Residents wrapped up well, settled in their seats and were thoroughly entertained. Some had a little boogie to the songs and we were all amazed at their beautiful voices.

They received a well-deserved round of applause from residents and staff. We would like to say a huge thank you to the year 6 children at [All Saints](#). We look forward to your next visit! You can watch a brief clip of the singing [here](#) by visiting our Facebook page.





OUR WELLBEING

Trotting into Rottingdean



Fabio the fabulous reindeer visits Highbury!

Earlier in December, Highbury House residents had a very exciting visitor. The most famous reindeer of all... not Rudolph but Fabio! Ok, she's a pony disguised as a reindeer but she certainly put a kick in our festivities! Little Fabio was wandering around our home (not yet encumbered with a sleigh) and greeted our excited residents! Our four-legged festive friend definitely spread some Christmas cheer around the home! Residents were very happy to meet Fabio, feed her treats and make a new friend!





OUR STAFF

Goodbye & Good Luck to Grasmere's Home Manager, Iwona Zarzycka.

In December, staff with heavy hearts waved goodbye to our wonderful manager of Grasmere Rest Home, Iwona Zarzycka.

Iwona joined the team in January 2020 and Grasmere hasn't been the same since. We will all miss her energy, devotion, and the love she has shown to residents, relatives and staff alike. She infused bubblyness into all of us! And of course, we will not forget dear CeCe the Chihuahua, either!

As Iwona moves on to pastures new, we have no doubt that her new career move will be a complete success in the new year. We are

going to miss her lovable personality and her dedication. We wish her every success for her future and we are all going to miss her dearly!

We know it was not an easy decision for her to leave Grasmere and we know Grasmere will always be in her heart. On behalf of everyone at the home as well as the Southcare Group, we would like to take this opportunity to thank her and say how grateful we are for the brilliant atmosphere and high-quality of care she was able to attain.

Good Luck Iwona!





OUR COVID UPDATES

3 STEPS TO SAFE INDOOR VISITS THIS CHRISTMAS



1



BOOK AN APPOINTMENT

Call or email us to book a visiting slot. All visitors must have a prior appointment. Ad hoc visitors cannot enter.

2



TEST AT HOME ON THE DAY

Bring a copy of your same-day negative test result with you to shorten the waiting time. (We still test onsite).

3



BRING A SPARE MASK

Please bring a spare, clean mask to wear during your visit. PPE must be worn at all times inside the home.

ALL INDOOR VISITORS MUST BE FULLY VACCINATED

VISITORS: This Christmas, each resident is allowed...

3 NAMED VISITORS

Only 3 named visitors are allowed to visit residents throughout December. They must follow the above steps and must have at least two doses of the Covid-19 vaccination jabs.

No children under 18 are allowed to visit inside the home.

+

1 ESSENTIAL CARE GIVER

One relative or close friend can be selected to provide extra care and support for a resident. Please read the government guidance [here](#) before making a decision.

- Essential care givers can visit even during periods of isolation or during an outbreak.
- They must follow staff testing regulations provided by the home. As of 15th Dec:
1 weekly PCR test, 3 LFTs per week

Don't forget, other safety measures are still in effect for visits...

PRACTISE SOCIAL DISTANCING



DO NOT VISIT IF YOU ARE FEELING UNWELL



WASH YOUR HANDS OR USE SANITISER



