

WOODLANDS NEWS

AUGUST 2020

Hello Everyone Update from Andrew

It truly feels that time has stood still due to the affects of the Coronavirus, but I ask where has the last 3-months passed by since our last update on Woodlands Newsletter – and what has been happening?

Initially, the lockdown was supposed to last three weeks, 5 months onwards it seems that we all, without choice, continue to support each other, along with awareness and precaution to prevent any further evasion of this unwanted virus with anticipation that ‘one day’ we will all be back to some normality and togetherness again.

HAPPY FRIENDSHIP DAY

Thursday 30th July was Friendship Day and it is with reflection how fortunate we all are to have kind people around us and as I look around Woodlands I truly believe that it is Friendship Day every day. Woodlands is blessed with kind people.

To this end, I am so very grateful to families, representatives and also unknown persons and companies, who during this unprecedented time have brought so much kindness to Woodlands:

Firstly, I would like to say thank you to all families/representatives who have truly been supportive and amazing with positive feedback with regard to all measures that have had to be implemented.

The current visiting arrangements are working well, to which we will continue to update any changes, as governed by our Government.

“Tiny steps make big strides”. I am pleased to welcome back Lily (Hairdressing) and Harnish (Footcare) with which both service-providers are following stringent measures upon their visiting and service. With regard to the changes in personal allowance, please expect monthly invoices from Lily.

Staff and residents are regularly tested with results recorded for Covid-19. I am pleased that there is now a regular delivery of testing-kits. I am pleased to confirm that Woodlands remains ‘Covid-Free’. This also applies to Clients attending the Day Centre.

We continue earnestly with our infection control and was pleased to receive a surprise call from Sarah Garner who kindly undertook her own project and made colourful laundry-bags. We were blessed to receive an order for each member of staff, so that they could take their uniform home in this special laundry bag. Sharon and Lisa continue to be innovative in providing activities during the week and also weekends. (not only have people been kind, but so has the weather) and this has enabled us to use the garden.

*All you Have to do is
Relax and Enjoy!*

‘Pampering Tuesdays’
Beauty Days continue with reflexology and manicures.

Our thanks to Alf who 'made to order' a Woodlands Skills-Balls game. Our new game requires skills, co-ordination and thought, as it is unknown whether the colourful balls will stay or fall.

Standing at 3 ft. tall – it has been wonderful 'fun' particularly for our less able-bodied residents.



Creative Cookery Classes continue with the making of savoury and sweet:

Savoury: Sausage Rolls, Selection of Sandwiches, Pizzas (Like mama used to make!).

Sweets: Fairy Cakes, Bread Pudding, Fruit Kebabs and Trifle.

All our residents becoming 'MasterChefs'.

Good Enough to receive a golden handshake from Paul Hollywood (British Bake-Off).



A delivery of home-made scones was also very well received, with an afternoon of a 'Cream-Tea' being prepared and thoroughly enjoyed. *The Question remains Clotted Cream before the Jam or Jam before the Clotted Cream!*



Chocolate and cake sampling afternoons have also become a favourite, not forgetting our Cheese & Wine afternoons.

"All Connoisseurs"



Creativity has not just been cooking but also in knitting, whereby we have received knitted hearts and also a 'Thank you' Mascot – who we have named 'Woody'



We have also made a special partnership with Hillingdon Girl Scout Troop who are involved in a project 'Cards to Care Homes'. Early June we received a package full of goodies and correspondence, with home-made cookies and also notes and letters of hope, love and well-wishes from the Girl Scout Group from the Ickenham, Ruislip, Uxbridge, Pinner and Gerrards Cross areas. Correspondence has continued with 'pen-pals' being formed. This is a wonderful 'communication' project, involving people of all ages, to which we hope will continue.

[We thank you all kindly](#) ♥

Fathers Day

Our gentlemen residents were made to feel special with Tea and Cake being served.

Woodlands is currently involved in a pilot scheme for residents to follow the News and current affairs via '**Picture News**'.

An innovative resource that enables people to question what they hear and read, to think around key issues and topics and develop 'healthy' news mindsets.

‘Picture News’ is the brainchild of Early Years educational expert Katie Harrison. Katie specialises in teaching Philosophy and Religious Education. Katie is passionate about helping children and adults understand and think critically about life’s big questions and issues.

IT technology has also been beneficial with streaming of various films and shows, to which this included the 75th anniversary of VE Day and also VJ Day.

Our new telephone system is working well, with enablement to leave messages, should the office be unmanned or closed.

I am pleased that there continues to be a varied choice of access to our communication with Face-Time being made available ; this media has proven to be popular and successful.

We have also further engaged in IT and are pioneers with our **“VEGETERIAN FOR LIFE”** Improving the Quality of Life for our Vegetarians and Vegans Residents



Woodlands have signed up to the Vegetarian for Life’s Memory Care Pledge.

This initiative helps to ensure that our vegan and vegetarian residents can live the rest of their lives in the way as they intended.

Woodlands pledges to follow five key measures so residents experiencing cognitive losses or capacity issues will have their beliefs upheld and respected.

“We believe that the five fundamentals are central to our own values, ensuring that we support all of our residents to continue live meaningful lives consistent with their ethical beliefs,”

The 5 Fundamentals are:

- Residents are supported in their vegetarian & vegan beliefs and have the opportunity to explore and engage with vegetarian and vegan resources and services

- Meals for Vegetarian and vegan residents, meeting requirements are available
- Residents are catered for during all celebrations
- The Home is able to accommodate vegetarian-only, or vegan only table, at request
- Should a resident experience issues with their capacity or cognition meals served will continue to uphold their philosophical beliefs.

Woodlands is proud be part of “Vegetarian for Life Memory Care and Inclusivity Pledge”.

FIRST!

We have also further engaged in IT and are pioneers with our Registered GP to be the first care homes in Hillingdon to work electronically in receiving and sending our resident’s prescriptions... this has been a very exciting step and a further vision at Woodlands to become paper-free – thus information being made instantly available in the best interest for our residents and also for our environment.

**HAPPY BIRTHDAY
WISHES**

We would like to take this opportunity to wish “Happy Birthday” to our residents and in this edition some staff.... who celebrate “21 young years again!”

« OUR POEM »



**Morning Arises, a brand-new day
We put on the TV to hear,
what Boris has to say!
With hope in our hearts,
that the news will be good
And prepare ourselves, like
a good Carer should.**

**Uniform in bag, along with
PPE
We arrive at work with
smiles and glee
We’ve survived 6-months
Covid-Free
Our residents are so
precious and dear
But working out this Covid-
Pandemic is not so clear!**

**Nothing can beat this job
when one is greeted with a
hello and smile
Knowing that we have gone
the extra-mile.**

**Our love in our hearts is to
share
But not seeing family and
friends is a little hard to
bear**

**Woodlands is a great team
We will not give up or run
out of steam!
We will continue to fight
this pandemic
With hearing the words,
from Mr. Campbell “Don’t
Panic!”**

**Our positions as Carers is
our role
With providing best care to
our residents is our goal
It is not just a job, that we
do
Because if words express
better – we would like to say
to our residents
“We Love You”**

Take Care,

Andrew