

# WOODLANDS NEWS

MAY 2020

## **Hello Everyone Update from Andrew**

At the moment, it really is a 'Topsy Turvy World' with our endeavours to keep as much routine and care for our residents without too much disruption so that they stay safe and well.

Stringent measures remain in place to ensure that Woodlands is kept 'covid-free' with additional hours being made available for domestic duties.

Unfortunately for the foreseeable future we will need to stay on 'Lock-Down' with assurance that every day we watch out for guidance to see whether legislation has changed and act appropriately.

It is worrying that many care-homes have become affected and, therefore, I wish to continue with the system that is currently in-place with reassurance that with our every action .. and hope .. that Woodlands stays in avoidance of this virus.

We now do have the means for staff to be tested should they believe that they are symptomatic – testing can be arranged within 24 hours with results confirmed to them the next day.

We are also waiting for arrangements for all residents to be tested, which I am in contact regularly with Hillingdon in arranging this.

I will keep you updated of this progress and do trust that it will be very soon, however, prior to any testing consent will be required from our residents (if able) or their family/representative.

We have been very well supported by Hillingdon Social Care with provision of PPE, with regular daily reporting to them.

Our stockists have also been able to meet and supply our needs. We were also grateful to Uxbridge College for their donation of hand-sanitisers, which have been distributed to each member of staff.

I was pleased to have received face-shields, designed from Brunel University; these will be used as part of our Contingency should they be needed.



We have also been blessed with support from local shops with regard to our food provisions, with a particular mention to SJ Williams – 'John the Butcher', Ickenham Village, Dalton Farm (Eggs), Ickenham and Tesco in Watford – who truly did come to our rescue when we were disappointedly let down from a long-term trusted supplier with our meat and grocery supply – for those who are on the Ickenham Facebook you will have already been informed – again the support from my message was amazing with various parcels being made and delivered. On this occasion I had a response of over 600.



An art and craft afternoon of colouring rainbows was very significant, with resident's rainbows being displayed around the home and also on the front of the window of the Care Home in support of the NHS and Key-Workers.



On a brighter note the support that families and representatives have given to their loved-ones has been nothing but heart-warming and breath-taking ; it has been just wonderful to witness the care and love shown which nothing can ever replace.



Myself and my staff are also very overwhelmed with all the thank you cards, surprise gifts and support that has been expressed - this has meant so so much to us all and literally has given light in a place that is trying to shine under these conditions and on behalf of everyone I wish to say a hearty grateful thank you.

I am pleased that there is a varied choice of access to our communication, with SKYPE and Face-Time being made available ; this media has proven to be very successful. We are hoping soon to send you a video of the staff – just to say hello.

We have all become ‘David Baileys’ in our photography and will continue sending our photos of captured moments, which I trust will bring a smile or two.

We are endeavouring to keep our ‘every-day’ routine, with special activities being held. During this period I have arranged for Weekend Activities to be made available.

« MOVING FORWARD »

MARCH

Mothering Sunday was slightly different, but a special day was provided.

Our residents enjoyed a delicious afternoon tea of sandwiches, cakes and endless cups of tea. The ambiance was relaxed. Staff were very mindful of this special day in making a very special effort to reminisce with residents about their thoughts or chatting about ‘being a mother, a special aunt, friend and other family contacts’.

APRIL



**Easter Sunday** was celebrated with a traditional Roast Lamb dinner. Staff and residents enjoyed the Easter Egg Hunt with all residents receiving a chocolate Easter Egg.

**St. Georges' Day**  
A special day was enjoyed.

### **MAY** **VE Day**

We give our thanks to our residents and remember with graciousness and thankfulness for the freedom that we have today. We plan to hold a 1940's themed street-party. Hopefully weather permitted in the garden. Music of the era will be played, bringing back nostalgia of this remarkable day.

We look forward to delivery of a game ... whereby rather than stick the 'tail on the donkey' - it is stick the 'cigar on the lips of Sir Winston Churchill'.

### **JUNE**

We have no resident's birthdays to celebrate in June, so we will have a special day on Saturday 13th June. Her Majesty the Queen Elizabeth II.

'God Bless the Queen'  
94 years young.

### **FATHERS DAY** **Sunday 21st June** **2 :00 pm.**

Cakes and Tea will be served marking this special afternoon.

Regular activity events continue, which incorporate thinking and exercise. A weekly schedule continues to be followed.

Most popular remains 'Thursday Cooking' which has consisted of :

- Bread and Butter Pudding
- Fruit Scones
- 'Supper' Sandwich making
- Pizzas
- Fruit Kebabs

We are now facilitating IT resources with 'streaming' with access to various activities 'live and active' on the TV.

The World has Joe Wicks, Keep-Fit Guru, but Woodlands has Sharon – with her warming up, exercises and dancing.

It is all a bit different.

Personal provision of care continues to be provided with regular Tuesday 'Beauty Days'. We are fortunate that Lisa has past hairdressing experience with all of our residents continuing to 'look their best'.

We have been blessed with the good weather with our patio doors being 'thrown open and residents being able to enjoy the fresh air and the garden.

**BEHIND THE SCENES**  
Woodlands has upgraded its telephone system. Additional lines are now available. The system should lines be engaged or unanswered has the facility for a voice-message to be recorded. Portable telephones have also been purchased for each Department.



### **JELLY DROPS**



We are always looking and accepting of any new projects that will enhance the care for our residents.

I wish to inform you that Woodlands has become part of a pilot scheme in partnership with the Alzheimer's Society to which I wish to update you. In 2018 an innovative project was set up by Mr. Lewis Hornby whereby Mr. Hornby believed that his grandmother, who suffers from dementia, was not getting enough to drink and decided to invent something that would make it easier for his grandmother to get the hydration she needed. Mr. Hornby used sensory deprivation tools and virtual reality tools to get a better understanding of the issue, spoke with a dementia psychologist, spent a week living in a dementia care home, consulted with doctors about how to create a hydrating product, and returned to the care home several times to test the prototypes of his project and came up with his invention of Jelly Drops.

The Jelly Drops are made up of 95% water, with gelling agents and 10% of potassium, sodium, magnesium, and calcium. Jelly Drops are hydrating treats shaped like raindrops, they come presented in a treat box, similar to that of a box of chocolates. The Jelly Drops come in various forms of colour and look appealing. They are easy to grasp and swallow and are

equivalent to a cup full of water. We are delighted to be involved in this project and have purchased some sets of the jelly drops.



Additional butterflies now adorn the walls of the Lounge – bringing in colour and 3d dimensions of 'Woodlands' = they truly look authentic and are very pleasing. We do believe that we have brought the woodlands into 'Woodlands'.



### HAPPY BIRTHDAY WISHES

We would like to take this opportunity to wish "Happy Birthday" to our residents who celebrate "21 young years again!"

It is with anticipation that when the next Newsletter is prepared that there will be guidance of measures for us all to meet up again. Until then take care and keep safe.

A handwritten signature in blue ink that reads "Andrew".