

# WOODLANDS NEWS

FEBRUARY 2021

May this upcoming year be more memorable than ever and we look forward to 2021.

## “GOOD BYE 2020 ”

2020 was undoubtedly an extraordinary year in every sense of the word, particularly, the Coronavirus pandemic, causing an extremely challenging time. Despite everything that has happened in the past 12 months, we look back and review the good work of my team, their caring ethos and support, with which there is much to be proud off, particularly the moment when we first received the Home's Covid-testing kits and the much awaited first covid-vaccine. We now await the arrival of the second covid-vaccine.

“We need some Happy News” The annual World Happiness Report has just been released, timed to the UN's annual International Day of Happiness on Saturday, 20<sup>th</sup> March, which the Home will celebrate.

Finland are on the top of the list as the happiest country in the world, with the United Kingdom coming 7<sup>th</sup>.

The outcome of the report states that people are pleasantly surprised by the willingness of their neighbours and their institutions to work in harness to help each other”. “This delivers a heightened sense of belonging, and pride in what they have been able to achieve by way of improvements”. In view of this statement, I reflect the work of my care team and the format in which we organise our Home, i.e. meetings, training, activities in the best possible way to achieve tailored care, but most importantly, happiness and care to our residents with Woodlands being a Happy Place.

## “WELCOME 2021”

### JANUARY

New Year's Day was celebrated with 'cheers'. A special meal was prepared. The menu consisted of Cod Loin wrapped in Parma Ham with dessert of Baked Crème Brulee.

The New Year was welcomed by some residents and staff who waited up until midnight, with bubbly being made available, for those that wished to 'raise their wine glasses'.



### FEBRUARY

#### 12<sup>th</sup> February

Carrying on the Oriental Theme a special meal of 'Sweet & Sour' chicken was served in celebration of Chinese New Year followed by a Mango Jelly.

To add to the ambience, lanterns and dragons were made and adorned around the Home.

#### “If Music be the Food of Love, Play On!”

Valentines Day  
“Chicken in White Wine, Roast Potatoes’. Each resident received flowers and chocolates.

A nice afternoon of making hearts in arts and crafts was well enjoyed, with displays throughout the Home.



Carrying on with the delights of food and cooking: Food, drink and nutrition is an important aspect. Having home-cooked food enables the Home to be able to provide good, wholesome, food. Weekly baking sessions continue, with which our residents are able to enjoy and participate in culinary experiences.

‘Fabulous February’ for Foodies with baking days continue, with delights such as

‘Bread & Butter Pudding’

‘Fairy Cakes’

‘Pizza’

‘Jammy Biscuits’



16.02  
Pancake Day was observed with pancakes being served at Suppertime. ‘Tossing the Pancake’ was enjoyed.

## MARCH

“Are you Smarter than Lush?”

“Llongyfarchiadau” to our Welsh Friends for St. David’s Day (1.03). To add to the ambience a special meal will be served: roast Lamb accompanied by roast potatoes and Leeks in Cheese Sauce  
Supper: Welsh Rarebit.

“Lá Fhéile Pádraig sona duit!”

A Celebration Meal will be held on (17.03) on St. Patrick’s Day: Gammon & Cabbage, Mash Potato followed by Whisky Cream. Guinness will be an option.

An afternoon of Irish Dancing and Music will be ‘streamed’ to add to the ambience. All staff and residents are welcome to participate in an Irish jig. An art and craft afternoon of Shamrock making and attempts at Leprechaun masks.

A little reminder: Mothering Sunday falls this year on:  
Sunday, 14<sup>th</sup> March

A special tea and cake afternoon will be prepared.

“Longing for Springtime”  
Sunday, 28<sup>th</sup> March

“SUMMERTIME BEGINS”  
Change to Clocks:  
Forward 1 hour

## APRIL

### ~~ EASTER ~~

The celebration of Easter:

**Sunday, 4th April** To commemorate this day a traditional roast meal will be prepared:

Residents will each receive a chocolate egg.

Art and Crafts will include colouring of Easter Eggs and Easter Bunnies. Artwork will be displayed throughout the home.

### ST. GEORGES' DAY

Celebration Meal for

St. George's Day (23.04)

A 'Sing-A-Long' and Indoor Street Party has been arranged, with celebration of a buffet. Union Jacks and Flags will be displayed.

### FROM THE MANAGER

**Andrew Campbell:**  
Manager

### Meetings for 2021:

- Menu/Commission
- Quality Management
- Senior Carers
- Staff (day & night)

Forum Meetings with Hillingdon continue regularly, with technology coming into its own.



On the 4.02. a virtual inspection was undertaken by Hillingdon Quality Assurance with regard to an Infection Control Audit and procedures/policies upheld at the Home in accordance to the Government Guidelines and PPE control. The Home met criteria Infection Control is our continuing commitment to minimise the risk of Covid and any other viruses to our existing residents and staff.

### Registered Care Home Meetings

Every Wednesday 'Zoom' meetings are held whereby Hillingdon and Care Home Managers are able to discuss matters and highlights of current events, particularly that of Covid. It is with wonderful news that all care-home residents and staff within the Borough have been offered their first vaccine.

I was proud that in this week's meeting for Woodlands to be mentioned as one of the most organised homes with regard to arrangements and procedures when vaccines took place at our Care Home. A credit and recognition to all my staff.

### Menu/Commission

I am keen for the Menu/Commission meetings to recommence when we are able to meet again. The Commission consists of resident representation, families/representatives, Activity Co-Ordinator, and Catering Manager. This meeting assists in its provision of choice of activities and meals, with interaction and involvement from our residents and family/representatives.

### Staff:

#### (Day & Night)

Staff meetings are held 4 times a year or additional if necessary.

All new care staff undertake their Certificate in Social Care, which leads to them being able to further qualification in Care, providing sound caring background. However, the key of care is Compassion.

All staff have to complete compulsory training, which includes, Moving and Assisting, First Aid, Challenging Behaviour and Oral Care.

Congratulations to Jemimah, who undertook an apprenticeship (Uxbridge College) with learning and experience at Woodlands. Jemimah has completed her Level 2 Social Care, Health Care, with now embarking on her Level 3. Training opportunities are monitored throughout the year. Training remains an important and integral part of Woodlands.

Beauty Days continue with residents still enjoying 'pampered Tuesdays'. In the absence of our visiting professionals, we have been blessed to have talented staff who are able to be 'hairdressers' beauticians (manicures) with Lisa offering her reflexology.

Monthly Cream-Teas and Cheese & Wine afternoons continue... with which we do hope that we will soon be able to invite you all.

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



May this upcoming year be as much glorified as you wish for it to be. Make this year more memorable than ever by accomplishing all your goals. Have a safe and happy new year.

**TOP 20**

Woodlands remains on the top 20 Recommended Care Homes in London ([carehome.co.uk](http://carehome.co.uk))

“Out of the Mouths of Babes”

*I do hope that this makes you smile.*

*It's from Sandi's Granddaughter, Isla (4.5 years old)*

(without prejudice or politics involved) -

Isla was requested to draw a picture of a Key-Worker along with a her little team of friends. All pictures were placed on the window of the school. When her daddy went to pick Isla up, she showed her daddy her picture. Her daddy was looking for a drawing of her mummy (nurse) or her nanny (care-home) but Isla had drawn Boris Johnson ... her daddy enquired why to which she replied “he is trying to help us”.



Another little tale that may make you smile also, is of another family member, who is only 7, is desperate to have his hair-cut, but due to the Barbers being closed he is not able to go. His mummy tried to explain to him, to which the little one replied. “I Know Why, this is, its because Boris wants us all to have our hair like his”



*We truly hope that we can all meet together again soon.*



*Andrew.*