

WOODLANDS NEWS

May this upcoming year be more memorable than ever and we look forward to 2022.

It is incredible that we are now in 2022, with 2-years late February 2020 that Woodlands rapidly had to adapt its practices in response to the COVID-19 pandemic.

Just when we were all believing that everything was easing it was with surgent rising of the Omicron variant that all arrangements had to be put into reverse with restrictions, most disappointly, again being put into place. We have all encountered a real-rocky road.

I am really proud of my staff who have continued to adjust and are able to deliver care and activities in innovative ways, which is listed in this Newsletter.

“We need some Happy News” :

The annual World Happiness Report has just been released, timed to the UN's annual International Day of Happiness, which the Home will celebrate.

International Day of Happiness is a global event arranged by the United Nations annually on March 20th. It serves to remind us that being happy is a human right and worth celebrating

Finland is on the top of the list as the happiest country in the world (again) with the United Kingdom coming 17th out of 136 countries. 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.

Talking of Happy Places ... it is with our delight to support charities. We are currently collecting STAMPS and CAN RING-PULLS. Should you wish to also support, please may you bring in used stamps and can ring-pulls, with delivery to Lisa or Sharon. The stamps will support a Cancer Charity and the ring-pulls will support a Charity in Africa.

“Thank You”

Our resident's have composed a poem entitled “Happiness”

‘Always Have a Smile on Your Face, and a Spring in your Pace
Whatever Life throws at You, Friends and Family, will Always be the Glue, that holds you together
Allow the Sunshine in, and Grin and Grin and Grin, Let the Happiness in’.

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

1st February

Carrying on the Oriental Theme a special meal of 'Sweet & Sour' chicken and/or Beef in Black Bean Sauce was served in celebration of Chinese New Year followed by a Mango Jelly.

Lunar New Year was celebrated across the world on Tuesday, 1st February with the Chinese zodiac calendar marking this annual cycle as the Year of the Tiger. In the Chinese culture the tiger is the symbol of bravery, wisdom and strength; I believe this truly sums up Woodlands staff, particularly overcoming unforeseen matters with the Covid.

CREAM TEA

8th February

Cream Teas continue to be regularly enjoyed:

The debate continues: 'which comes first.. cream then jam .. or jam then cream?'

Truthfully, our scones did not stay round too long for the question to be answered – they were delicious!

VALENTINES DAY

14th February

"If Music be the Food of Love, Play On!"

A special meal was prepared Roast Beef and Yorkshire Puddings, followed by 'heart-shaped' strawberry gateau. A glass of pink prosecco added to the ambience (other drinks were available).



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

'Cheese & Ham Slices'

'Victoria Sponge'

'Supper Sandwiches'

'Rice Krispies Cakes'



MARCH

1st March

'Shrove Tuesday'

(Pancake Day)

Will be observed with pancakes being served at Suppertime, with the infamous 'Tossing of the Pancake'

Also: St. David's Day "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

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, 27th March
A special tea and cake afternoon will be prepared.

"Longing for Springtime"
Sunday, 27th March
"SUMMERTIME BEGINS"
Change to Clocks:
Forward 1 hour

APRIL

The celebration of Easter: Sunday, 17th April Roast Turkey will be served.

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, along with an Easter Egg Hunt.

ST. GEORGES' DAY

Celebration Meal for St. George's Day (23.04) Roast Beef is on the menu, accompanied by Yorkshire puddings.

A rhyming-slang 'cockney' quiz has been arranged, along with singing of well-remembered London Songs, reminiscing of past 'Good Olde Days'.

Union Jacks will be displayed.

FROM THE MANAGER

Andrew Campbell:
Manager



You may have seen Woodlands Van driving through Ickenham, newly purchased.

It is with our very good intention, that in good time to facilitate the Van for external outings for our residents.

The Van is currently being used for transportation for clients to Woodlands Club – "We Welcome, Gary - our Driver.

The Van has also been used for taking residents to appointments.



"Hello from Tiili and Gary"

Meetings for 2022:

- Quality Management
- Senior Carers
- Staff (day & night)

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

Our Home's Inspectorate, the Care Quality Commission (CQC) continues to develop its approach to monitoring. In Mid-October the CQC undertook a monitoring review of Woodlands, which included audits – Medicines, Infection Prevention and Control – Incidents, Accidents and Adverse Events, Business Contingency Plans, Covid-19 Plans and Assessments, Staff Training, DoLs, Meeting Minutes, Surveys and overview of recent achievements.

Contact was made with the relatives/representatives of some of our residents for their feedback of their experiences encountered at Woodlands.

Thank you to all who responded so promptly and with honesty.

The monitoring activity is not an inspection.

I was pleased with the outcome and comments received back from the CQC.

Care Home Meetings

Fortnightly 'Teams' meetings continue to be held whereby Hillingdon and Care Home Managers are able to discuss matters and highlights of current events, particularly that of Covid and the following procedures. It was with pleasure to receive a Certificate from the Public Health England to confirm daily updates.



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 qualify in Care, providing sound caring background; the fundamental key to care is compassion.

All staff were invited out for a celebratory meal. It was so nice for us all to be together.



Training opportunities are monitored throughout the year. We have 3 staff undertaking Level 3 Diploma in Social Care. We welcome Alex who is undertaking her apprenticeship in Health and Social Care.

Training remains an important and integral part of Woodlands and our partnership with Uxbridge College.

Pressure-ulcer prevention/management training is also provided.

As a nominated Lead for Infection Control, Laura attends regular meetings with Quality Assurance, London Borough of Hillingdon.

Beauty Days continue with residents still enjoying 'pampered Tuesdays'. We welcome back Lily, Hairdresser and Fiona, Chiropodist. We are also blessed that Lisa is qualified in reflexology.

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

HAPPY BIRTHDAY WISHES:

January

Kate Austin
John Clemence
Bob Preston

February

Janet Casbard

March

Margaret Wing

April

Shirley Dent

Also :

April - Birthday of :
Our Majesty,
Queen Elizabeth II

We have all filled a tough year, but along the way we encouraged love, laughter and friendships. 'Cheers' to another year of taking on the world together.

Wishing you
All A good
2022

As we say at Woodlands **"It Takes 2 Hands to Clap"** and **'There is no I in Team'**.

"Dream Team"

Our thanks to all families and representatives who kindly gave gifts, which made Christmas extra special. It was with delight to receive a succulent turkey, with all the meat trimmings, i.e. sausages from John, Ickenham Village Butchers for their kind donation.

A handwritten signature in blue ink that reads "Andrew." with a period at the end.

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