



Newsletter

Issue 70

November -

December 2024

WESTCROFT

NURSING HOME

3ab
Care
Limited

Exceptional
Excellence

UPCOMING SPECIAL EVENTS

Guy Fawkes day celebrations with bubble light show - 5th November at 11am

Musical moments afternoon performance - 7th November at 3pm

Visit from Reg the therapy dog - 8th November at 11am

Visit from Attune music therapy, extended visit for rooms & lounge - 10th November at 11am

Rememberence day celebrations - 11th November throughout the day

Country performance with Terry - 12th November at 11am

Performance from Tony Boyle - 20th November at 2:30pm

Visit from Reg the therapy dog - 21st November at 2pm

Bring your children in for Christmas crafts - 24th November at 11am

Seated dance class with Amy - 26th November at 11am

Musical moments - 29th November at 11am

MORE TO BE ANNOUNCED



DECEMBER SPECIAL EVENTS

Steel drum duo performance - 3rd December at 2:30pm

Visit from Reg the therapy dog - 6th December 11am

Performance from Tony Boyle - 11th December at 2:30pm

Residents Christmas party with performance from Paul G -
19th December, celebrations all day, performance at
2:30pm

Visit from Reg the therapy dog - 20th December at 11am

Musical moments Christmas special - 21st December at
11am

Christmas violin performance by Elisabeth - 23rd
December at 11am

Christmas day celebrations and gift exchange - 25th
December, activities in the morning and Christmas dinner
New Year's Eve celebrations - 31st December at 11am



UPCOMING BIRTHDAYS

**5TH DECEMBER -
MARGARET MALCOLM**

**17TH DECEMBER -
MARGARET HUMPHREYS**

The birthday cake will be shared among the residents during tea time

We aim to improve the quality and variety of activities for our residents through regular bi-monthly fundraisers. A big thank you to all families and staff for your support in our recent fundraising efforts. Your continued support is crucial as we work to enrich our residents' lives. Thank you for being part of our community, and we look forward to your ongoing participation.

FUNDRAISER

Our residents love the monthly Musical Moments sessions. As an end of year treat, we have 2 musical moments performances in November and a special Christmas installment in December.

MUSICAL MOMENTS



DANCERSIZE SESSION & ENTERTAINMENT CONCERTS



We have now introduced a seated dance class to our activity schedule, as a way of making fitness both musical and fun. We are constantly thinking of new ways to bring fitness into our activities, sometimes through bean bag toss or skittles, or through dance!

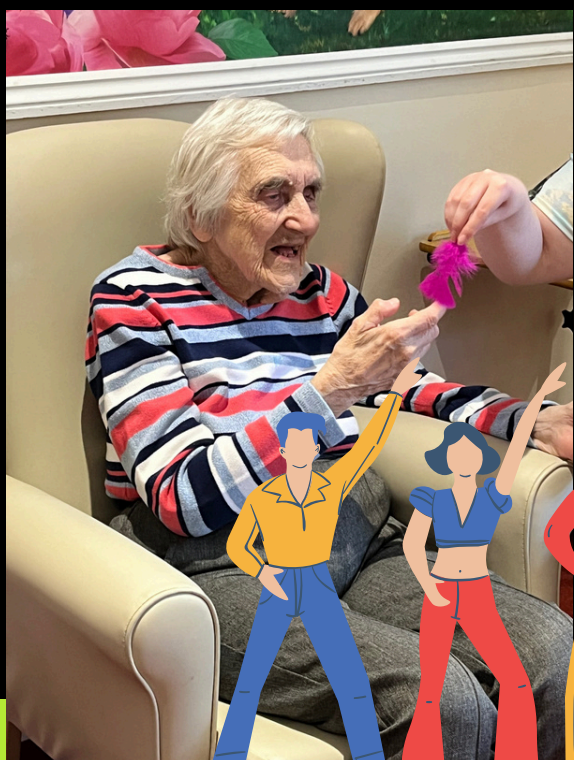
SEATED DANCE CLASS



We have welcomed Amy back into our home this month for a seated dance class. Amy incorporates fitness into dance by doing throwing and catching, stretching and different movements with our entire bodies. The residents absolutely love being able to do some silly movements and laugh with one another, and getting exercise at the same time!



Amy will be back for another seated dance class on the 26th of November for a morning class, and will be using some new props and moves to work different parts of our bodies, ensuring we stay as active as we can!



Visit from Co-op Care Memories Box



We had the pleasure of being visited by the Co-op group, who brought their fantastic memory box to our home to show our residents.

Memories

The memories box was filled with items from our past, such as ration books, co-op stamps, old handbags and even gas masks. The staff sat with us and shared memories over cups of tea, and it was a lovely experience.

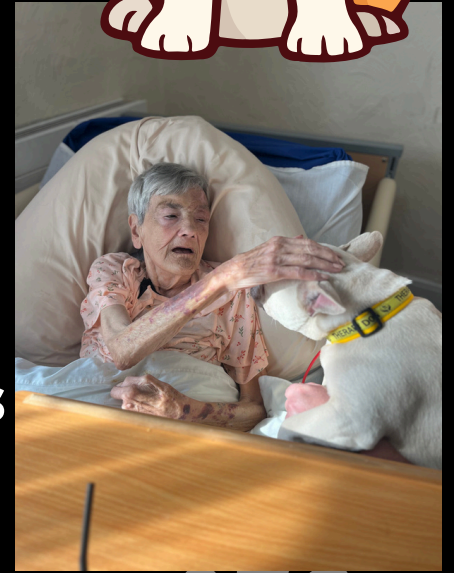


Everyone really enjoyed their visit, and gave us the opportunity to explore the lives of our amazing residents, and learn about their experiences. We look forward to their next visit!

REG THE THERAPY DOG - PART OF OUR HOME



Reg and his lovely owner Ang now come to our home every other week, and they spend quality time with our residents. Reg is a registered therapy dog, so is trained to help our residents feel calm and at home in his presence.



Our residents get so excited at the thought of him visiting and the smiles on their faces are so lovely to see. His visits always encourage conversations about pets we used to have and love, and it's a beautiful experience.



ZOOLAB CREEPY CRAWLIES VISIT



We had the pleasure of welcoming Zoolab back to our home for a creepy crawlies Halloween special. They brought some fantastic creatures with them such as a praying mantis, a centipede, tarantulas, cockroaches and even rats! Some relatives joined us for the experience too which was lovely.



Our residents absolutely loved the visit and got the chance to see and interact with creatures they may have never had the chance to before. Chris also told us lots of interesting information about each one so we could learn what their lives are like in their natural habitat. We can't wait for next time!



OUR RESIDENTS ALWAYS HAVE FREE CHOICE IN REGARD TO ACTIVITIES, AND CAN ALWAYS REQUEST A DIFFERENT ACTIVITY TO DO IF THEY PREFER NOT TO JOIN IN WITH THE SCHEDULED ACTIVITY.



FUNDRAISING



A huge thank you to everyone who has supported our recent fundraisers. Our bonus ball fundraiser was a huge success, and alongside our kindly donated 'guess how many sweets are in the Jar' fundraiser, we have been able to raise a great amount towards our residents fund. We really appreciate all of your continued support and we could not do what we do without you.

Stay tuned for our upcoming Bonus ball Halloween fundraiser in October!

RESIDENTS- RELATIVE MEETING

Since our last edition of the newsletter we have held our second residents and relatives meeting which was a great success, we got some fantastic feedback and great comments from the relatives who came. As always, any feedback is very appreciated and we would gravely appreciate if visitors continued to complete the feedback survey on the sign in tablet, as well as reviewing us on Facebook, carehome.co.uk and the CQC website. Our next meeting will be held in February, date to follow.



GOLD

STANDARD FRAMEWORK



Westcroft nursing home have embarked on a new type of training, to help us continue our work in end of life care.

The GSF Care Homes Training Programme is the most widely used training programme for all care homes in the UK, supporting all elderly residents as they near the end of their lives. Since its launch in 2004, thousands of care homes have completed the programme, and hundreds have become accredited with the well-recognised GSF Quality Hallmark Award. Over the last 20 years, GSF has provided effective end of life care training for the care team, enabling residents to live well by promoting better working with GPs and the wider community team. Hundreds of thousands of residents have benefited from GSF in their care home enabling more proactive, personalised, well-coordinated care. Demonstrating significant impact with a reduction in unplanned hospital admissions and deaths, enabling more to live and die where they choose. It is estimated that on average 80% of residents are in the last year of life and unplanned hospital admissions of residents could be avoided with care homes playing a pivotal role with an ever increasing aging population quality care is crucial for the sector now, and in the future.

Westcroft will keep you updated on our progress on this venture!

“Our aim is to enable a ‘gold standard’ of care for everyone, with any condition, in any setting, given by any care provider, at any time in a person’s last years of life”

- **Gold Standard Framework**


3AB CARE ALZHEIMER'S SOCIETY WALK

Some of our family members and part of the 3ab Care team took part in the Alzheimer's society memory walk, for the residents at each of our homes. It is a fantastic cause and something we hold very important within our organisation. A huge well done to those who took part, and it is a real honour for us to be able to walk for our incredible residents.



EMPLOYEE OF THE MONTH

Sarah Hargreaves was awarded employee of the month for September and Emelia Wilshaw was awarded in October - congratulations both!

 Our residents have occasional pre-booked appointments at hospital. It is much appreciated if the family members could accompany their loved ones for their appointments

RESIDENTIAL/ RELATIVE/STAFF REFERRAL SCHEME

If you or your relative recommends a new resident to the Home you will be entitled to £500 worth of vouchers of your choice. As long the residents stays for a minimum of three months the vouchers will be given.

Scan the QR Code to find our home. Here you can find up to date news and photographs of the Home, in 'latest news' section under the Westcroft Nursing Home tab.



We try to update our social media pages with photos and videos of all our events as soon as possible to allow everyone to see their loved ones on those days. Follow us on facebook for more updates.

Please feel free to have a look at www.3abcare.co.uk. You can find information on our Homes in this group.

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