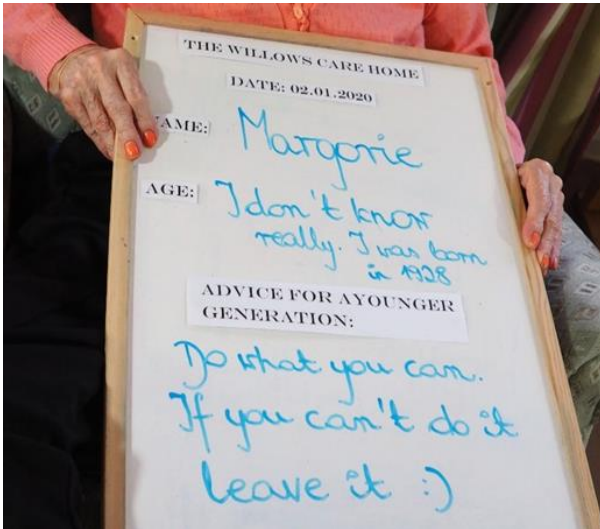


THE WILLOWS WHISPERS

Word of Wisdom for March

Marjorie has a good sense of humor and when in the beginning of the 2020 asked to give advice to younger generation she said:



‘Do what you can. If you can’t do it, leave it.’

WHAT ARE WE UP TO:

4th COE Church Service with Holy Communion

6th Howard’s guitar music 3pm

8th International Women’s day

12th Sit and get fit with Sapna (exercises session)

13TH Red Nose Day

15th Sunday Church Service at 3pm

17th Saint Patrick’s Day

18th Chiropodist visiting The Willows

20th Billy Miller singsong 3 pm

22nd Mothering Sunday

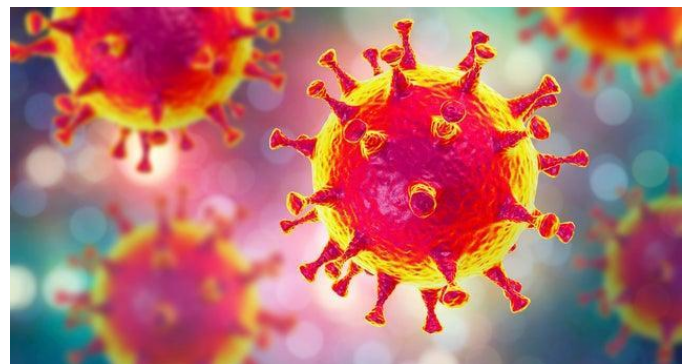
26th Coffee Morning

For more detailed information regarding daily

Activities please talk to Nina or Ed or look at our Activities Calendar

Displayed in the lounge

RELATIVES’ CORNER



The NHS advises you, among other things, to wash your hands regularly, cover your mouth with a tissue when you cough or sneeze and avoid touching your eyes, nose or mouth if your hands are not clean.

Due to Coronavirus outbreak in compliance with NHS advice and our Infection Control Policy

PLEASE do not come to the Home if you have a fever, cough runny nose, sore throat or difficulty breathing!

March 2020

HOW TO MAKE PIZZA...WITH SMILE!

In February our residents enjoyed preparing their own tea and it was yummy.



March 2020

Sit and Get fit

Exercisers with Sapna seem to take the Willows by storm. Last session gathered impressive number of residents and attracted some of the visitors too!

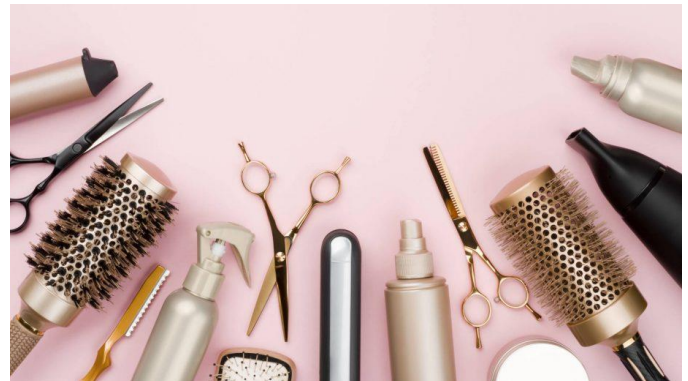


Let's have coffee and cake together!



Every last Thursday of a month we welcome all visitors and friends to join us for coffee and cake at the Willows Care Home.

It is an occasion to socialize with our Residents and 'get a feel' of the home.



Hairdresser open every Monday from 9:30am

Haircut £5

Blow-dry £8

Haircut & blow-dry £13

Perm £25

Hair coloring £25

**We collect money in advance.
For appointments please ask
Nina or Ed.**

March 2020

8th of March International Women's Day



Happy Woman's Day!

International Women's Day is sponsored worldwide by the United Nations. However, the roots of this celebration go back to the late 1800's and early 1900s. It grew from women's socialist movements and early women's trade union groups.

The first International Women's Day was held March 19, 1911. Women socialists and trade unions held an earlier Women's Day on the last Sunday in February 1908.

The event grew from there and has been celebrated annually since.

The focus is upon women workers, and advancing women's rights in the workforce, politics and society. Go girls!

Erin Go Bragh!

Saint Patrick's Day is held in honor of Saint Patrick, the missionary who brought Christianity to the Irish people in the 400's AD.

Saint Patrick's Day has many symbols and traditions, from shamrocks and leprechauns, to green beer and Corned Beef and Cabbage. Saint Patrick's Day parades are popular in

many cities around the world. Interestingly, the first St. Patrick's Day parade did not take place in Ireland. It took place in New York City, in 1762.

Erin Go Bragh is perhaps the most common Irish term you will hear. It means "Ireland Forever"

What are the origins of Mother's Day?



The origins of Mothering Sunday in the UK begin in the Middle Ages, when children who had left their families to work in domestic service were allowed to go back to their home church - or "mother church" as it was known. At first, the "mothering" aspect of the day had no link to maternal parents, as it does today.

The journey home also morphed into a spring occasion for families to reunite.

The custom then developed for children to pick flowers on the way home as a gift to their mothers.



March-Safeguarding Month

Safety and safeguarding in the care home



Two of CQC's Fundamental Standards, which care providers must meet, concern:

- safety: you must not provide unsafe care or treatment, or put people who use your service at avoidable risk of harm
- safeguarding from abuse, improper treatment, or neglect.

CQC has lead responsibility for investigating incidents where people in residential homes have been harmed by unsafe or poor-quality care or treatment, while the local authority takes the lead in safeguarding cases.

The obligations of care homeowners and managers in respect of safety apply to all the people living and working in their care home. They should have clear policies in relation to both.

The safety and well-being of the elderly in care is paramount and elderly loved ones will often rely upon their family to raise concerns, as they become less able or less inclined to ask about or question the level and suitability of care being provided.

Safeguarding means protecting individuals' health, wellbeing and human rights, so they can live free from harm, abuse and neglect.

Examples of **safeguarding** issues include:

- **Pressure sores (bed sores)**
- **Malnutrition**
- **Incidences of falls**
- **Unexplained bruising**

Six Principles of Adult Safeguarding

The Care Act sets out the following principles that should underpin the safeguarding of adults.

Empowerment

People are supported and encouraged to make their own decisions and informed consent.

"I am asked what I want as the outcomes from the safeguarding process and this directly inform what happens."

Prevention

It is better to take action before harm occurs.

"I receive clear and simple information about what abuse is. I know how to recognize the signs, and I know what I can do to seek help."

Proportionality

The least intrusive response appropriate to the risk presented.

"I am sure that the professionals will work in my interest and they will only get involved as much as is necessary."

Protection

Support and representation for those in greatest need.

"I get help and support to report abuse and neglect. I get help so that I am able to take part in the safeguarding process to the extent to which I want."

Partnership

Services offer local solutions through working closely with their communities. Communities have a part to play in preventing, detecting and reporting neglect and abuse.

"I know that staff treat any personal and sensitive information in confidence, only sharing what is helpful and necessary. I am confident that professionals will work together and with me to get the best result for me."

Accountability

Accountability and transparency in delivering safeguarding.

"I understand the role of everyone involved in my life and so do they."

March 2020

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread illnesses such as food poisoning, flu or diarrhea.

It can help stop people picking up infections and spreading them to others. It can also help stop spreading infections when you're visiting someone in hospital or another healthcare setting.



An Icky, Yucky Germ Tells You

How To Wash Your Hands!

1. Make Sure A Clean Towel Is Ready In Advance.
2. Turn On The Water. Make It Nice And Warm.
3. Wet Your Hands.
4. Put Soap On Your Hands.
5. Rub Your Hands Together. Make Lots Of Suds!
6. Rub Both Sides. Rub Between Your Fingers, Too.
7. Rinse Your Hands. Don't Touch The Sink.
8. Dry Your Hands With A Paper Towel.
9. Use The Paper Towel To Turn The Water Off.
10. Throw The Paper Towel In The Trash.