

# The Southcare Supporter

MAY 2021 | ISSUE 17  
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your monthly newsletter



## We're supporting care home **open** week

**28 June - 4 July 2021**

**FEATURE ARTICLE: OUR HOMES**



**All of us at Southcare Homes Group have plenty planned for Care Home Open Week! Here's a sneak preview at what our homes have got planned.**

Grasmere is planning an Open Day and has invited young ones to enter a drawing competition. They've also planned a staff Lip sync battle, a Strictly Come Dancing Competition, karaoke sessions, fashion parades and engagement with the community.

Freshford Cottage is planning a virtual tour of Australia (with a barby of course!), a Wimbledon day with strawberries and cream, a hat-making Ascot themed party and plenty of other games and fun!

Heatherdene is making arrangements for a local school to perform a dance especially for residents! They've also planned a Willy Wonka's Chocolate

Factory Tea Party later on in the week for friends and relatives.

Highbury House is embracing the sunshine by having a mini Summer Festival! Their musically-minded Activities Coordinator as well as others in the team will take centre stage in the home's front garden by singing, guitar playing and drinks!

Lime Tree House is planning to have a virtual meet and greet session with the Chief Executive of Albion FC, Paul Barber. There are also members of the local community service, such as the police and others, coming to engage with residents. Some local ponies are even going to pop by and say hello!

If you'd like to get involved and not miss out on all the fun, please follow our homes on Facebook or visit our website: [www.southcarehomes.com](http://www.southcarehomes.com).





## OUR EVENTS

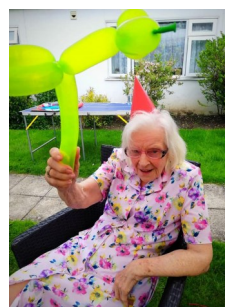
### The Grand Fair Comes to Grasmere!

What an amazing day Grasmere had in May when they had their very own funfair! Our person-centred activities programme enables our residents to request events and activities and residents were not disappointed!

The staff pulled out all the stops to turn the garden into a fairground with all the classic funfair games such as hook-a-duck, target shooting, the coconut shy, egg and spoon races, and many more!

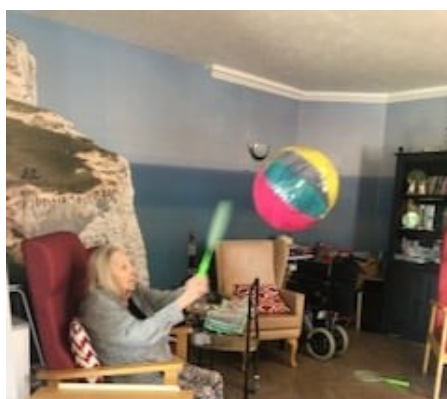
We had all the regular funfair 'fittles' of candy floss, doughnuts, cream soda and Coco the Clown (who looked an awful lot like the Manager, Iwona)!!

Residents enjoyed all the games and even attempted to make their own balloon animals! So much effort went into this day and it was a grand success! We'll definitely be making it a summer tradition as the residents absolutely loved it!!



### Almost Like Being at the Beach!

Freshford Cottage also did their best to bring the world to their residents. In the lounge they have a beautiful backdrop of Beachy Head which has really helped boost wellbeing during the pandemic. It's always refreshing to see the sea and even to play some beach games. That's exactly what was organised for residents during May. They played beach ball with Beachy Head in the background and the sun shining through the windows - it was as if they were almost there!







## OUR COMMUNITY

### Waitrose Gives Lime Tree A Little Love!

Southcare Homes Group and our residents at Lime Tree House in Ringmer would like to say a massive 'Thank you' for the generous donation from Waitrose & Partners to our Garden Club! The residents are thrilled and looking forward to enjoying repotting all these beautiful plants!

As a company, we have encouraged and built strong Community Engagement networks over the past year, which has been so helpful

during the pandemic. We believe that connecting and supporting each other are the key ingredients to feel included, valued and supported.

This fantastic donation is part of Waitrose and John Lewis' campaign called "[Give A Little Love](#)", which focuses on making a difference in the community—they've certainly done that for us! Thanks again.



### Connecting with our Communities During Care Home Open Week

Care Home Open Week is all about connecting people and communities. As a group, we will be reaching out to many in our local area to show how much we appreciate their support and generosity over the past year. It will also be nice to celebrate the amazing efforts others have taken to keep going during the pandemic.





## OUR ACTIVITIES

### Our Homes Get their Gnashers Round British Sandwich Week!

Highbury House had so much fun celebrating British Sandwich Week! They organized for some blind folded sandwich tasting, sandwich making, and lots of laughs! Even our proprietor, Karim Nanji, couldn't resist getting involved and sneaking in some yummy sandwiches too!

Freshford Cottage also got into the Southcare Sandwich spirit, by helping residents make their own sandwiches. A few of the favourites were blue stilton and jam (not together of course!) Our residents said it brought back lovely memories of making sandwiches for their families and it was great to get involved in this week-long event!



### Lime Tree residents Go Nuts for Do-nuts!

Lime Tree got involved in Dementia UK's *Time for a Cuppa*

fundraising week in May.

Residents and staff at

Lime Tree played Guess

The Number of Sweets in

the Jar (which one of our carers, Savi, won—well done!)

and pictured below are residents taking part in a classic and fun game of Doughnut-On-A-String Challenge! It's harder than it looks! For a full video, [click here](#).

Needless to say, our residents *holey* enjoyed the Dementia UK fundraising week! You can also spot our supportive Proprietor, Karim Nanji, in the corner enjoying the show. In fact, he's beginning to make a habit of appearing at some of our homes' food-themed events...







## OUR OUTINGS

“So happy to go out & enjoy the simple things”

May brings with it a chance of something new. That's exactly what we saw when government restrictions were eased further and venturing outdoors was once again made a possibility for residents in care homes.

Jane, a resident at Lime Tree House Care Home, was one of the first residents to enjoy an outing with a designated visitor. Jane enjoyed a lovely trip to the nearby woods and was so relieved to be able to truly enjoy the beauty of nature among a sea of bluebells.

"I felt like I was in a dream world, it was so peaceful and beautiful, we were so happy to be able to go out and enjoy the simple things", said Jane.

To find out more about outings, please call your local Southcare Home or visit our website.



## Enjoying nature outdoors & indoors!

As the weather gets warmer, our residents are enjoying being able to go outside and have been benefitting from the fresh air and sitting in the sun. Heatherdene residents (pictured right) had a lovely afternoon when the temperature was just right - working on jigsaw puzzles and chatting with other residents.

Even on days when we can't go outside, Highbury House (pictured left) brings nature inside and helps residents to pot plants and flowers, watching them grow.







## OUR WELLBEING

# Puppy love & purr-fect pussycats for residents at Heatherdene!

Heatherdene welcomed some furry friends into the nursing home in May. They're perfectly toilet trained, they don't molt and don't require walkies! How, you ask? All thanks to RoboPets. They provide Companion Pets, especially designed for those in care homes.

Our very own Robo-cats and dogs arrived in May and have already made such a difference on our residents at Heatherdene! Robotic Companion Pets have been proven to increase cognitive activity and are currently in use to help people with a number of conditions including dementia and Alzheimer's.

They also help reduce loneliness and agitation in care home residents. (They are also considerably easier to look after!)



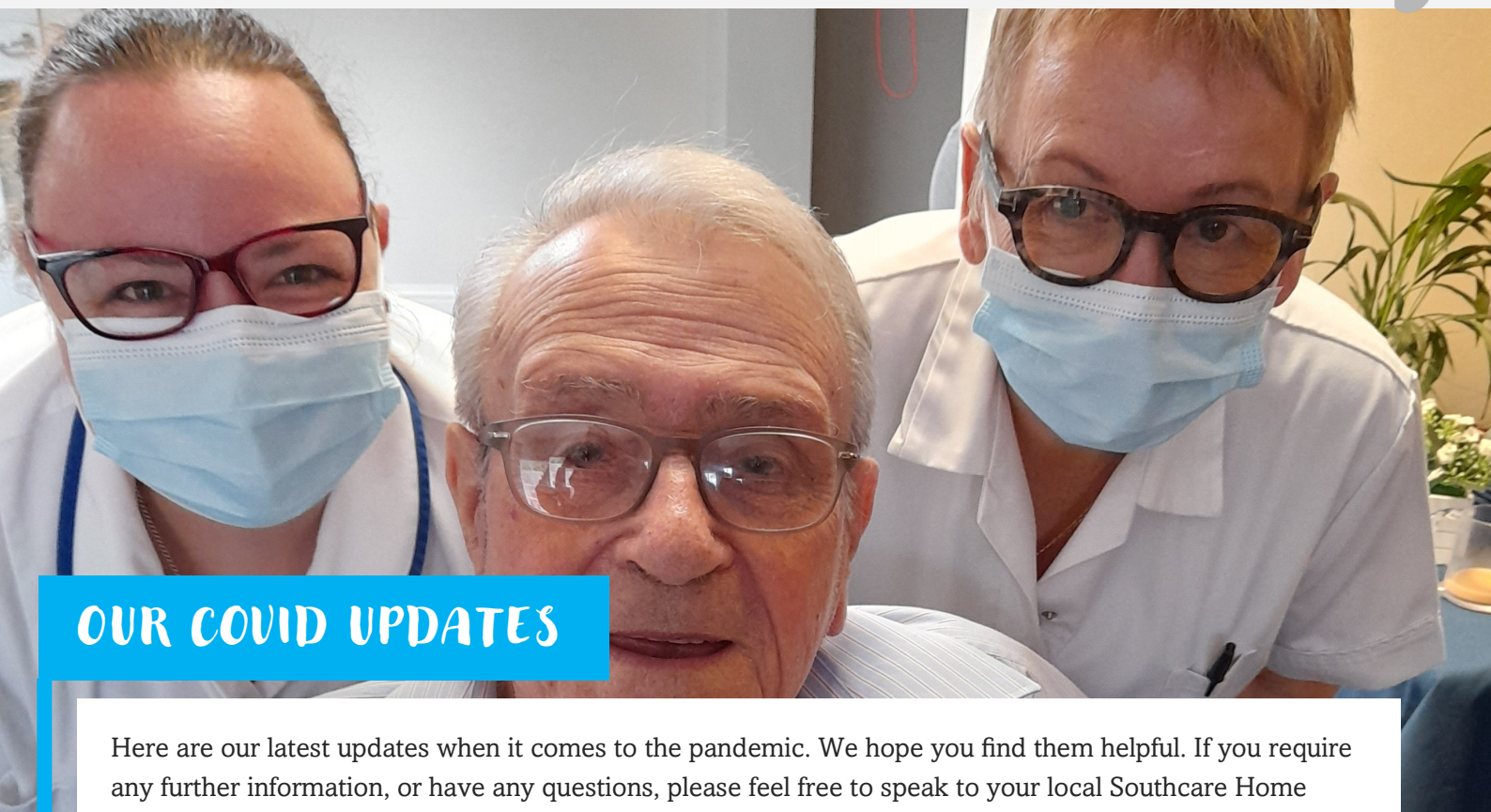
Here at Heatherdene, we have already noticed an improvement in our residents' mental health because of our furry additions to the care team! Our companion pets move, roll on their tummies, and even meow and bark! The fur is also very soft and comforting to touch for residents.

Suzie, one of our companion Cats (pictured top right) was the first to get to know our residents. She settled in quickly and was soon joined by her sister Lily and her puppy friend, Freckles.

Some of our residents have already picked out their favourites - our resident, Bill, has picked Freckles the companion puppy, as his new, furry best friend (pictured middle). Gwen, pictured lower right, is a new resident, who really enjoys the company of other residents but is also making the most of our menagerie of furry friends! She even has furry slippers to match! Gwen said, 'I'm so busy stroking the pets I will never get anything done!'

Thank you RoboPets for making such a difference to our residents.





## OUR COVID UPDATES

Here are our latest updates when it comes to the pandemic. We hope you find them helpful. If you require any further information, or have any questions, please feel free to speak to your local Southcare Home Manager who would be more than happy to help you. You can also visit our website.

### ROADMAP OUT OF LOCKDOWN STEP 3 SUMMARY (17<sup>TH</sup> MAY)

#### Residents can have up to 5 named visitors

- Test at Home (if you can) to speed up the visiting process
- Only visitors of the same household or bubble can visit at the same time

#### A resident can go on an outing with a loved one

- All outings must be outside
- Risk Assessments are needed for each outing
- One person can accompany the resident on the outing - no groups

[CLICK HERE TO READ OUR VISITING POLICY](#)

### Group Vaccine Statistics: May 21

	Lime Tree House	Heatherdene	Freshford Cottage	Highbury House	Grasmere	Southcare Homes Group
<b>Residents</b>	96%	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>99%</b>
<b>Staff</b>	88%	93%	88%	<b>100%</b>	88%	<b>92%</b>

Statistic accurate as of 11 June 2021





## YOUR COMMENTS



GRASMERE REST  
HOME

“**My mother was 100 years old in April** [...] the manager and staff made the day very special. They were helpful in all the arrangements, decorating her room and the lounge. She had her hair done and looked really beautiful. The staff helped her open her cards and presents and took photos of the occasion which they forwarded to me. **It is a lovely home and the staff are very friendly.**”

PAT P , DAUGHTER OF RESIDENT | MAY 2021

Source: carehome.co.uk



LIME TREE HOUSE  
CARE HOME

“ I have always found the staff at Lime Tree to be extremely helpful. They are very easy to approach [...] and are very respectful. [...] **They try very hard to make sure that everyone's mental health is taken care of, arranging numerous activities weekly.**”

C E, SON OF RESIDENT | MAY 2021

Source: carehome.co.uk

## Don't forget to follow us!

All of our homes have their own **Facebook page** and some have **Tik-Tok** as well so you never miss out on any activities and events going on in your local Southcare Home. We also have a **NEW Instagram** account that you can follow for more updates.



[@limetreeringmer](#)

[@FreshfordCottage](#)

[@GrasmereRH](#)

[@HighburyHouseRottingdean](#)

[@HeatherdeneNH](#)

**We hope this newsletter goes toward showing you that your dear ones are very dear to us as well. Don't forget you can have a video call with your loved one at any time via Skype, Zoom or Facetime. Please contact your home manager to arrange this. Until next time, please stay well and keep safe.**

**Tracey Austin**

Group Manager  
Southcare Homes Group



**Contact Us**

If you have any questions, comments,  
or would like more information:  
**[info@southcarehomes.com](mailto:info@southcarehomes.com)**

