



OUR EVENTS

Elsie at Grasmere Rest Home celebrates her 104th birthday!

Elsie, pictured above, aged 104, is a much-loved resident at Grasmere Rest Home in Sutton. She is one of the oldest residents in the Southcare Homes Group. Elsie had a fantastic birthday with a beautiful cake and her family were able to visit later on as well.

Elsie is an inspiration to us all and helps us to stay positive determined to keep going. Thank you for the hard work from all staff and to our chef at Grasmere for creating such a spectacular cake to celebrate this truly special occasion.



OUR ACTIVITIES

A woman in a blue and white sari is dancing in a room. In the background, several people are seated at tables, some wearing masks. The room has a painting on the wall and a window.

Celebrating All Walks of Life Through **dance**

Residents were taken on a cultural journey to remember on their armchair travel trip to India. Coinciding with Indian Independence Day, Freshford's manager, Finlin, pictured above, as well as other members of staff put on a real show for residents.

Staff dressed in traditional Indian outfits and food was specially prepared to take residents tastebuds on a cultural trip to remember.

Follow us on Facebook and look out for our next Armchair Travel day. Who knows where we'll be going next?!



@FreshfordCottage



OUR COMMUNITY

Harp strings pull at heartstrings in the Southcare Homes Group.

Our homes along the coast have had the pleasure of a live harpist visiting to perform classical songs on one of the most beautiful-sounding instruments - the harp!

Magdalena Reising is a professional singer and gifted harpist living local to our coastal homes and residents have been thoroughly enjoying the performances and the elegant sounds of a live harp. The instrument is very large and its sheer size has sparked the intrigue of residents, with Magdalena kindly answering any questions our dear relatives had.

Visit your homes' Facebook page to see photos of the performance or see if they are soon expecting a visit from Magdalena. We are so grateful to her for getting in touch and bringing smiles to all our faces with the soothing, dream-like instrument.





OUR ACTIVITIES

A Good Dog Day!

Residents at Freshford Cottage had a furry friend come to visit visitor earlier this month - Phoebe and her owner, Jazz, popped in much to the delight of our residents.

Residents loved interacting Phoebe and giving her lots of attention and treats! We look forward to welcoming them both back soon!



Who's the oldest in this picture??

Elsie at Grasmere isn't our only centenarian to feature in this issue of the newsletter - pictured left is someone else who's 100 years old. Not who you would expect though, Baby Bobby, being held by one of our dear residents is a 100-year-old doll!

This little bundle of history was brought in for the day and residents were able to go back in time while cradling little Baby Bobby in their arms. It helped some remember their own childhood toys and fun times. How amazing that Bobby has been looked after so well for so long... we'll have to ask him and Elsie what their secret is!



Paradise Park to Edgerton Park, we all love being outdoors!

Our residents at Freshford Cottage enjoyed a great trip to Paradise Park Garden Centre (pictured above), and loved ones were able to join as well! It was a smashing day! They waved as the miniature train chugged past the café, sipping drinks and taking in the lovely views. Thank you to WTS transport for taking us.

Heatherdene residents have also been busy, visiting a nice local landmark in Bexhill - Edgerton Park (pictured right). Its collection of exotic ducks and still lakes makes it a fun and tranquil place for residents and they can't wait to go back.



Meeting the Pearly King of Peckham with **Oomph!**

Grasmere were out and about as well this summer, thanks to [Oomph Wellness](#). They travelled to Stoneleigh to visiting a Cockney Museum. Not just any Cockney Museum, but The Greatest [Cockney Museum](#) on Earth, run by the charismatic Pearly King of Peckham, George Major. George was a perfect host and even made us tea and coffee. Our residents loved the opportunity to reminisce and brush up on their cockney rhyming slang! A special mention to Echo, the helpful driver of the minibus.





OUR STAFF

Antonina Gont Registered Manager Grasmere Rest Home



Antonina Gont has been working in the care industry sector since 2015. At first, she started as a Health Care Assistant in Ashted, but her determination and hard work paid off by offering her a Senior Care Assistant position in a 60-bed care home in Banstead. Antonina describes it as 'beautiful and modern', but there has always been a feeling that something was missing. 'It had no soul', says Antonina. When she joined the Grasmere Rest Home, one of the former care assistants painted a warm and familiar workplace for her. 'A thing that I've missed since I've started in Banstead', says Antonina. Grasmere has since taken place in her heart. 'We, as a group, are *all* special', says Antonina. Being in a family business means having a close relationship between proprietors, staff, relatives, and, most importantly, *the residents*. Antonina believes that as a family, they can support each other, make a difference in residents' lives and better themselves. What she enjoys the most about her job is bringing peace and happiness to residents by making them laugh, sing and dance.

She feels secure knowing that everyone is satisfied. 'That's what I love about my job', says Antonina, 'it's all about human interaction and that everyone acts as a family'. Talking about her career, Antonina shares a memory of the greatest challenge she has faced. 'I remember it was a serious discussion I had with one of the staff members because of her disrespect and unprofessionalism at work'. Antonina says that she wouldn't feel confident enough unless she didn't have a coaching session with Natasha, the Wellbeing & Community Engagement Coordinator. She felt less pressured by seeking advice from the vast experience of Southcare Homes proprietors, Mrs Nanji and Karim and the Group's Manager, Tracey Austin. 'They all guided me to act the right way and to approach the situation professionally, calmly and respectfully'.

Antonina also shares her proudest moment with Grasmere: receiving her registration certificate as a Care Home Manager. She says this wouldn't be achieved without people who have supported and believed in her at Southcare Homes.



OUR WELLBEING

Southcare Summer BBQs

Our homes have been loving their summers out in the gardens enjoying the sunshine! Some of our homes even got the barbie out. There was plenty of sizzling snacks, dressing up, live entertainment, and fun and games. Here is a mix of photos from our homes.





OUR STORIES

Tom's life at Grasmere: Singing, dancing, and drinking Guinness!

Read about the Life Story of Tom, a resident at Grasmere, affectionately known by staff as 'Naughty Tom'.

Tom Miller was born in Glasgow in 1939. He had five brothers and one sister. Two of his brothers are still alive, with one living in Clapham Common and another (his twin brother) in Glasgow. Talking about his family, Tom shares some profound moments from his past. 'Life after the Second World War was extremely difficult', says Tom with a wistful longing. He remembers his life in a small village: constant stress and anxiety, no father to support their family, relentless financial difficulties.

Pressured, Tom began working in a meat factory at an early age. He says, 'it was one of the hardest jobs he has ever done'. Later, he worked as a scaffolder. Tom sighs as he looks at his forearms covered in small tattoos. Each of them has a special meaning to Tom. One of his faded tattoos is a small bracelet, which

symbolises love for his first wife. He reminisced about his first marriage. They got married in Glasgow and then moved to London.

Tom moved to Southcare Homes a couple of years ago. 'No day is the same here', says Tom with a smile. 'We sing, we dance, we take part in different activities, we have our delicious meals'. He really enjoys his life at Southcare. Tom says he is 'pleased' because the staff here is always 'enthusiastic, supportive and kind'.

He thinks of Grasmere as his 'permanent home' with happy residents and lovely staff. 'A community, a big family'. Pondering if there is anything he would still like to do, Tom replies, 'No'. He lives in the moment with no regrets about his past. His only wish *now* is to have some Lorne sausages and a pint of Guinness... which he enjoyed at the Grasmere





COVID-19 TESTING UPDATE SUMMARY FROM 31 AUGUST 2022

LFD TESTING HAS BEEN PAUSED FOR:

- **ASYMPTOMATIC ONES**

Those showing **no** cold, flu-like or Covid symptoms.

HOWEVER...

We will continue to screen all visitors.

LFD TESTING IS STILL REQUIRED FOR:

- **THOSE WITH SYMPTOMS**
- **NEW RESIDENTS**
- **THOSE TESTING POSITIVE**
- **A HOME OUTBREAK**

THIS APPLIES TO...

Anyone entering a care home. An outbreak is one or more positive case within the home.

Thank you for your continued cooperation and please contact the home if you have any questions. All of us at Southcare Homes would like to thank all our residents' relatives and friends for their continued support of our homes and their visiting policies as we continue to do our utmost to ensure the safety and wellbeing of our residents and staff.

We hope it goes towards showing you that your dear ones are very dear to us as well. Don't forget you can have a video call 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:
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