

Spring Gardens Care Home Newsletter



Summer 2017 Newsletter



Staff Training

As you are aware staff training is at the forefront of our ethos and we constantly strive to ensure staff are up to date with best practise. Staff who were undertaking distance learning courses which, are accessed through the skills network, have now completed these and passed with flying colours. These courses are available to all staff and cover many subjects in Health and Social Care. This along with all mandatory courses ensures our staff are up to date with current best practise, and maintain the standards of professional conduct and practise required of social service workers, for their continued registration with the Scottish Social Services Council.

Resident Update

We have some new faces in Spring Gardens, Hilda and Michael, along with the staff, I would like to take this opportunity to welcome you and wish you happiness and contentment in your new home. I would also like to thank you and your loved ones for choosing Spring Gardens Care Home as your new home and, allowing us to be a part of your life.



Resident News

A look back at Summer

Summer 2017 might not have been one of our best summers in Edinburgh but the residents at Spring Gardens tried to make the most of it and enjoyed being out and about whenever possible. Here are a few of our highlights for this summer.



Ratho Barge

This summer we have experienced two successful trips on the Ratho Barge. The first outing was enjoyed on a very windy but dry day. The residents, as always, enjoyed an afternoon tea on the barge with lots of nice nibbles and cake. Tosh, the volunteer for the day served tea and coffee, simultaneously giving the residents an informative talk about the work of the “Seagull Trust”. He also spoke about all the interesting things on the canal. The residents were captivated with his talk and this was duly appreciated. One or two of the residents also asked Tosh a few questions about things like the wildlife and the Viaduct that we passed. He also told them about the Queen and Prince Phillip’s visit to the Barge the previous day. This was received with a lot of “oh and ahs”.

“What’s happened to
Summer,
That’s what I want to
know.
Is she on vacation -
Who knows? Where did
she go?
Tell, what was she
wearing;
A zephyr breeze and
rosebud
Or grass and wild berry?
Could she be
honeymooning
With spring or early fall
Or has she gone so far
away
She’ll never return at
all.

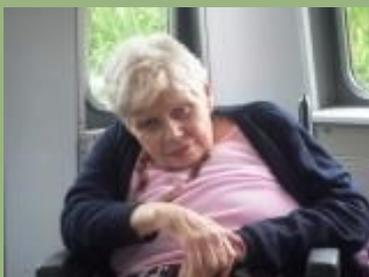
Chosen by Chris Jennings





Ratho Barge

The second outing, in early August, was very pleasant as the weather was kinder to us which meant the residents had the freedom to sit outside on the deck and soak up the sunshine after a terrible week of rain in Edinburgh. This time the interest was sparked off by our support worker, Yaz, pretending to be the captain after Colin, the driver of the barge, kindly handed his hat over to Yaz, much to the delight and enjoyment of the residents. A lot of cheery smiles and laughter were had by all which enhanced the ambience of the afternoon sail. Finally on the way home Nan, Carol, Elizabeth and Moira led the singalong in the minibus and made the journey seem so much quicker. Even the driver of the mini bus said he enjoyed the singalong. A huge thank you to the singers.





Leith Mills

In the restaurant at Leith Mills they have a monthly live music event with the Capital Concert Band Ensemble which consists of eleven musicians and a conductor. A group of residents, myself and, a support worker had a wonderful afternoon listening to the band play a selection of old and traditional Scottish folk songs, whilst having a cuppa and delicious homemade Danish pastry. There was also music from the 60s and 70s and the chance to enjoy a wee dance as well. Needless to say Carol and I took this opportunity to have a wee boogie to which we were well applauded. During the interval a few of the residents enjoyed a bit of retail therapy and then took part in the quiz before the ensemble returned with more music and singing along. The second half was an assortment of classical, Beatles and modern music with one or two country and western as well. This was a super afternoon and Eleanor said “that was a first class afternoon with a first class band. I really enjoyed myself”. Don’t worry Eleanor (as Arnie Swarzenegger would say) we’ll be back!





Singing Group



Singing

Robert Louis
Stevenson

*Of speckled eggs the
birdie sings*

*And nests among the
trees;*

*The sailor sings of
ropes and things*

*In ships upon the
seas*

*The children sing in
far Japan,*

*The Children sing in
Spain;*

*The organ with the
organ man*

Is singing in the rain.

Whilst reading the Willowbrae Parish Church newsletter, the residents showed a lot of interest in the dementia friendly singing group that meets every second and fourth Monday of the month between 2–4pm, in the church hall at Willowbrae Road. Our first visit was in early June and a super afternoon was had by all the residents who attended. Before the afternoon singing commences we enjoy a fresh cup of coffee or tea with biscuits. All the volunteers are so helpful and friendly to everyone, they even watch for our arrival and walk us into the coffee lounge.





Singing Group

When we break for afternoon tea we go through to the main hall where there is a large screen on the wall and the words of the songs that we sing are projected from the computer by a lovely man called Tom. There is a warm-up by the music presenters and there is usually a theme for the afternoon. They normally dress up or wear funny head wear and everyone has a good laugh. There are a couple of “strolling songs” which gives everyone the opportunity to stretch their legs for a short time and assistance is also given for wheelchair users to stroll as well. There is a short musical quiz with the pianist and then a final selection of songs before the “Goodbye” song. This a highly entertaining, enjoyable day, should any family member wish to come along then please, feel free to join us.

I Heard a lady singing

By Amy LV

*I heard a lady singing
in the bathroom at the
store.*

*I couldn't understand
the words.*

*I washed my hands.
she sang some more.*

*Grownups hurried in
and out.*

*They didn't listen
didn't stop.*

*They washed their
hands so quickly
running water
running back to shop.*

*But me, I drank the
music
of her Spanish
of her song.*

*I still hear it in my
head.*

I try to sing along.





Residents Story

Mrs. Chris Jennings

One of the benefits of sharing life story work with residents is witnessing how it can help them to boost their sense of identity and cheer and hearten their spirits. Chris Jennings is a genteel resident who enjoys receiving her many visitors and friends. She arrived into her new home here in Spring Gardens on Monday 15th September 2014.

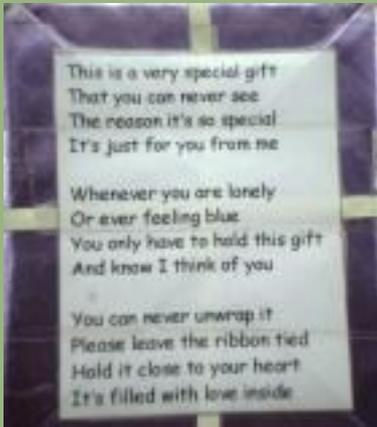
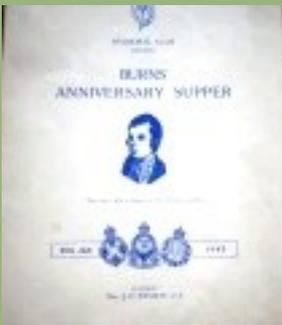
Chris was born in Broxburn to Margaret and Alex Brown on Tuesday 2nd December 1922 and had two sisters Anne and Rita. Chris spoke proudly about her dad and how helpful and kind he was to all the elderly neighbours when they were in need. “I was brought up with loving and good parents and I had a happy childhood. I don’t like to hear about neglected children it really upsets me”. The family moved to the Comely green area of Edinburgh and when Chris was about 10 she remembers fondly of how she liked her new school and all her new friends. When she left the high school Chris went to Skerry’s College in Nicolson Street. This was a place which primarily prepared candidates for the Civil Service examinations, Chris was only approaching 17 years old when she left. At that time Chris was also an active member of St. Stephen’s church and enjoyed being a brownie then later on a girl guide.





Chris's Story continued...

Chris went on to become a Sunday school teacher and said she had a wonderful time being a Brown Owl in the local church as well. When she was 17 years old Chris recalls being called up for the Auxiliary Territorial Service which then was a branch of the British Army in the second world war. She spoke about all her travels in Europe. Chris celebrated her 23rd birthday whilst still in the British Army. Chris met her soon to be husband some time later after the war. He had also served in the army during the war and went on to be an engineer and later lectured at the University of Edinburgh, Chris was married on the 19th July 1958 and their son Alex was born on the 13th October 1959.

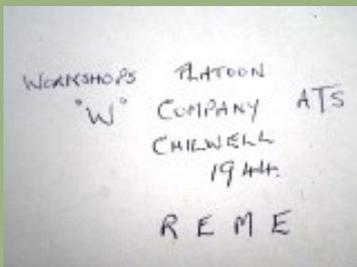




Residents Story

Mrs. Chris Jennings

They soon moved to Nantwich Drive and Chris became a very active member of St.Christophers Church, serving in the women's Guild. She then conveyed that the church always gave her comfort and made her feel comforted. Chris also intimated she has always been blessed by being part of a very large, loving and happy family. Her sister's family in Wales all still visit regularly as does her niece Linda and Linda's husband Tom. Chris has always been an avid reader and found inspiration from her many books over the years. She can quote almost anything from the Robert Burns Book of poems. Chris has certainly done us proud at our Burns Supper by her many recitals, roll on to the next one when no doubt she'll keep us right with our pronunciations. Chris is also our spelling bee champion and not to mention our best mathematician ever. Thank you Chris it has been a joy listening to your story.





Kidzcare Nursery

We have recently founded a connection with this well established child care organisation at Windsor Place and after having had two entertaining visits during the month of August we are hoping to have some more during the next few months. When the children arrive at the home it's all about fun and relaxation. This is what Kidzcare is all about and, the same applies to us at Spring Gardens Care Home.

The first visit this month was with a few new pre-schoolers who came along and enjoyed their visit just as the residents were having an ice cream social, they were trying different flavours of home made ice cream. This was much to the delight of the children who were keen to join in and have a cone with their chosen flavour and sprinkles. A couple of the children were welcomed by those residents who had chosen to remain in their rooms. A very pleasant morning for the residents and children alike.





Kidzcare Nursery

The following week we had a visit from the under two's, they completely took over the sitting room, toddling about, laughing and shouting. Alex and Elizabeth made instant friends with two wee ones and are looking forward to another visit.



Strawberry Tea

Although we were hoping for good weather to host our "Strawberry Tea" outdoors sadly, it was not meant to be. However this did not deter us from enjoying the day. Many thanks to all the chefs for the luxurious display of strawberry tarts, fancy cakes, gateaux, cheesecakes, chocolate covered strawberries and copious amounts of cream, teas and coffees. Everything was truly scrumptious. Ella commented on the selection and said "that was delicious" and, our special guest Dorothy Finlayson seconded her opinion.





Strawberry Tea continued...

Instead of our traditional quiz we had a game of trying to guess an a-z of items found in the garden. Everyone joined a team and, I have to say that there was quite a lot of cheating going on but, the banter with the teasing was met with good humour. Funny jokes and stories about strawberries were also told too which added a bit of extra fun to the setting. The winning team on the day was Elizabeth and her daughter Sheena. We also had a Strawberry Photo booth which was really good fun as you will see from the pictures. Although there was not a huge turnout from relatives/friends, those who did attend said how they were well looked after by the attentive staff. Thanks to everyone who came along and helped to make the residents day a very enjoyable one. Fingers crossed for a larger turnout next year!





Other entertainment

We had a couple of new entertainers this month and, welcome back Margot Falconer, who is known as the “butterfly” lady. Why? Well just because she adores wearing anything to do with butterflies. Jim Mackie also entertained us with his quirky organ playing and singalongs. Also regular visits from our ‘Therapets’ as well as visits from our lovely Fia (a staff member’s dog).

Outdoors and in the garden

As said earlier, this summer hasn’t been great however, as these photographs show, some residents did manage to take advantage when the good weather did pay us a visit. They soaked up the sunshine on the veranda at the back of the front garden. Compliments were paid to Ella for her stunning pot plants and gardening skills, what a magnificent display.

You will have also noticed changes to the front garden all thanks to the residents who played a big part in suggesting various plants, shrubs and trees.

Summer Birthdays

26th July Eleanor Allan, 14th August Carol Airlie and 20th August Helen Thomson.



Better Batter

What you're going to
need for a dish that
can't fail
Are a bowl, a deep
fryer, flour and ale.

Stir the mix in the
bowl, give your fillets
a coating,
Heat oil in the pan
then watch the fish
floating.

Turn the heat high,
hear the sizzle and
spit
Serve them with chips
and hey presto that's
it!

by John Mole

Meet the Staff

This newsletter we are saying hello to one of our chef's, Kris Wilk. He came to Spring Gardens Care Home in 2014 after leaving university in Poland. He then attended a Catering Management School. Kris told us he was born in Strzelno, Poland. A small town in the Kuyavian Pomeranian, Voivodeship. In 2005 the population numbered 12,486.

- Describe a typical day in Spring Gardens.....Very busy, very hot but very nice.
- What do you do in your spare time?..... Build Lego with my 6 year old son.
- Your perfect 3 course meal would be....Polish chicken broth, Pork Joint in Beer and then Apple Pie and ice cream.
- If you had a free cinema ticket what would you see..... Blade Runner 2049
- If you could visit one special place where would it be.... The Louvre, Paris.
- If you could be a celebrity or fictional character for 1 day who would it be ...Dennis Bergkamp. He is the assistant manager at Ajax who was surprisingly enough named after the Scottish striker Dennis Law



Meet the Staff

- Tell us something that we don't know about you.....I used to be a painter (artistic) I also read 150 books in 1 year when I studied Philosophy.

Dates for Diary

Relatives Meeting

Tuesday 21st November at 6.30pm



Karen

Karen Bravin
Registered Manager

Maureen

Maureen Thomson
Activities Coordinator