



ST MICHAELS NEWSLETTER

Latest news and bulletin updates
1st July 2022

Issue
#10



Queens Jubilee

In celebration of Her Majesty, The Queen's Platinum Jubilee events took place across the care homes to mark this very special occasion. We would like to thank all the staff and volunteers who help across the care homes to make it a special event for all our residents and families who attended. It was a fantastic weekend full of activities and many happy memories shared.





Remembrance Garden

We are very pleased to share that we have set up a Remembrance Garden at the side of Dudbrook Hall back entrance. This garden will be for our Mum, boss, Sheila Watson CEO but also dedicated to our Residents & staff of Howard Lodge & Dudbrook hall/House. It has beautiful calming views & all our welcome to reflect & remember those that have passed on amidst the surrounding countryside. We await the full bloom of wild flowers that we will hope will grow soon. This is a place where relatives & staff can remember all those that we have cared for & worked with. Everyone is welcome to visit we are due to open officially beginning of July 2022.



Will be inviting relatives of the residents we have lost in the last 3 years to visit our remembrance garden & hold a memorial service for them all in November 2022. We have placed stones for each resident in a one-year period that passed away during covid period not that they passed away due to covid but as you may be aware we couldn't attend the funerals due to restrictions, so we carried out Guards of Honors in both homes to say our Goodbyes. As each & every resident, they will never be forgotten.

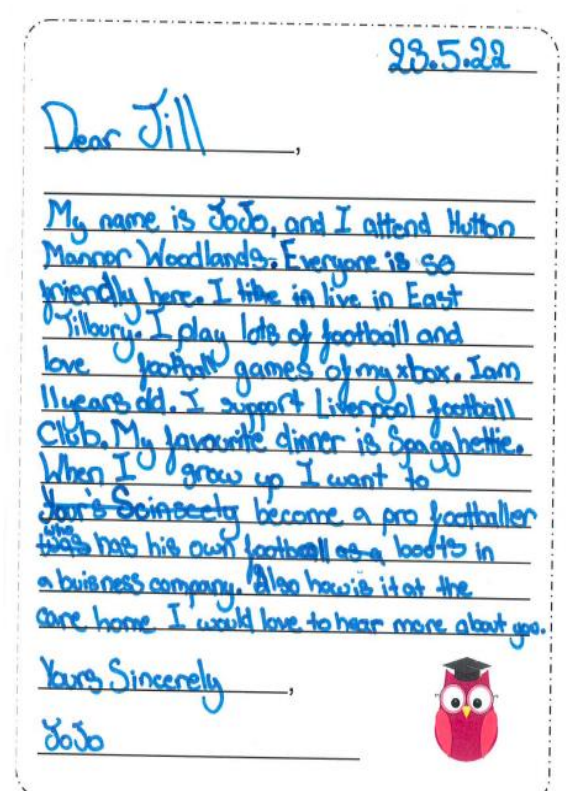
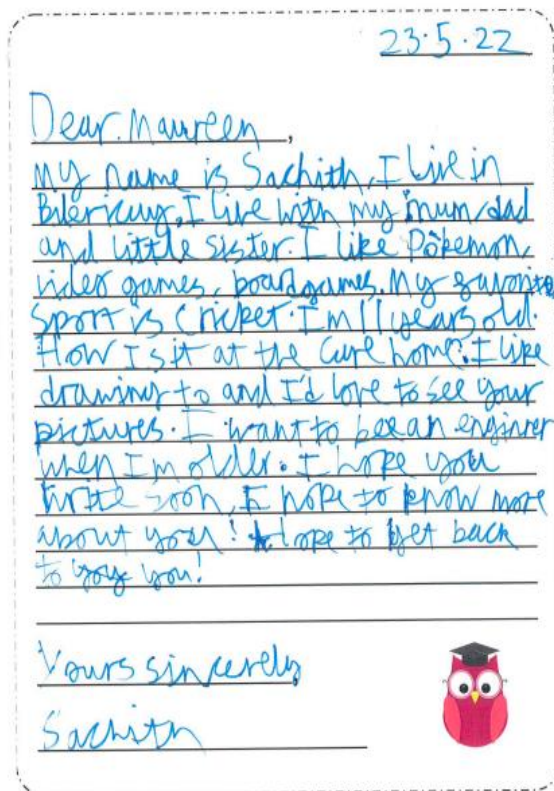
If you wish to visit our remembrance garden it will be open from July 4th.



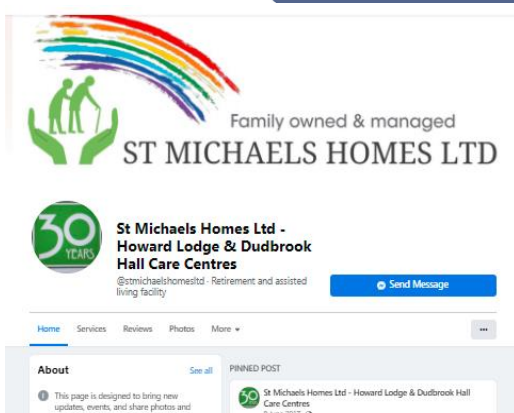
Pen Pals

We have arranged with a local school "Hutton Manor" to become Pen Pals with both our residents from Howard Lodge & Dudbrook Hall. We will be sharing topics such as holidays, Christmas & schooling for example – so our residents & the children can learn about each other & the difference's.

The school are delighted that the children can practice their handwriting. The ultimate we hope for is after exchanging a few letters we can arrange for the children to meet their pen pals.



Don't forget to follow us on facebook!



We now have our own Instagram page. Please Follow the link to Instagram to enable you to follow St Michaels Homes where you will find videos and photos from events at Dudbrook Hall & Howard Lodge.

VOLUNTEERS NEEDED

As we approach the Summer seasons, we will be planning more entertainment and events. Would you be interested in volunteering to assist with events so that more residents can benefit from these? If so, please let Maria, our activities lady at Dudbrook Hall or Lauren at Howard Lodge know for info on dates and times. Also, we would appreciate any unwanted items you think may be useful for activities, and prizes.

RECENT EVENTS AT DUDDBROOK HALL

Dementia Awareness Week



Ladies Lakeside Shopping Trip!



Queen's Birthday Celebrations at Dudbrook



Queen's Jubilee at Dudbrook



RECENT EVENTS AT HOWARD LODGE

Sports Day at Howard Lodge



New Namaste room! Namaste care changes the focus and structure of care given to residents at the later stages of their dementia.

At the launch event, Dawn gave the example of 'giving a bath for the pleasure and enjoyment of having a bath rather than focusing on a bath as a process to get someone clean'.

The manner of Namaste care is described as 'holistic' because it is incorporated into all aspects of daily life and involves a range of physical, sensory and emotional approaches.

These approaches support residents with advanced dementia in many activities, for example managing pain, making sure they are getting enough to eat and drink and use of music to manage anxiety and stress.

Benefits of Namaste Care.

These include residents who had become non-verbal beginning to speak, visible signs of anxiety disappearing and residents laughing at bubbles blown around them. This was a significant change from people being isolated in rooms or being left in front of the television.



Dementia Awareness week



COVID update

The latest updates on COVID-19 across the care homes

Not much has changed concerning COVID regulations since our last newsletter. However there seem to be a spike in cases nationally and locally.

Staff

If a member of staff develops symptoms of COVID-19, they should not attend work and should do a PCR at home as soon as possible. If they test positive, they should not attend work (for 10 days) and UKHSA recommend they should stay at home and avoid people.

The guidance remains the same that to return to the workplace before 10 days have elapsed, staff should have negative LFDs on two consecutive days, starting no earlier than day 5.

Residents

If a resident develops symptoms of COVID-19, they should self-isolate and have a PCR test. If they test positive, they should continue to self-isolate for 10 days from the onset of symptoms (or the day of the test if asymptomatic). The guidance remains the same that to leave isolation before 10 days have elapsed, residents should have negative LFDs on two consecutive days, starting no earlier than day 5.

Visitors to care homes

Visitors or visiting professionals should continue to test via LFT before visiting in line with their testing regime, and those who test positive should not enter the care setting. Masks should be worn while inside the care homes.

Testing

We understand that many places have stopped issuing LFT's free of charge. Should you wish to be tested by the care home this can be arranged free of charge.

Staff are being tested 3 times a week at present with 2 LFT and 1 PCR. Residents are being tested either fortnightly or monthly with a PCR.



Vaccine

Mostly all residents now have had their 4th booster vaccine and many of the staff members have also had full vaccination now across the homes.

Covid latest update across the homes.

As we have to carry out testing with staff & residents so often – even if they do not appear to have symptoms where as in the community, we would only test if you had symptoms is probably why we seem to have more outbreaks as we are testing more.

Dudbrook Hall; currently there is no cases of COVID across the home. Full visiting is permitted inside the care home as normal. Please can we remind everyone visiting the care homes to test prior to coming out to us as we will still need to see a negative result.

Howard Lodge: Has had an outbreak which means we need to shut the care home to visitors until we get all residents and staff members affected negative. We are happy to report that all those residents and staff who have been infected are in some cases not showing any symptoms or very mild illness. We will be opening up the home again as of 28/6/2022 apart from Bluebell as still have cases on this hamlet. This hamlet can visit their loved ones by using the pod or window visits. We understand that it is not ideal but only way we can reduce the risk. For bluebell on Monday 4th July we apologize for any inconvenience caused

How we Care

At a recent Hamlet Lead's meeting at Howard Lodge, discussions were held of how care is given at the home.

After much discussion Bluebell Hamlet Lead, Shammy Dube, came up with the following statement:



Everyone at the meeting agreed that this statement best sums up what the home is trying to achieve.

Consequently, the statement has now been made into a poster that is proudly displayed at the home as a reminder to all staff that their main task is to accommodate and fit in with their residents wishes, and not the other way round.



PAYMENTS

We now have a machine based within the reception of Howard Lodge. Payments at Dudbrook Hall can be taken from the admin offices within the tower.

Should you have any invoices/ sundries which need payment, please feel free to visit either of these locations to make a payment with your invoice. You can also continue to pay over the phone with Wendy on 01277 376046.

We also have which will address to option, taking your home at

Should you have please speak to assist.

wendy.boulwood@stmichaelshomesltd.com



the ability to send out e-invoicing enable people who have an email receive an invoice with a 'pay now' you to a secure payment site within whatever time suits you.

any questions in relation to payments directly with Wendy who will be happy Alternatively email Wendy at

If you already pay by standing order this will not need to be changed, however if you would like to update any details, please feel free to contact.



PROSPER

What is the meaning of Prosper?

Promoting Safer Provision of care for Every Resident

A significant proportion of people within care homes require complex health care needs, as a result of multiple, long-term conditions, significant disability and frailty. Systematic approaches to improving quality, which are becoming more commonplace in the NHS, are virtually unknown in care homes.

The PROSPER program was a ground-breaking initiative to test whether quality improvement methods could be implemented within the care home environment. It involved working with residential and nursing homes across Essex to reduce the number of falls, pressure ulcers and urinary tract infections (UTIs) – not only improving system performance and professional development but also changing behaviors and cultures.

This report is completed monthly & we wanted to share the latest results with you. Our managers give a brief explanation of why or who the figures represent.

Sharon Copley is currently Dudbrook Hall's Prosper Champion and Shammy is Howard Lodges. They have been given the task of implementing this within the homes. They are championed by other working colleagues whose sole job is to look at the different PROSPER areas which include Nutrition, End of Life care, Oral Care, Falls and many more however these are our main areas of focus are present.



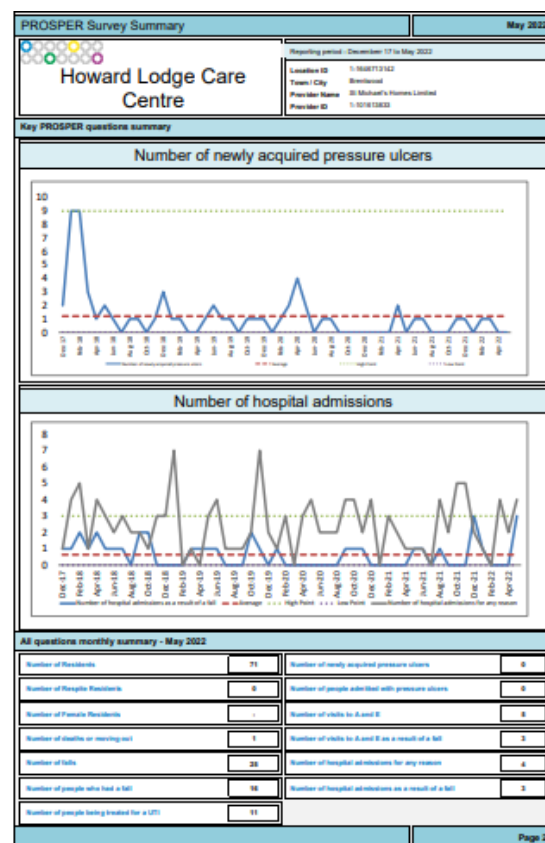
We are shortlisted for the yearly award which is on the 8th July 2022 for Howard lodge for Champion of Champions for Shammy – Shammy was runner up previously but if we were betting people our money would be on Shammy – as she leads the way at the prosper meetings/events & is so enthusiastic to all the team.

For Dudbrook hall shortlisted for Care Team so we are very proud to be shortlisted let alone win against all the care homes, homecare in the Essex Area. Well done.

PROSPER AWARDS

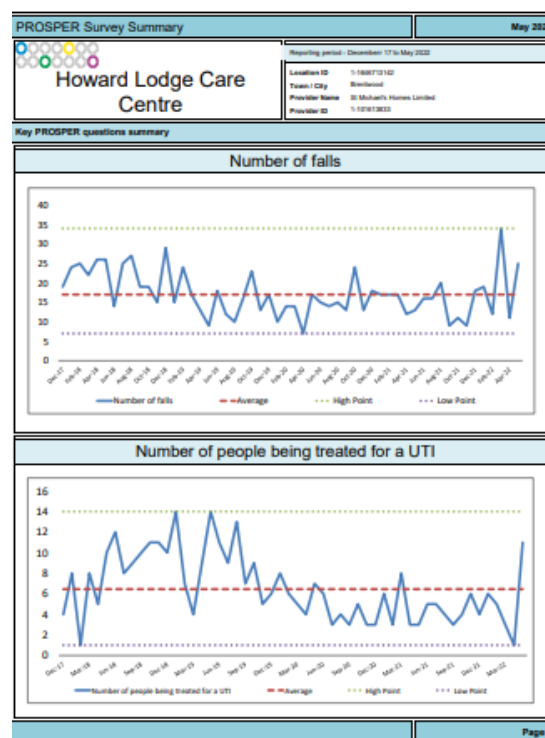
For Activities & care team – been shortlisted for care team.

HL – Shortlisted for Prosper Champion of Champions (Shammy)



Here within these charts, we can see we do not have anyone with pressure sores within the home. With good movement and hydration we can minimize these kinds of sores on the body.

Number of hospital admission in the month of April had increased with 3 resulting from falls.

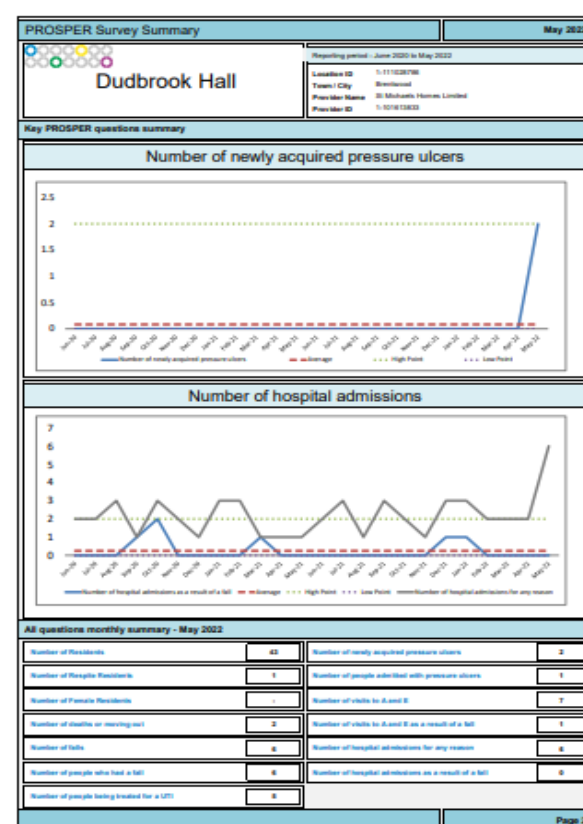


Number of falls overall had increase in the last couple of months across the home. We are currently looking into possible reasons why these had happened.

We understand we can never totally stop someone who is going to have a fall however investigating the reasons like footwear, or hydration or other factors which might contribute to a fall might help to prevent them happening again.



We have seen increases in falls and UTI which can all contribute to reason for falls so we are now looking to drive water intake which can help reduce UTI and so also reduce falls.



During this period there was no hospital intakes which is good at Dudbrook Hall.

We have to continuously review and monitor all these key areas within Prosper to monitor our residents health and wellbeing. Proposer keeps us in focus of what is happening within the home and we believe it's a strong tool to help understand what is happening so we can make required changes if required.

New care home development Update Dudbrook House

HORIZON CONSTRUCTION LDN

INTRODUCTION

Welcome to Horizons second issue of the Dudbrook Care home newsletter. Throughout the construction of this exciting new development, we will continue to issue newsletters, so all can be updated as to the progress of the project. We hope to provide you with a view into our journey from commencement to completion of the new Dudbrook Care Home which we are now calling Dudbrook House which is in the ground of Dudbrook Hall.

THE PROJECT

Construction activities over the period have progressed well. Concrete reinforced piles have been installed across the footprint of the building. These will support the ground beam foundations which are currently being installed to the north and south areas of the site. The piles also support the concrete floor slab to the lower ground floor area, which has recently been poured with reinforced concrete.

THE SITE TEAM

Throughout the works Horizon Construction project team will do everything it can to minimise disruption to the community. If you have any concerns you wish to raise with them during the works, please contact Paul Dunn whose details are below:

Site Office Contact Details
Project Manager Paul Dunn
07958333204
p.dunn@horizonconstruction.london



Directors Message

We hope everyone is keeping safe and well and thank you for all you continued support and understanding during these times. As you can see from Facebook & Instagram it has been a busy time in both homes – we always say that the residents have a better social life than we do. Thank you to all the team to make these events special for everyone to enjoy.

As you may be aware there is a national shortage of staff coming into care as well as many other careers such as retail. The NHS are doing a very large recruitment drive currently, we are proud of our long-standing members of staff whom provide consistence to our homes & staff team. To address the national shortage, we are recruiting from overseas if not able to fill positions locally – whom should be with us in the next few months. We are lucky that they are all relatives, friends of our current long-standing staff so that they are personally known.

We are very proud regarding the forth coming Prosper awards as previously mentioned. We are also proud, to be entering for the UK Care Awards to be held on 1st December 2022 in Leicester.

Howard Lodge has been nominated for:

Best community Involvement – such as Luncheon club, Parent & Toddler group, Pen Pals, Daycare some of the examples

Best outdoors – we are truly unique & lucky to have such lovely surroundings & gardens in both homes. Howard Lodge is different with our Chickens, Memory Villa, Gardening & Herb raised beds, Having the horses in our views (due to return early 2023), various wildlife, our fairy garden etc. Large patio, balconies

Dudbrook Hall has been nominated for:

Activities – for the variation & new ideas that our Activity manager Maria comes up with – Maria joined us a few years ago with no experience working in a care home but just keeps coming up with the most interesting & varied ideas. Such as whisky night, tapas night, country & western evening to name but a few.

End of life – for both of the homes how we concentrate on ensuring a calm, relaxed, tranquil environment with open access for loved ones to stay over. Ensuring that every need including religious aspect is met. Completing a guard of honor since lock down for more staff to be able to say their Goodbyes to our loved residents & now to never be forgotten in our Remembrance Garden.

Please if you wish to give a testimonial to support our nominations, please forward them to:

Howard Lodge to 'Lauren Bullock'
lauren.bullock@stmichaelshomesltd.com

Or Dudbrook Hall to

Jo Moss - jo.moss@stmichaelshomesltd.com

We will need these by the 17th July 2022.



For our two homes – St Michaels homes Limited we are nominated for:

Commitment to training & development – we are very blessed to have our in-house trainer which is unique for care homes. We would like to thank Caroline for many years of service to our company & ensuring different training types are used to ensure the most suitable way for each individual staff member. We are lucky to cover so many trainings topics & specialty training i.e. choking machine – we have reached a very high level of QCF/NVQ staff training in various roles. Well done to all our team.

Please wish us luck.

Hopefully with these newsletters we can keep everyone informed on what is happening across the homes and that it provides Residents, Staff, Relatives, and friends of St Michaels Homes an insight into what is happening and attempts to keep everyone informed and updated with what is has happened and what is happening in the days, weeks, and months to come. Should you wish for the latest news, photos, and videos about what is happening within either home please look us up on our Facebook page, which is updated almost daily with photos, videos of many different activities going on inside the care homes along with up-to-date news and information. Our Facebook page is [stmichaelshomesltd.com](https://www.facebook.com/stmichaelshomesltd.com). There has been so much going on in both homes to entertain the residents & staff loving it too so will only be able to give a brief update within this newsletter.

Exciting times with the new care home development which as now commence at Dudbrook Hall. I think the residents and staff have nearly packed their bags already 😊 Plans of our new home can be found on our webpage or large printed copies are now on the wall near the care office at Dudbrook Hall. More information about our new home will continue to be updated on our webpage, Facebook and within all our newsletters and we will be holding meeting with all the families & staff of Dudbrook Hall in July 2022. However, should you have any concerns or questions please feel free to come back to Sean Watson on sean@stmichaelshomesltd.com or call 01277376044

Lastly, I would like as always thank all the staff in all the different sectors across the homes who continue to show us a great example of their dedication, kindness, and empathy, without their love and support we would what have the reputation & care homes that we have today. So, we continue to thank them for all they have done and continue to do for all the residents.

From all the staff and my family thank you for your continued support and understanding during these times and we are very much looking forward to the summer months when we can all meet up for summer fetes in both homes.

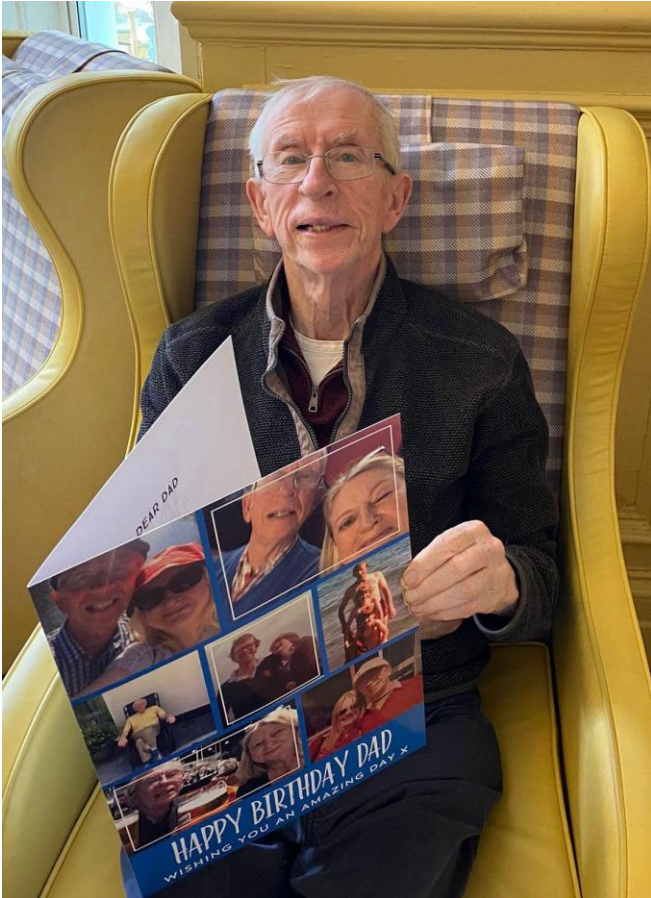
Yours faithfully,

Directors,

Sean & Claire Watson

THIS IS ME

Michael Redhouse



Michael was born in 1939 in Woodford Green, London. He was evacuated to Basingstoke during the war.

After leaving school Michael got a job in Harrods. It was here where he met his wife, Annette whom he married in 1964. They had two daughters Jane & Susie and went on to settle in Billericay.

Michael went to work for the Bank of England and had many happy years working there and made many close friends. He was called up for National service which saw him join the RAF and was based in Lincoln, after his service was over, he returned to the Bank of England where he remained for 40 years' service.

While at the Bank Michael joined their operatic society and appeared in Oklahoma, & played in the bank's football team becoming a referee.

He would love nothing more than seating down with a glass of wine talking about the good old days at the bank and how it all works.

Michael supports Arsenal and enjoys football he even got to attend the 1966 world cup and loves watching match of the day. He also enjoys going to Air shows and seeing the fly pass directly above

Dudbrook Hall for the Jubilee Michael was up at the front and enjoyed watching the planes come over the house. Michael also loved a round of golf in his time. Thank you for the information from Michael & his daughters.

Michael loved to travel and enjoyed some great holidays with his wife and children.

Michael can always be seen up and dancing at Dudbrook Hall's music & themed nights and loves being around people.

ERIC LIFE STORY

Eric was born in November 1927, in Stoke Newington, London -Eric had 1 brother & 2 sisters. Eric went into national service to the Navy at Portsmouth. Eric when growing up worked as a printer and enjoyed working with his hands.

Eric met his wife Joan as they lived in the same community, there did not have children but have lots of nieces & nephews. Eric is described by his nephew, Richard as always being lots of fun & laughter. Eric has always been & remains Jovial & a lovely Joker!

He used to live in orchard Epping with his wife. Eric and his wife moved to Howard Lodge in 2017. Before making the move to Howard lodge, Eric loved being out in his garden and going out for walks with Joan.

Like Michael from Dudbrook, Eric was also a big Arsenal fan and always going to matches and supporting them in any way he could, which he loved doing.

Since Eric has moved to Howard Lodge, he has made lots of friends and loves having a chat in the lounge with everyone. Sadly, Joan has passed away but recently his sister also moved into Howard lodge onto a different hamlet and they both like to visit each other and have a cup of tea and a chat. Eric said his favorite thing to do here is when the sun is shining to be out in the garden sitting in the sun and enjoying the garden and views, don't think anyone would disagree.

