



# ST MICHAELS NEWSLETTER

Latest news and bulletin updates  
October - December 2022



Issue #11

St Michaels Homes Ltd.

## Good News.

The latest updates

We would like to congratulate the following staff on their achievements recently – upon which we will be holding an awards ceremony in January 2023 to mark their qualifications.

### Anita Bloomfield

level 5 leadership and management for adult care

A few more staff will be finishing there NVQ in the new year.



## Special Birthdays

### Howard Lodge

Eric 95

Peggy 90

Brenda 85

Maureen 80

Jean Davis 90

### Dudbrook Hall

Lorna 90



St Michaels Homes Ltd.

## Welcome oversea staff

For both homes, Howard Lodge and Dudbrook Hall

As it is reported nationally that there is a skills shortage in hospitality, retail, NHS, health & social care of which in our 31 years we have never seen it as bad. Unfortunately, despite all our best efforts we have lost some staff to the NHS. Despite our best efforts we have been unable to recruit enough staff from UK. We have recruited from overseas by sponsorship for 5 years employment with us which offers us stability & consistency for our other staff team, residents & relatives. All the sponsored staff members are families or friends of our current staff team, so this allows families to be reunited & also provides us with reassurance that they are known to us. It does take a period of time for all the formalities to be approved such as experience in care environment, English verbal & written exam has to be taken (set exam score to pass), Medical examination & Police clearance. We hope by January 2023 that they will all be in place in both homes.

*To retain our current staff, we like to reassure you that we don't want to lose one person so some of our staff benefits are:*

- Ensuring that our pay is equivalent or better for staff to local providers in care homes & yearly reviewed
- Subsidised rental accommodation (terms & conditions apply)
- Attendance Bonus (which we have just increased to assist with increase in living costs) paid per quarter
- Christmas Bonus
- Free parking & uniforms
- New extra holiday day for staff to have their birthday off
- subsidised Travel to & from Brentwood
- Free meals/refreshments when on duty
- Encouragement & paid study/qualifications – award ceremonies held
- Flexibility to work with family commitments
- Referral bonus for staff introductions
- Long service awards recognised

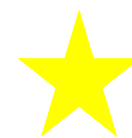
*Thank you for your patience & understanding*

to ensure that we meet requirements we have been using agency staff which we hope to be able to reduce soon once our vacancies have been allocated & completed their induction training.



Caring UK awards in Leicester  
1<sup>st</sup> December 2022

## Care Award Nominations 2022



We are very proud to share our news with you all that we have been shortlisted for 5 nominations across our care homes. To be shortlisted against the whole UK is a delight and an honor. We are chuffed to have made it to be short listed final & cannot thank our team from both homes enough for all their hard work and commit to our residents as they have all achieved this.

Please look at our website for our nominations video's.

Our nominations are for:

**St Michaels Homes Limited**

### ***For our Training & development***

We are pleased that **92%** of our staff team have a qualification in QCF with every sector of the team, Housekeeping, Maintenance, care, senior carers & Team leaders/Management. All managers/deputy & Director holding a "My home life" qualification. Our contribution to Essex County council - Prosper initiative winning awards for - champion of champions - shammy Dube (team leader in bluebell) 2018 & 2022. Best community involvement from prosper in 2018 & 2019. Qube highly commended medium business 2018 & 2019. All this can't be achieved without our own in-house trainer - Caroline Sandham which is usually for care homes - it allows us to provide varied, effective, fast training for our staff teams in both homes. For our high level of train, the trainers in both homes for various subjects Nursing Apprentice & movement & handling to name but a few.

### **Howard Lodge**

#### ***Best community involvement***

to list but a few:

*Luncheon club* monthly which has recommenced where we invite Senior Citizens from our local community to come in for Lunch/drinks & entertainment - so we can try to promote the preconceived ideas of care homes.

To assist for people to meet up and to avoid loneliness.

*Parent & toddler group* held in both homes one every month for integration of ages - the benefits are huge and so enjoyable for all concerned.

*Local church visits & attachment to local schools*

#### ***Best Outdoor Space***

We are very lucky to have such beautiful soundings, we have a beautiful outdoor garden area, both residential and dementia hamlets can in enjoy the view via there patios or balcony area, not forgetting the chickens!

### **Dudbrook Hall**

#### ***End of life care***

As we are unique to have commenced Guard of Honour on day of funeral, Having our own remembrance Garden for both homes. Holding yearly Remembrance afternoons to invite relatives back to share memories, photos & staff recollections of residents. Remembrance book where we share with families.

#### ***Activities***

Out of the box activities for ideas like - visiting horse sanctuary monthly, festivals, themed parties such as country & western, Travelling the world afternoons with a different country & food. Bringing the beach, horse racing & cruffs to Dudbrook hall.



Please wish us luck the ceremony will be taking place in Leicester on the night of 1<sup>st</sup> December with many other care home operators across the UK. We will let everyone know how we get on via our facebook page.





St Michaels Homes Ltd.

## Namaste Sessions

For Howard Lodge and Dudbrook Hall.



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

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



The New Black Cab Parked Outside Howard Lodge.

St Michaels Homes Ltd.

## Black Cab

Our latest vehicle to join our fleet

We are happy to announce that we now have a nostalgia black cab to use for both homes, we will be using to take our residents comfortably to and from hospital appointments and the residents will be going on day outings and having a drive around as a nostalgic activity



St Michaels Homes Ltd

### History

The London Black Cabs

Austin FX3 was released in 1948, and this is seen as a pivotal step in the evolution of the black cab. Originally, the FX3 was fitted with a petrol engine, but it was soon deemed too expensive to run and was replaced by a diesel engine.

Ten years' later, and possibly the most iconic black cab model which has been released to date. In 1958, the FX4 was released, and is the image most people conjure up when they picture a black cab! It was renamed the "Fairway" after a local company of the same name began producing it. Since then, the organisation has been producing around 80% of hire cars in the UK that we see on our streets today.







HALLOWEEN



Trips Out



In House Activities





## Carer's First Audrey's Story: Mums holiday.



### Audrey's Story:

For many carers, a trip or holiday with the person they care for can be challenging, especially if the person they care for has additional needs. Audrey, a long-term carer for her mother with mixed Dementia, who now lives in full time care, shares her story of a road trip with mum, Maybina, sharing her worries as well as joyous moments. Audrey's Story It was March 2022, and it had been two years since I had been in Mum's room at her care home. A reality check of how Covid had made its impact on our family. Not wanting to put life on hold any longer, my husband Dave and I had planned a 560-mile road trip with Mum to visit family and friends in the north of England. So here I was packing her bag.

With Mum being 89, having mixed dementia, and having mobility problems myself, taking her away needed close and careful planning. We had booked accommodation well in advance so I could stay close to Mum and so we could have a room nearby to the restaurant and car park.

Looking forward to going away with Mum, the day of our trip had finally arrived. I was excited but full of trepidation, I worried about the possibility of mum being sick or incontinent in the car but thought that so long as we stopped every hour and a half at the motorway services, she should be ok.

### On the Road

Our first stop was Loughborough to have lunch with our friend Ann. Ann, a school friend of 51 years, made us all very welcome, and I was thrilled to see that mum remembered her.

Mum became a little confused when we were leaving as she thought we were staying, but it was soon forgotten once we were back in the car, and we were on our way again.

Second stop was Sheffield to our first hotel. Mum and I had a twin room on the ground floor overlooking the gardens with Dave just through an interconnecting door – bonus I thought! Mum seemed a little disorientated at first but even though she wasn't sure of her surroundings she was happy to be in our company and settled in well into the hotel.

Whilst in Sheffield we visited a children's farm, where mum was thrilled to spend time with her granddaughter and great granddaughter. It was great to see her so happy.



She would keep getting out of bed removing the duvet, to cover herself over and remove it again. At some point during the night, I found her upside-down in bed with her feet on the bedside table. I tried to get her the right way round again, but as she was still asleep, I was unable to move her.

Moving on from Sheffield after a couple of nights we headed to North Yorkshire to visit more grandchildren and family who Mum hadn't seen since before the pandemic. We stayed at an old Inn which was all at ground floor level. It had a nice sitting area so we could sit comfortably and watch a bit of TV before we went to bed, which was just after 7 pm most nights. So, I was glad to have taken an enjoyable book with me to read.

Getting mum dressed and undressed was a struggle. As I have a bad back, I was grateful that Dave was next door to help. I don't know what I would have done without him and said if we do this again, we must make sure we have an accessible shower.

North Yorkshire is a beautiful county, and mum really loved the fields and open spaces. A visit to the beach in March meant wrapping up well. It was great that mum was able to walk a short distance with sand and wheelchairs not being a good mix. Mum played happily with the grandchildren and was happy to just go with the flow which was good for all of us.

Too soon it was time to leave, and because the trip back down south would take over six hours, we stayed overnight at Rutland Waters in Leicestershire – one of our favorite places.

The following morning the sun was out, and we enjoyed our last morning of the trip, eating breakfast looking out across the water. We took mum to a sheltered spot by the church on the water and lost ourselves in the warmth of the sunshine and the feeling of peace and tranquility that such an expanse of water can bring.

### Pictures to remember



Getting back in the evening, Mum returned to her care home. No sickness and no accidents the whole trip. Phew. Mum quite happily smothered us with hugs and kisses – it was obvious she had enjoyed herself and was grateful for us taking her away for a while, something I wouldn't have been able to do without Dave.

Mum's memory problems meant that after a few days she didn't remember the holiday. We made her a small photo album that we show her regularly to try and revive our memories and stories along the trip. She might not remember the holiday but I'm sure she remembers deep inside how happy we all were. And she only has to look at the pictures to see the love we have for her, and the joy in the memories we make.



Visit: [Carersfirst.org.uk](https://www.carersfirst.org.uk) for more stories



### Wishing Tree

In both homes we are completing a wishing tree – this is by asking residents what wish they would like to do (reasonable of course) so we can achieve for them if possible. If residents are unable to inform us, we will be calling the families for them to let us know on their behalf – this will take a couple of months.

So far it has been for a male resident to see a motorbike –

he always had motorbikes when he was young, ballroom dancing (happening at Howard lodge on 23/11/22), other wishes for example cricket game (we will be setting up a trip to local club when weather better), shopping trip & visit to an ice cream parlor. Thank you for your assistance it would be nice to achieve this small wish where we can.



### Volunteer needed

Does anyone know someone whom can play the piano – we have in both homes & would really like to create a “Pub afternoon” with someone playing the piano for the residents.

If you know of anyone, can you please contact

Lauren

Via email:

[Lauren.Bullock@stmichaelshomesltd.com](mailto:Lauren.Bullock@stmichaelshomesltd.com)

thank you so much



Family owned & managed  
**ST MICHAELS HOMES LTD**

 **St Michaels Homes Ltd - Howard Lodge & Dudbrook Hall Care Centres**  
@stmichaelshomesltd · ★ 5 (8 reviews) · Retirement & Assisted Living Facility

[Home](#) [Services](#) [Reviews](#) [Offers](#) [More](#)

[Promote](#) [Search](#) [More](#)

Start Selling From Your Page in a Few Steps



Find us on:  
**facebook®**

For all the latest news, photos, videos from what is happening in the care homes look us up at @stmichaelshomesltd we have daily postings from our activity teams.

<https://www.instagram.com/>

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 only at present.



### Staff donation Fund

On behalf of all the staff we would like to say a big thanks to all residents, families & friends who have been so kind in donating towards the staff funds for their given care home. All the staff have work so hard throughout the year and have done so much throughout for all the residents and we have always given our appreciation along with any donations we receive throughout the year from families.

These funds will be divided up and given to all the staff within the given home, this includes staff who might not have seen within our laundry, domestic teams, night carers and care team etc who have all worked so hard throughout the year. We pay this money in January time as a means of appreciation to them all. Should you wish to donate any contribution towards either Howard Lodge Staff fund or Dudbrook Hall Staff fund please do so either by cheque made payable to (name of care home) Staff fund, or we can take a BACs payment directly into their nominated account, details of their accounts below. We will make sure it shared out to all the staff within their given care home.

#### Dudbrook Hall Staff Fund

Sort Code: 16-12-33

Account no: 10054377



#### Howard Lodge Staff Fund

Sort Code: 16-12-33

Account No: 10052471

Thank you once again on their behalf of all the staff across the homes.



Senior Citizens

Christmas Dinner Club

15th December

2 Course Lunch - 11.30am-2.30pm

All the Trimmings & Live Entertainment

All for just £5!



Door to door transportation available. Please ask for details.

Mains: Roast Turkey or Salon En Croute.

Served with Seasonal Vegetables, Roast & Mashed Potatoes.

Dessert: Christmas Pudding or Mint Chocolate Gateau.

Tea and coffee served throughout the day.

Howard Lodge Care Centre, Beacon Hill Road, Kelvedon Common, Brentwood CM14 5FQ

To book please call 01277 376 502

or email: lauren.bullock@stmichaelshomesltd.com

CELEBRATING 31 YEARS 1991 - 2022

CARE

Inspected and rated Outstanding

Care Quality Commission

ST MICHAELS HOMES LTD



www.stmichaelshomesltd.com

Caring for the frail and elderly and those with dementia since 1991

A warm welcome awaits all our local senior citizens to Howard Lodge Care Centre, Brentwood Essex this Christmas.

In a bid to combat loneliness among the elderly within our community, Howard Lodge Care Centre is hosting Xmas Dinner club in a mission to bring older people together to enjoy a hot nutritious meal and socialize with friends at the same time as participate if you wish in social activities.

Other luncheon clubs planned thought 2023!!

If you know of anyone who is planning on spending Christmas on their own this year please tell them about us as we truly believe no one should be spending it on their own and will encourage them to spend it with us free of charge.

## No one should spend Christmas Day on their own.

CELEBRATING 31 YEARS 1991 - 2022

ST Michaels Homes who run Howard Lodge Elderly Care Home are opening their doors to all the elderly community who might be alone on Christmas day.

Inviting all the over 65's to a FREE Christmas lunch with all the trimmings and afternoon activities on Christmas Day.

Sean Watson director of St Michaels Homes who runs Howard Lodge & Dudbrook Hall Care Homes in Brentwood said he became alarmed at the

growing number of elderly who don't see one person from one day to the next. With that Sean took the decision to open up his doors to the elderly who might be spending Christmas day alone.

All they ask is that you can arrange your own transport on the day and they will take care of the rest. Spaces are limited so please let them know ASAP and if anything changes.

If you would like to join them for Christmas Day or for more information please call:

01277 372095 (opt 4)

Howard Lodge Care Centre, Beacon Hill Road, Kelvedon Common, Brentwood CM14 5FQ

They would love to see you and would like to wish all the elderly community a lovely Christmas and Happy New Year.

“It has become my main objective to combat loneliness and isolation within our elderly communities.”

Sean Watson - Director

ST MICHAELS HOMES LTD



# FESTIVE EVENTS



## Dudbrook Hall Xmas calendar

Thursday 1<sup>st</sup> xmas with the ponies  
Monday 5<sup>th</sup> fitness with Glenn  
Thursday 8<sup>th</sup> Christmas outing  
Friday 9<sup>th</sup> gift wrap day  
Monday 12<sup>th</sup> Christmas lunch  
Tuesday 13<sup>th</sup> panto  
Thursday 15<sup>th</sup> retro social evening  
Friday 16<sup>th</sup> train ride  
Monday 19<sup>th</sup> Christmas lunch  
Tuesday 20<sup>th</sup> residents xmas party  
(with mini concerts)  
Thursday 20<sup>th</sup> carol service 2pm  
- party night 6pm  
Friday 23<sup>rd</sup> mince pie & mulled wine  
Saturday 31<sup>st</sup> New Year's Eve party with  
music & drink

## Howard Lodge

Regular events :

Gardening club, gentlemen's club,  
Namenste sessions, bingo, musical  
sessions, bar activities, quizzes, board  
games, arts & crafts, exercises sessions,  
one to ones meets, knitting club,  
cheese & wine, visiting chickens,  
memory villa visits, church services,  
cake decorating, fish & chip luncheons,  
visiting pets., pamper sessions, sweet  
trolley & shop visits.

## Dudbrook Hall

Regular Events:

Knitting club, Afternoon quizzes, Bingo,  
gardening, cheese & wine, themed evenings  
every Thursday, pampering sessions, film  
afternoons, cake decorating, church  
services, visiting pets, Arts & crafts,  
Afternoon drinking around the bar, sweet  
trolley, Board games, musical sessions, one  
to ones talks

## Howard Lodge Xmas Calendar

Thursday 1<sup>st</sup> Kurling 11am  
Wednesday 7<sup>th</sup> Toddler group 10am  
Thursday 8<sup>th</sup> Xmas Jumper Day  
Thursday 8<sup>th</sup> Tea Dance 11am  
Saturday 10<sup>th</sup> Christmas Fete 2:00 -4:30  
Wednesday 14<sup>th</sup> Christmas party  
- Poppy & Honey suckle 2:30 - 3:30  
Singer Joanne  
Thursday 15<sup>th</sup> Lunch Club  
Thursday 15<sup>th</sup> Kurling  
Friday 16<sup>th</sup> Christmas Party  
- Bluebell & Primrose 2:30 - 3:30  
Singer Carly Ann  
Monday 19<sup>th</sup> Chair exercise Glenn 11:30  
Tuesday 22<sup>nd</sup> Church Service 3pm

## Dudbrook Hall Festive Menu's

### Christmas Day Menu

#### *Mains:*

Roast turkey & beef  
Or

Root vegetable pie

#### *Served with*

Roast and mash potatoes

Sausage kilts

Sage and onion stuffing

Brussels sprouts

Carrots in parsley butter

Yorkshire puddings

#### *Desserts*

Christmas pudding served with brandy  
sauce

Truffle torte with a gold shimmering  
profiterole

Christmas tree ice cream

Mince pies

After dinner chocolates

Tea, coffee, wine

### Boxing Day Menu

#### *Mains:*

Pork with sage stuffing  
Or

Salmon on croute

#### *Served with*

Roast and mash potatoes

Mixed vegetables

Yorkshire puddings

#### *Desserts*

Mint chocolate chip gateau

Christmas tree ice cream

After dinner mints

Tea, coffee, wine



## Howard Lodge Festive Menu's

### Christmas Day Menu

#### *Mains:*

Roast Turkey and Beef

Pigs in blankets

Stuffing

Or

Salmon en Croute

#### *Served with*

Roast and mashed potatoes

Brussel sprouts

Carrots in parsley butter

#### *Dessert:*

Christmas pudding served with  
either brandy sauce or custard

### Boxing Day

#### *Mains:*

Selection of cooked roast meats

#### *Served with*

Mashed potatoes

Peas

Pickles

#### *Dessert*

Spiced Pear tart





**Electrical Appliances PAT testing**

We would like to remind all residents, relatives and friends who wish to bring in electrical appliances which are on a plug to the home i.e. TV, Radios, Lamps etc. that they need to be tested before they are used. Please could you alert the management team so that our trained maintenance team can carry out the required electrical test to ensure it meets with our electrical safety requirements.

**Policy on gift food**

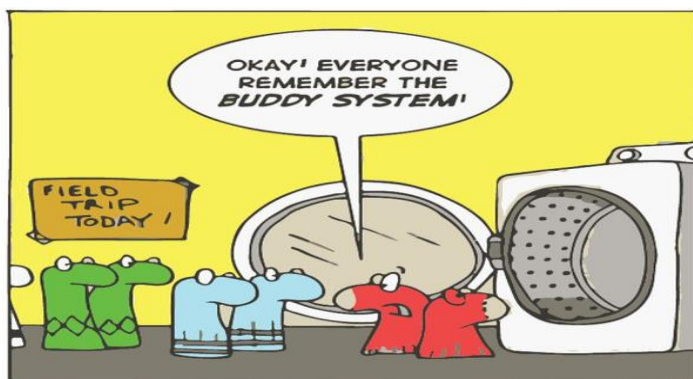
Please note that if relatives decide to bring in food for their loved ones, ideally it must be in its original packaging with a clear use by date. If food is homemade however then we must know the date in which it was made.

**Visitors signing in & out**

Please try to remember to log yourself in/out at the main entrance on the e-reception. This is so important as it is our way of knowing who is in the building in the event of a fire. Thank you for your help. In order to ensure the safety of our residents, may we please ask that you do not give to any resident or outside person the code number for the main entrance doors. Can we also ask that everyone makes sure the door has closed behind them when entering/leaving.

**Toiletries**

If you are purchasing toiletries for your loved ones please can you put a name on them so that we know who owns what as things are easily misplaced/lost. Thank you

**Laundry**

We all have that odd sock draw at home don't we well image having a house the size of our care homes with the amount of laundry we get through daily you can hopefully appreciate we might misplace laundry from time to time. The only thing we can do to stop this happening is with good labelling.

Making sure all items of clothes are clearly labelled will help us make sure items are not lost. Please do not purchase new clothes and simply put into a resident's room without them being labelled.

Labels can be purchased through the home and will be billed as sundries on the invoice. Alternatively, you are welcome to purchase them and have them sewn into the residents clothing. Please see the housekeeper supervisor or manager for more details.

Can you please ensure that any donations of clothing made are placed in a bag and left with the Deputy Manager offices. We are at Dudbrook Hall at present going through all clothes to ensure that they are labelled, any clothes not labelled will be left outside the laundry rooms when you visit for any clothes that you believe to be your loved ones so that we can ensure labelled to try to reduce clothes being missing.

**Payments**

Payments at Dudbrook Hall can be taken from the admin offices within the tower or at the reception at Howard Lodge.

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 in accounts on 01277 376046. When is working from home at the moment so please bear with us if you do call as calls should be transferred.

We also have the ability to send out e-invoicing which will enable people who have an email address to receive an invoice with a 'pay now' option, taking you to a secure payment site within your home at whatever time suits you.

Should you have any questions in relation to payments please speak directly with Wendy who will be happy to assist. Alternatively email Wendy at [wendy.boultonwood@stmichaelshomesltd.com](mailto:wendy.boultonwood@stmichaelshomesltd.com)

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.

We also offer the ability to pay via Direct Debit. You will need an email address to pay via this option as this is all done electronically. You may already pay your fees via Standing Order, but you may want to pay for the sundries etc, via Direct Debit. Please contact if you wish to go ahead with either your fees or sundries to be paid via this method, you will still obtain all paperwork prior to being billed and if there is any discrepancies with the invoice we can amend either prior or after the payment direct debit date.

**Mother & Toddler Group**

*The success of intergeneration between our lovely residents & your beloved children*

We are so delighted to be able to recommence our Parent & toddler group. This was previously such a success & benefit to both young & old. The delight & smiles of residents, babies, toddlers & mothers, fathers, grandparents & carers was priceless.

We would like to take this opportunity to thank our volunteers who assist us for both homes Becky & Kelly. We look forward to seeing you all soon.

## INTERGENERATIONAL BABY & TODDLER SESSION

<p><b>HOWARD LODGE</b> Time: 10:00 – 11:30</p> <p><u>Upcoming dates 2022</u></p> <p>7<sup>th</sup> September 5<sup>th</sup> October 2<sup>nd</sup> November 7<sup>th</sup> December</p>	<p><b>DUDBROOK HALL</b> Time: 10:00 – 11:30</p> <p><u>Upcoming dates 2022</u></p> <p>21<sup>st</sup> September 19<sup>th</sup> October 16<sup>th</sup> November 14<sup>th</sup> December</p>
---	--

*the success of intergeneration between  
our lovely residents & your beloved children*

**FREE**

Come join us for music, games,  
playing & interaction with our residents.

Covid guidelines

We ask for all participants to this event to  
have a LFT test prior to coming out to us or  
we can do it for you at  
Howard Lodge reception if you wish.

Howard Lodge, Beacon Hill Road,  
Kelvedon Common,  
Brentwood,  
CM14 5TQ

Dudbrook Hall, Dudbrook road,  
Kelvedon Hatch  
Brentwood  
CM14 5TQ

**Contact Details**  
[Lauren.bullock@stmichaelshomesltd.com](mailto:Lauren.bullock@stmichaelshomesltd.com)  
 Phone: 01277 376502





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 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.



Well done to our beautiful team leader Shammy on Bluebell who won the Essex care sector award - prosper champion of champions award! Howard Lodges Superstar 🌟xx

PROSPER CHARTS

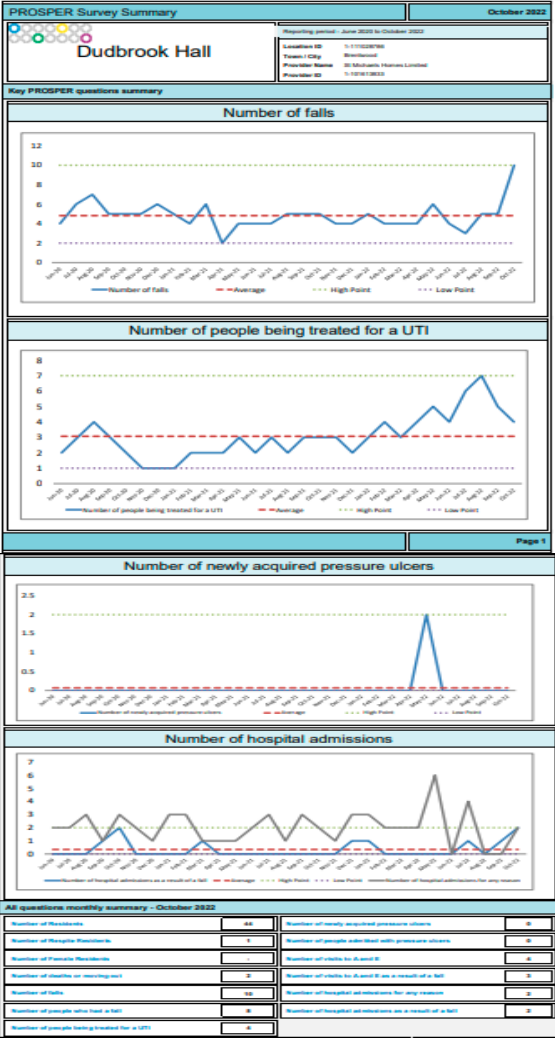
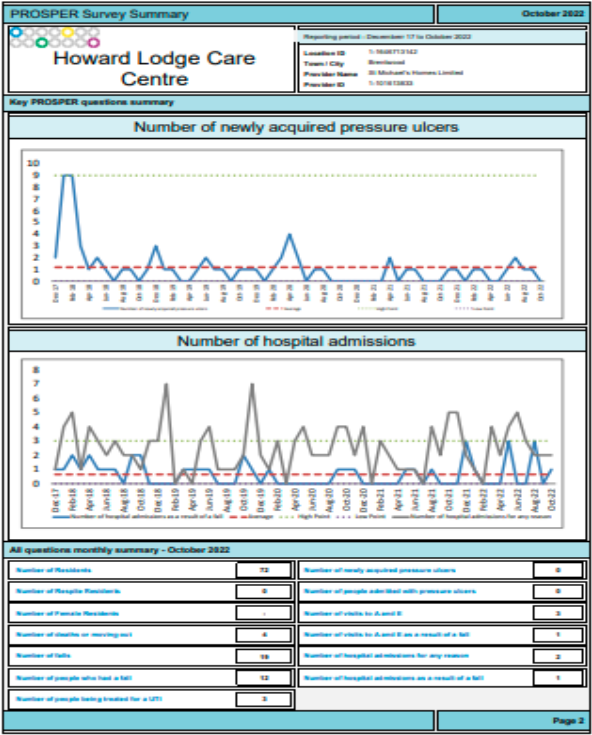


Falls slightly up this can be from one resident whose risk of falls despite all prevention provided

UTIs – this is down which usually occurs now that the weather is colder – well done to the team on pushing fluids

Pressure sores – are NIL we are extremely proud of this achievement this shows that best care of repositioning residents & cream all pressure points to prevent sores.

Hospital Admissions – we all work very hard to prevent hospital admissions at all costs working with other health professional colleagues but sometimes this is unavoidable for medical reasons or for Scans etc..



Falls: Increase in falls in October although 3 residents had more than 1 fall.

We have been liaising with our CCG regarding falls and we have now been allocated a falls lead called Sara

Our CCG are in the process of starting a ‘Falls Car’ which will come out to Care Homes and vulnerable adults at home, assessing the resident here which will cut out the need to call 111 or 999. Our new falls champion is Michaela and she will be monitoring footwear/eyewear and alert mats.

UTIs: Slight decrease in UTIs this month, we continue to order ‘Jelly Drop’ sweets which are particularly good for our residents with dementia.

Decaffeinated Tea and Coffee is now being served, trials show that it decreases agitation and restlessness for many residents.

Pressure Sores: No new or ongoing pressure sores which we are very proud of.

Hospital admissions: Unfortunately, there were two hospital admissions in October due to falls. We work closely with Dr Sanders and other health professionals, we know that UTIs, agitation and some medication has a impact on mobility, we are doing our best to combat this but unfortunately sometimes it is beyond our control.



Dudbrook Hall won Commended team award from Prosper! Well done to everyone at Dudbrook Hall who have worked so hard and across the care homes 🌟



# DUDBROOK HOUSE NEW CARE HOME DEVELOPMENT NEWSLETTER

ISSUE NO 3 | DECEMBER 2022 | WINTER



**INTRODUCTION**

Welcome to Horizon’s third issue of the Dudbrook House 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 close insight on the progression of our new prestigious build of the new Dudbrook care home.

**Important news ...There is a road closure on Beacon Hill Rd from 23<sup>rd</sup> Nov – 16<sup>th</sup> December 22, the closure is due to services being installed to the New build, if you use Howard Lodge road as diversion.**

**THE PROJECT**

Continuing on from our last newsletter in July. A lot has changed. We have now built up to roof level on both wings with roof trusses nearing completion on the North Wing, steel frame is now complete with hollow core floors landed to the core area of the building which will be the main hub of the build, with a large dining and lounge area, activities room and salon. Horizon have continued to battle against the weather with great subcontractors working alongside us to meet our targets.

**THE SITE TEAM**

Throughout the ongoing works the Horizon team will proceed to minimize any disruption the neighboring properties and the local community.

As a mark of respect, our site stopped for a 2-minute silence for our fallen heroes on the 11<sup>th</sup> of November. If you wish to contact a member of the Horizon site team, please see below

**Site Office Contact Details**  
Project Manager – Paul Dunn  
07958 333204  
[p.dunn@horizonconstruction.london](mailto:p.dunn@horizonconstruction.london)  
Site Manager – Ross McCarthy  
07399 048130  
[r.mccarthy@horizonconstruction.london](mailto:r.mccarthy@horizonconstruction.london)

The Site hours are Monday – Friday 8am – 6pm, Saturdays 8am - 1pm. No work will be undertaken outside of these hours.

The duration of the first phase of the project is 67 weeks in total, starting from February 2022 until Summer 2023.

Time for a little fun. Here is our Dudbrook word search

## PROGRESS IMAGES

Please see below for some images of our recent progress:



From everyone at Horizon  
Construction London

Have a  
and a Happy New Year

London office address  
28 Marshalsea road  
Borough  
London, SE1 2HF  
TEL: 0208 650 9394



DUDBROOK HORIZON BRICKS BUILDING CEMENT CONSTRUCTION  
CRANE DOORS HOWARD LODGE ROOF SAND SCAFFOLD STEEL  
TIMBER WINDOWS





Introducing our impressive  
new Care Home Development

## Dudbrook House



Work is fully underway in the development of our new care home project to construct Dudbrook House on the estate of Dudbrook Hall, a care home for the elderly located within beautiful park like gardens, surrounded by Essex countryside. The home is owned and run by St Michaels Homes Ltd.

St Michaels Homes Ltd was awarded planning permission to construct a new care home in the grounds of its existing care home Dudbrook Hall. The new improved Dudbrook House care home will provide improved facilities for residents and staff with state of the art accommodation. Works are planned to take 68 weeks from commencement and the grand opening of the new home is planned for mid-August 2023.

A family run business, St Michaels Homes Ltd was established by Managing Director Sheila Watson in



1991. Sheila trained as a registered nurse and midwife, followed by 25 years in midwifery, followed by five years as a health advisor to the elderly, and obtained a diploma in gerontology. With this experience care of residents comes from the

top down, this can be seen by the way the residents are cared for by staff and quality inspections. The company is now being operated by Sheila's children Sean & Claire Watson who are fully hands on with the successful running of its care homes and new build development. St Michaels Homes also operates another home next to this new development called Howard Lodge, which was also renewed in 2014 and is within walking distance of Dudbrook Hall. Howard Lodge has been rated by CQC as Outstanding, so it now matches its facilities with its exceptional care.



# COMING SOON!



CELEBRATING  
**31** YEARS  
1991-2021

from 44 to 64. Dudbrook House will bring unrivalled facilities including spacious rooms - all with en-suite, as well as hairdressers, sun terrace, balconies, private patios, activities and training facilities, day care centre, coffee lounge for residents with dining and living rooms on each floor along with landscaped gardens and a dementia garden.

The new facilities will benefit all existing residents as well as providing increased space for newcomers welcomed to the home."

**"Delivering Quality  
Elderly & Dementia Care"**

Sean Watson, Director at St Michaels Homes Ltd said: "Due to the extensive three acre grounds we have around our care homes, these works will not affect the day to day running of the existing home. Our commitment of care to our residents is our utmost priority and we are very excited about the plans for this impressive new care home.

We have a well-established reputation in the local and wider community for providing quality care and are proud to be a family run business. The A star care provided by our staff will now be matched by A-star facilities with the completion of the new home which will increase the much required bed capacity offered from the old home

## DIRECTORS MESSAGE

We hope you are all safe and well and looking forward to Christmas and this festive time of year.

As always, we would firstly like to say a big thanks to all staff members across the homes in all the different sections and departments which keep the smooth running of our homes every day. With all of them at the helm we are truly in safe hands.

During this cost of living crisis we now find ourselves in, we are doing all we can to absorb the financial hikes in prices across all sections i.e. the cost of food, energy and day to day running costs. We are particularly concerned with our staff who are also suffering from the cost of living in their own lives we have now made the decision to increase wages next year in line with inflation by 10% which we hope will help them during these very tough financial times ahead and show our appreciation for all they do for us all.

For us to remain viable as a company and continue delivering our excellent services we would need to increase our residents annual cost by 8%. We would only look at increasing these costs from the next annual anniversary with us and this will only commence from 2023 onwards. We are so sorry that we had to make this tough decision and it has not been taken lightly. We hope you can understand why we have had to make this difficult decision and have done all we can to stop these increases being passed onto residents / relatives as we understand you too will be suffering from these cost of living pressures.

If you are in any financial difficulty at present and would be unable to afford these general increases, please come and speak with us directly we might be able to assist with moving to another lower cost bedroom within the home or see if there is any other support which might be able to help against these rises in costs. Next year we are planning on inviting into the care home a financial expert who can give us some helpful advice



Should you wish to attend this meeting then watch out for further information early next year on date/time.

Lastly, thank you to all our residents and families for entrusting us with your care of your loved ones. We are honored to be able to do this and the caring profession is what we love.

On behalf of our family at St Michaels Homes we would like to wish you and your families a wonderful Christmas, and happy new year.

Yours faithfully,

Directors, Sean & Claire Watson



