



St Dominics Residential Home

August 2020 Newsletter



We are proud to be Key Workers

Welcome to our latest Newsletter. Well, here we are in August and enjoying some lovely warm weather. It is so nice to see the sun shining. We are still in lockdown at the home, but we are continuing to enjoy various activities, such as Bingo, Anagrams and Reminiscing. The garden is looking so pretty with all the summer flowers in bloom and we have had the trees in the garden behind the conservatory pollarded so they look much neater. The staff have taken residents outside individually, when the weather is nice to enjoy being outside and we have liked being in the fresh air. Our residents have enjoyed walking outside or being pushed in the wheelchair or just simply sitting outside chatting and enjoying a cup of tea. We are also currently accommodating a number of garden visits on a rota system.



We had a relaxing afternoon recently, many of our residents and staff enjoyed a visit from the Ice Cream Van that came into the driveway of our home. She followed the correct infection control procedure. Our residents enjoyed being outside in the sunshine eating their ice creams as did our staff!



We are very pleased to welcome back Jenny our Hairdresser to our home and wearing the correct PPE. Jenny has stopped doing hair at her other two homes she was going to and has decided to come to our home only, she has been coming here for 20 years, so we thank her for her loyalty to us. Our residents are so pleased to see her and she is so busy cutting, perming and styling. We must say a huge thank you to our staff who stepped in to cover Jenny's absence, some qualified and some not, but all wanting our residents to continue to enjoy being pampered. Great to see her again.



We are so pleased to say that our new chairs have arrived and they look beautiful, our new carpet has been laid in the lounge and the adjoining lounge and it looks really nice and looks so cosy in there now. We have several new side tables also for tea and cake plates.

Looking back in History to August 1959.

Barclays Bank become the first Bank to install a computer.



Let us tell you what we have been doing in July 2020

Reminiscing about our fantastic NHS We had a great time talking about the National Health Service which recently celebrated its 72nd birthday, and in honour of this, our Prime Minister led a nationwide applause to pay tribute to the NHS staff on the anniversary of the National Health Service. We talked about how it began and how even the poorest members of society could now receive free care and treatment from the medical profession, instead of having to rely on home remedies and the charitable nature of the Doctor. The principles of the NHS were to provide a comprehensive service funded by taxation, available to all, and free at the time of need. We also said that this year we have needed the NHS more than ever due to the Covid-19 pandemic.



Bingo We played Bingo in the lounge, with the residents' chairs at the required distance apart. What a fun morning we had with Doris, Margaret, Helga, Joyce, Margaret, Jean, Madge and Barbara. The winners enjoyed the chocolate prizes.



Room Visits - Our Activity Staff are continuing room visits for those residents who remain in their rooms by choice or are isolating offering them word searches and puzzles to do if they want too. However, their time is now split between this and visits to the home in the garden.



Film Afternoon - Sylvia and Jean enjoyed watching a Clint Eastwood Western film and the activity ladies made sure they had plenty of refreshments.



The Daily Mail Crossword - We had a competitive morning over a cup of coffee doing the crossword, Madge, Margaret and Jean all enjoyed helping to complete the crossword, with Helen our activity lady, many minds make light work!



Anagram in the Lounge - We had a great morning doing an anagram in the lounge. Margaret, Sylvia, Joyce E, Barbara, Kathleen, Margaret, Madge, Doris, Ethel, Jean and Sylvia all enjoyed making words out of 'Compartmentalise'. We made 170 words, which we think is very impressive. Do you like anagrams? A great way to exercise our brains-residents and staff.



[Hair Styling and Pampering Days](#) The staff used the salon to wash and style our resident's hair. Peter and John had a visit at our hair salon and they were both very pleased with their short back and sides! Jenny returned to take up the reins soon after!



[Meet our Resident](#)

John was born in Bow in London to parents Liz and Harry, he had three brothers and one sister. He went to a local school and enjoyed his school days, in particular Boxing. After leaving school, he joined the Navy and was based in Malta. He enjoyed Dancing in his spare time and had a Dancing partner who had to be chaperoned. After leaving the Navy, he joined the Metropolitan Police as a Police Constable based in Bow. He met and married Terry and as a hobby, they enjoyed dancing together. They started a family and welcomed Janice and Jonathan and family life was a very happy time. The family moved to Upminster and John, whilst serving in the Metropolitan Police, was a Home Beat Officer, serving local schools and the community. He started a Judo Club to support local children and this was very popular. In his later years he moved to Chafford Hundred and married Gill. John has been a resident with his wife Gill for a couple of months now. John is settling in well.

[Meet our staff member](#)

Kennedy was born in Chelmsford to parents Jade and Ben and has a brother Harley. She attended school at Maltings Academy in Witham, at school she enjoyed photography and gained an A level in that subject. After School she attended further education and decided to become a Carer and has worked at St Dominics for over a year now and thoroughly enjoys her job role here. Her mum, Jade, is a team leader at the home. Kennedy has a boyfriend called Matthew and they enjoy various past-times which include going to the beach and the cinema. Kennedy is a valued member of the team.

[What's on this Month](#)

Our Activity Staff continue to organise various in-house activities with our residents. Assuming there is no outbreak of Covid-19 we will be doing board games, word searches, quizzes, anagrams, Bingo and other various activities to try and keep our residents' spirits up, during this difficult time. We shall also continue taking residents individually outside in the garden, if they wish to and weather permitting.

[Thursday 6th August](#) Belated V. E Day Street Party Themed Lunch and 1940S Themed Day

[Birthdays in August](#)

We would like to wish Joyce, Bunty and Mabel a very Happy Birthday. We look forward to helping them celebrate their special day.



Garden Visits

We are continuing with our Garden Visits and it is so nice to see our residents with their family member. As long as there is a distance of two meters outside, masks do not have to be worn.



How many words can you make out of the word?

- let Nicki or Helen, know how many words you can think of? **INTERNATIONALLY**

Signs to make you smile....

In an Office

After coffee break, staff should empty the coffee pot and stand upside down on the draining board.

Written on a wall

Would the person who took the step ladder yesterday, please bring it back or further steps will be taken.

On a repair shop door

We can repair anything. Please knock hard on the door- the bell doesn't work.

Care Home Visits and Communication with Residents

Whilst Matt Hancock, the Health Secretary, announced to the country recently that care home residents in England were allowed visits from friends and families as lockdown was easing, unfortunately, this is simply not the case.

Whilst we have been following the advice provided by the Care Provider Alliance, the Government has finally issued formal guidance when considering allowing visits to the home.

It is the intention of the Government to assign the local Director of Public Health (DPH) to be responsible as to whether visits to care homes can take place at all. The DPH will have access to what the level of infection is within the local area. At the time of writing, the DPH has deemed it low enough in Essex to allow care homes to offer visits, if they are able. We, as a home, are required to regularly assess as to whether visiting is possible, taking into account the wider risk environment; such as wellness of residents/staff, the amount and type of visits, staff availability etc. To limit risk, visits must be limited to a single constant visitor, wherever possible.

Whilst we must minimise the risk of an outbreak within the home, equally we need to consider allowing our residents to enjoy visits from their closest family or friend.

If an outbreak is suspected, visiting will be halted and reviewed immediately. Our Responsible Visitor's Code is available to all visitors. The information within this code is not exhaustive. Whilst many of you will have already received our Responsible Visitor's Code, a copy is attached to this newsletter also.

We are required to have relevant policies and risk assessments in place, which we have, and record data, held on a temporary basis, to support NHS Test and Trace keeping contact details of visitors and staff, dates of visits etc.

Preventing infections in the home remains our first priority and we obviously are balancing the benefits to our residents against the risk of visitors introducing infection to the home. Please ensure you wash your hands prior to coming for a visit. We shall continue with garden visits, since the majority of our residents are able to accommodate this type of visit, albeit with assistance from our staff in some instances. We do understand it can be difficult to communicate with some distance between you but feel at the present time this type of visit is necessary to enable visits at all.

We would like to thank families for their co-operation of our guidance during these visits as we continue to keep the home free of the virus. With more recent freedoms, generally, our residents are put more at risk and we trust you will continue to adhere to our restrictions.

We thank families for their suggestions following visits and we shall, where possible, implement them. We thank you for taking the time to provide us with feedback.

Please continue to limit visits to the home to the current pre-booked slot. Gifts we can wipe over are safer, than bringing in flowers, as we can sanitise them.

The Government are now using three forms of information to make decisions in assisting care homes as regards future lockdowns. They are as follows: the Director of Public Health follows and reacts to the level of infection within the local area, the home is being asked to complete a capacity tracker on a daily basis which provides the Government with current bed capacity and virus infection information in relation to residents and staff and, finally, we are expecting to undertake weekly testing of all staff and monthly testing of all residents. However we are informed by the Quality Innovation Team from Essex that the weekly testing process is delayed at the present time. Ultimately it is the responsibility of the Registered Manager to make the decision as to whether the garden visits can go ahead or not.

Staffing at St Dominics

We would like you to know that our staff have received a cash bonus from our Directors for their work ethic during lockdown. Many performed above and beyond our expectations and continue to be ably led by Tracy Delannoy, our Registered Manager, and her team of Charlotte and Deborah. We are continuing to not use any agency staff within the home which means **all** cover of staff absence due to holidays or sickness is required to be covered by our current staff.

The weekly testing for our staff and monthly testing for our residents, whilst it is important for us to complete these tasks, will be very time consuming as the tests are required to be completed, bagged up, data input online, tests sent and results viewed and recorded.

So, please bear this in mind when you are contacting the home for any reason. We are trying to keep your loved one safe as well as our staff well to continue to care for them.

