



What a Summer...now if it will just stop raining



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2012 has seen some great events taking place across the country and the staff and residents of 1st Choice Care Homes have enjoyed them all. We helped the Queen commemorate her Diamond Jubilee, with street parties and celebrations taking place in all of our homes.

We watched as the Olympic Torch Relay Team ran past with all the pomp and ceremony of a carnival celebration.

We've held open days, summer fates, garden parties and even had a stand at the New Romney Summer Fair.

Despite the unpredictability of the

English summer weather, we have been lucky in as much as many of our events have been held with the sun shining and we've generally avoided a good soaking, with the exception of Mel the manager of Oakdale, but more of that later.

The Olympics are well under way and Clare Swan, our Ops manager, has a new claim to fame. Her niece Gemma was at the opening ceremony and lead Team Tunisia into the stadium..

At the time of writing Great Britain has won 22 Gold medals,



Gemma leads Tunisia at the opening Ceremony

13 Silver medals and 13 Bronze medals giving us a total of 48 medals and making this our best Olympic Games for 104 years.

What a fantastic summer we're having.



Cogs at Creedy



Residents enjoying entertainers at Creedy



Jackie Tuppen held a stand at the Creedy House open day. Jackie is a retired Admiral Nurse and has been setting up Cogs Club across Kent. Cogs stands for Cognitive Stimulation and the clubs are for people newly diagnosed with dementia. The clubs run on 14 week cycles and are designed to stimulate memory and cognitive function in a relaxed and supportive environment. Jackie's vision is for every town to have at least one Cogs Club and Anita has offered the use of Creedy House as a venue for one of the Clubs.

Karen Warner from Brambling Lodge and I attended a Cogs Club, held at Age Concern in Sandwich, to find out what's involved in running a club. Each club must have at least four and at most ten members who have been referred by their GP, CPN or Care Manager. The Club we attended was run by Lucy who works for Age Concern, The Cubs follow the same

format for each meeting. Everyone sat and introduced themselves. Lucy then asked what Cogs represents and one of the club members replied that it was about the Cogs of her mind and that, just like physical cogs, they sometimes get stuck if they're not used for a while. 'Coming to the Group is like oiling my cogs' she said.

Each week the club has a different theme song, the week we attended was Bring Me Sunshine, Lucy handed out the song sheets and then we all sang along. Lucy proceeded to read through some local papers and we discussed the stories, she used this as a point of reference for reminiscence and group members recalled books they had read, places they had visited and films they had seen at the cinema. One lady said that she can remember things she did years ago but can't remember what she had for breakfast. 'Par for the course' she said with a smile.

The discussions continued whilst we had coffee and biscuits, after which we played some light hearted word games. There was a great deal of laughter and innuendo. At Lunchtime a large table was placed in the center of the room and everyone sat together to eat. Lucy appeared with a large tray of sandwiches and more tea and coffee and for dessert we had large cream cakes which everyone enjoyed. After lunch the table was put away and we all formed a circle and sung the days theme song again. We followed this by participating in some gentle chair exercise and dance, lead by Lucy.

We played some card games, bingo appeared to be a favorite and then everyone had a turn at hangman. The group ended with the theme song being sung for one last time before everyone got their coats and went home.

Oakdale Garden Party



Dale Cooking the BBQ



The sun was shining for Oakdale's summer garden party. There were stalls selling home made cakes, bric-a-brac, a 'Make your own greeting card' stand and a stall selling flowers and floral

arrangements. The event was well attended with approximately 200 guests enjoying the festivities.

Home Manager Mel Volunteered to have wet sponges thrown at her for £1

a go, there was quite a queue.

The day was a great success and the home making nearly £300 pounds. The money will be used to fund entertainment and activities for their residents.



Garage Opening



Seelan and Menon with Esso's Director

This month saw the opening of the Whitfield Service Station. The site had been derelict for over nine years and although a well known landmark, had become a bit of an eye sore.

The Brother's seeing the potential in the site, decided to add it to their growing portfolio which also includes eight care homes and three hotels.

A US Patrol car was the first vehicle on the Forecourt and it's PA system was used by the Master of Ceremonies to welcome everyone to the event. She then invited Councilor Sue Nicholas the Chairman of Dover District Council and Mr. Charlie Elphicke MP to unveil a plaque commemorating the opening of the service station.



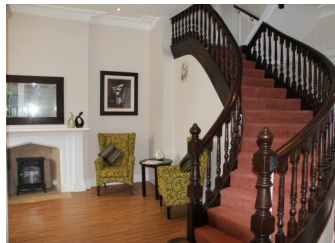
Staff welcome Sue Nicholas

Menon then gave an inspirational speech in which he spoke about the rising expanding local economy

Visitors were then treated to a selection of light refreshments in the in store Spar Shop.

New Look Tudor Lodge

After weeks of noise, disruption and dust filled air. We are pleased to be the first to announce the completion of the ground floor refurbishment of Tudor Lodge. The dark foreboding imitation oak panelling in the homes reception area has been removed and replaced by newly plastered walls painted



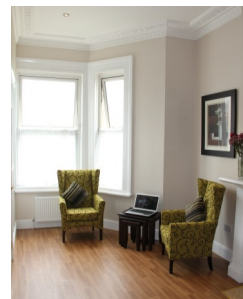
Welcoming Reception

in the shades of wild mushrooms. This combined with the contemporary soft furnishings and feature fireplace gives a light, airy and welcoming feel to the entrance to the home.

The Lounge area has also received a revamp with hard wood flooring replacing the old worn carpets, new seating and a set of abstract paintings



New relaxing lounge



Bright and airy

chosen by Clare and Julie to bring a homely feel to the room. Complementing the refurbishment is a 52 inch flat screen TV on which the residents are enjoying watching the Olympics. The official opening will take place later in September.

Julie would like to thank everyone for their understanding and patience whilst the refurbishment has taken place



Big Conversation (Oakdale)



Opening the Event



Mel & Christine



Event Organisers

Three years ago Oakdale Residential Home was chosen to participate in the pilot of the My Home Life Program. The program is designed to support staff in enabling the residents to run the home. The project has greatly influenced the homes philosophy of care and helped Mel and her team to place their resident's choices at the center of everything they do. My Home Life also encourages homes to work together to improve community relationships and as a result they have formed a close working relationship with Goldenly, a residential home in their locality. Mel and Christine, the Home Manager of Goldenly, have created a forum encouraging their staff to come together on a monthly basis and share good practice. Mel said that this is working extremely well and staff are consistently introducing new ideas into both of the

homes. The Resident's meet at each other's homes for lunches and activities on a regular basis. This is having a positive effect and new friendships are being made.

On 4th July a group of staff and residents from Oakdale attended The Big Care Home Conversation held at Goldenly. The event is part of the My Home Life Program, and encourages people to speak openly about their experiences of life in care homes. Participants were given a paper leaf and asked to write their answers to three important questions on it. 'What makes life good in care homes now, what can make them better – and how might we get there?' The leaves were then hung on the branches of an apple tree for the duration of the event and people were free to read what others had written. The comments will be collated and used to communicate to the

UK Government the key messages that they need to hear in delivering quality of life in care homes for older people.

The event was opened by the Deputy Mayor of Castle Point and the Mayor of Southend-On-Sea.

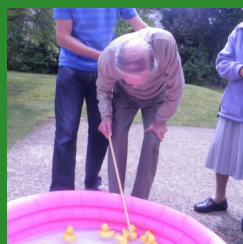
To find out more about the My Home Life program, add your Leaf to their tree or read the comments of others please scan the image below or visit



www.myhomelife.org.uk



Looking for a bargain



Hook a duck

Brambling House Summer Fair

Brambling House held their Summer Fair this month. Sue and her team worked hard preparing stalls selling bric-a-brac items, cakes and a tombola. There was even a hook-a-duck game which proved popular with visitors of all ages. Entertainment was provided by Mike Scurfield who serenaded the crowd with a variety of songs from the 50's and 60's. First prize

in the raffle, a family ticket to Leeds Castle, went to Shirley one of the residents Daughters. The fair raised £336 and Sue said the money will be used to pay for outings and minibus hire.

Ellen a resident of Brambling House was accompanied to the fair by her Daughter Daphne, Her Granddaughters Kathy and Marie the deputy manager of Brambling House, her



All five generations

Great Granddaughter Stacy and her Great, Great Granddaughter one year old Lilly Mae.

Romney Country Fayre

Anita from Creedy House and Lisa from Acacia House, gave up their Saturday to run the 1st Choice Care Homes stand at this year's New Romney Country Fayre. Since it began in 1994, the Fayre has grown into a massive event and is the largest free event held on Romney Marsh, attracting over 7,000 visitors from all over the south east of England. The high point of the Fayre is its annual parade through the town and this year was no exception. To mark the Olympics being held in the UK the Parade was led

by an Olympic Torch bearer carrying his Olympic Torch. The theme of the parade was a patriotic red, white and blue and the torch bearer was escorted by 80 local school children representing all of the Marsh's schools. This was the first and only opportunity local residents got to see the Olympic torch. As Romney Marsh was not on the official torch relay route. Other parade participants included the RLNI, the New Romney and Folkestone Combined Sea Cadets Band, a group of Morris danc-

ers and a one off appearance from Popeye.

The day was a great success and both Anita and Lisa would like to thank their helpful staff for all of their support and hard work. They raised a combined total of £240 which will be divided between both homes and donated to their resident fund.



1st Choice Stand



The Olympic Torch

Introducing Ziva

Oakdale Resident Bobby has lived at the home for the past three and a half years. She was proud as punch to introduce her new Great, Great Granddaughter Ziva to everyone .

Ziva was born on 11th July and was three weeks old when this

picture was taken. Ziva is Bobby's third Great, Great Granddaughter. We would like to join Mel and her team at Oakdale in congratulating Bobby on her beautiful new addition to her Family.



Bobby & Ziva

From Clare

In March we were winners at the Skills for Care Accolades for the best employer of over 250 staff. The Event was held in Manchester and although we did not win first prize we should all be very proud of our achievement.

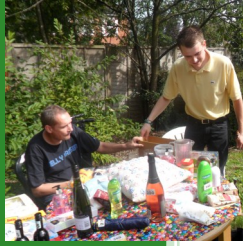
I am delighted to welcome our Business Development manager Nick Chatfield who joined us in June. He shares our vision of a seamless service for older people

for people with dementia. Nick will be focusing on our business development and is now responsible for this new look newsletter. We continue to build upon our innovation within the group, all our homes now offer very short stays in the home from one hour duration. This will enable carers to be able to pop to the shops without the worry of who is going to look after their loved one. Respite stays can be

for as little as one night.

We are all looking forward to Older Persons week from 1st October. Our nominated charity this year is Jackie Tuppen and her COG's club. Please support our homes in their fund raising ventures.

Acacia Garden Party



Bring –a-bottle



Enjoying the sun



Arts and crafts

Acacia House, in Tenterden were lucky enough to hold their summer fayre on one of the few sunny Saturdays of the summer. Everyone had a great time browsing the stalls which included a tombola, cake stall and Bric-a-brac stall. Entertainment was supplied courtesy of Unique, previously called Toned Deff. The duo who are a favorite through-out the 1st Choice Care Homes Group, performed a varied mix of music from the 60's, 70's and 80's. Unlike our dementia homes in the Group, Acacia House specializes in providing high quality palliative and end of life care to its 41 residents. Lisa and her team also

provide valued support to the families and carers of the people they care for. The event raised in excess of £300 which Lisa said will be a welcome boost her resident fund . The money will be used to fund activities and future entertainment. Lisa would like to thank everyone for all their hard work and support which made such an enjoyable day.



Lovely Cakes



Lucky dip bags



Browsing the stalls

We'll Miss You Yvonne



Yvonne

Unfortunately we are having some changes in our management structure as Yvonne our Manager of Hatfield lodge, has at last sold her house and will be moving to Wales in September. Yvonne has been the manager of Hatfield Lodge for the last 8 years and in this time has brought stability and continuity to the home. She has nurtured her dedicated

team encouraging a family friendly, person centred philosophy of care. Hatfield Lodge is always welcoming and because Yvonne encourages her staff to bring their children into the home to visit the residents. There is a real family atmosphere. Yvonne will be greatly missed by all of her residents, staff, families and the whole team here at 1st Choice

Care Homes. It has been a real pleasure to work with such an experienced and competent manager and I'm sure you will join with us in wishing her every success and happiness for her new life in



Bradford Dementia Group

July saw the start of the Kent County Council, Medway NHS Social Care Partnership and the University of Bradford Excellence in Kent project for Creating a Model of care for Dementia Care Homes. The programme sits within a wider project looking at sustaining change in care settings and is expected to last for over a year. We are exceptionally lucky to have had Creedy House selected from over 50 applications as one of the 13 homes to take part in the project. There will be 5 elements to the venture, the first being Developing Leadership Skills of Home Managers and Deputies. Anita from Creedy and Karen from

Brambling Lodge attended the 4 day course which aimed to equip its participants with the skills, knowledge and strategies for effective leadership within person centred dementia care. We are all extremely excited at the prospect of working with the Bradford Dementia Group over the coming year whose mission is to improve the lives of people with dementia and their families through excellence in research, education, short courses and consultancy. As part of the Leadership Course the participants were asked to take on a project for change within their own home. Anita has decided to look at the uniform policy and we look

forward to hearing the outcome of her project. The remaining staff won't miss out on this exciting programme either as the following 4 elements will include a Cornerstone Course aimed at improving staff knowledge and skills, Dementia Care Mapping ensuring staff have the ability to measure outcomes for our clients and a Champions Course aimed at sustaining change. The final element will be for the home to provide evidence of change of care practice. We will keep you updated of the homes progress through the project in the next newsletter.

1st Choice Care Homes have been operating care services through out Kent and Essex since 2001. As an organisation we recognise that everyone is an individual and pride ourselves on providing the highest standard of person centred care within any of our eight care centres.

As a group we are able to offer a wide range of specialist services, including but not limited to;

Dementia Care

Mental Health
Nursing

Palliative Care

General Nursing

Residential Care

Short-term
intermediate care

To find out more
please visit our
website



Dates for Your Diary

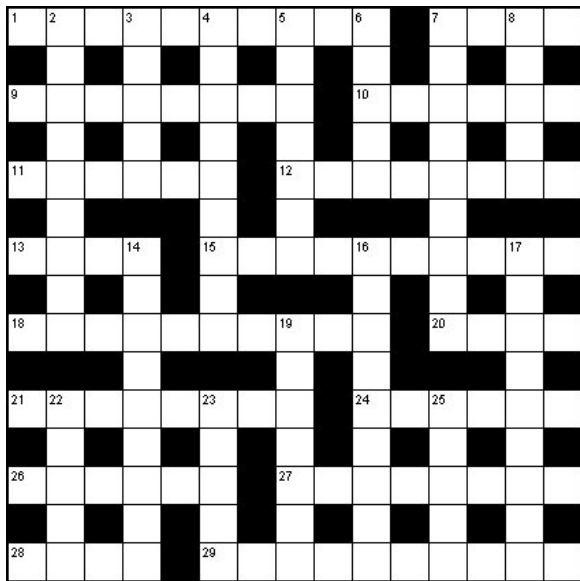
Older People's Day 1st October 2012

Last year we raised over £1200 during our weekend of events that coincided with Older Peoples day. We donated the money to Crossroads Care East Kent, a charity which facilitates support groups for people who care for a relative or friend in the community. This year we have decided to hold a week long extravaganza of fund raising events. This year's benefiting Charity will be Jackie Tuppen, a retired Admiral Nurse, who continues to support people who have been newly diagnosed with dementia by organising COGs groups in community settings. Older People's Day 2012 will begin on 1st October and our events will be held through-out the week. We need your ideas on how you and your home can take part.

Christmas Party 18th December 2012

Despite the fact that we are still waiting for our summer, Clare Swan has turned her thoughts to Christmas and booked our Christmas Party. The Venue for which will be the Ramada Hotel in Dover. Please keep an eye on your notice boards for more information nearer the time.

Coffee Break Crossword



ACROSS

- 1 Rush around in old car, to find escaped criminal in Oz (10)
 7 A disease singular to sponge (4)
 9 English is almost never spoken poetically in Telford, for example (8)
 10 Rotter is in modern art emporium (6)
 11 Copper into Turner gets depression (6)
 12 I am unpretentious? No (8)

- 13 Clothe with part of a corset (4)
 15 Get mean about bird call (10)
 18 Monster horribly present on the waves (3,7)
 20 Who should really have written Diary of a Nobody? (4)
 21 See 4
 24 Enjoy the flavour (6)
 26 Composer of Semiramide and La Mer? No (6)
 27 As were the leftovers a man ate, being overdrawn? (8)
 28 Scolded infant without a trace of leniency (4)
 29 4,21's Mount is irregular cube next to a generation symbol (missing centrepiece) (10)

DOWN

- 2 Auntie hit boiling asphalt (9)
 3 Told of journey to university to find poem (5)
 4,21 The king of 7, this general axed threat strategically (9,3,5)
 5 Not, we hear, a problem for 4,21 (7)
 6 Province is to take up weapons again, changing sides (5)
 7 4,21's country; a wine capital erected around the last stages of 300 (as it's written) (9)
 8 Aeolian and Doric, say, in 12 (5)
 14 Quarrelled in Hell over a sin (9)
 16 Outside port finally, make fast a vessel - one that's engine driven (5,4)
 17 Some garment to stitch, it's said - or more than one (9)
 19 One goes into troubled centre, having some guts (7)
 22 Man 'as old Erica (5)
 23 Residential area in upwardly mobile part of Bruxelles (5)
 25 Student priest in Guanaco (5)

For Solutions email info@1stchoicecarehomes.com or wait until next issue



Email info@1stchoicecarehomes.com



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 St Michaels,
 Tenterden
 Kent
 TN30 6QA**

Tel: 01580 765122



Brambling House

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 Shepherdswell
 Dover.
 CT15 7PG**

Tel: 01304 830276



Brambling Lodge

**48 Eythorne Road
 Shepherdswell
 Dover.
 CT15 7PG**

Tel: 01304 830775



Creedy House

**Nether Avenue
 Littlestone-on-Sea
 New Romney
 Kent.
 TN28 8NB**

Tel: 01797 362248



Hatfield Lodge

**1-3 Trinity Gardens
 Folkestone
 Kent.
 CT20 2RP**

Tel: 01303 253253



Oakdale

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 Benfleet
 Essex.
 SS7 1TG**

Tel: 01702 553734



Tudor House

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 Folkestone
 Kent.
 CT20 2SA**

Tel: 01303 251195



Whitfield

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 Whitfield
 Dover.
 CT16 3JP**

Tel: 01304 820236