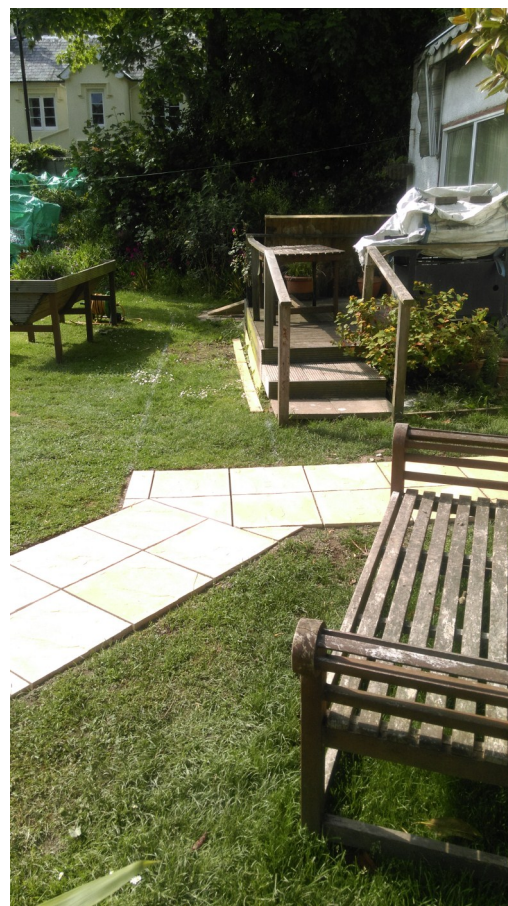


HIGHLIGHTS

- Garden works begin!
- Some Mothers Do 'Ave 'Em
- Spring outings
- Blasts from the past (Classic memories on screen)
- And more...

Up The Garden Path!

We have started work on our sensory garden path! The fundraiser has so far raised around £1700 (of our 2500 target) which has allowed us to bring the garden path to fruition. Nigel has been very hard at work planning and laying the path which has also meant levelling out other areas in preparation for its completion. Once it's laid we will fill the flowerbeds, adorn the path and fill the garden with a whole host of sensory stimulating plants and flowers, making for a stimulating and interac-



tive stroll around the garden, accessible to all, all year round!!

Getting to this point we have also replaced the shed at the end of the garden, giving better access and exposing the side panel for, potentially, a garden mural.

We're also looking at incorporating our me-

morial features in the garden, adding climbing rose archway, we're looking at water features and other garden ornaments; We can't wait for it to be finished!

Nigel has so far done an outstanding job, we think you'll agree!

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Decking repairs

Nigel fixed some of the decking which was damaged outside, off the dining room. This had rotted away over the years so he replaced several beams and the hand rail.



FIRE SAFE!

Our fire systems were serviced back in March, that's us checked for another year. Our thanks to Viacom for ensuring our systems are safe and fully operational.

Home Updates

This is the page to find out about changes around the home and garden, improvements and maintenance.

Advance Care Planning Project Comes to Fruition

As part of our commitment to and partnership with the St Michael's Hospice Manager's Forum, we have recently seen the preferred priorities for care (PPC) project coming into action. Avid readers may recall this document mentioned in previous editions in a bid to raise awareness and confidence in talking about what is important to us at the end of our lives. We worked hard to break down the barriers and open the channels for discussions about end of life care that could save people from going through unwanted treatments or unnecessary admissions to hospital at the end of their lives, ensuring this time is planned effectively and actions can be taken in the knowledge that we were actually asked what we wanted.

St Michael's Hospice have worked hard on their project; that is, raising awareness and planning for end of life, aiming their initial focus on care and nursing homes with the bigger picture of changing the culture and introducing education to younger people as the 'norm', ultimately resulting in better care at end of life with its repercussions on the NHS as a result; and they have finally seen GPs engaging with their project. Local Bexhill GP, Dr. Ben Sturgess, has taken the lead and is spreading the word about the advance care planning project. He has led a local project whereby nurse assessors (who are nurses with expertise in the end of life care field) interview those who have capacity to make decisions about what is happening to them and their health, and what they want to happen at the end, or if something happened suddenly. These discussions are then recorded in the PPC documents as mentioned before. We saw Sarah Evans, a Nurse based in Eastbourne but who has worked with Ben Sturgess in their careers and was recommended to join the project and visit the home

over two days to talk to residents about these issues.

These documents are then shared with the GP's who have signed up. Then, the GP's come and discuss these PPC's once more, finalising the information in, what's been coined, the 'blue border form'. We saw Dr Kochhar from a local surgery, who came in on a Saturday to carry out this part of the process.

This form is then made available across the health services (Out Of Hours GPs, Ambulance service, Hospitals, GP surgery) so that in the unfortunate event you should become too unwell to tell others what you want, you can feel secure in knowing it has already been recorded. It is not legally binding (like the DNACPR form is) but it gives the carers and other services providing the care at the end of your life a good idea of what is actually in your best interests, when it would otherwise be impossible to tell.

These forms are designed to look similar to the legally binding DNACPR forms, which are commonly assigned to patients and shared across services so that out of hours GPs or ambulance crew know, before they arrive, that resuscitation is not necessary for specific reasons. This PPC blue border form looks the same, in that it has a bordered edge in one colour, and is easy to view. It will be 'put on the system' in the same way the DNACPR form is and shared across services. They belong to the patient, like the DNACPR forms, so these are kept with the individual (at ECRH they're in your care plans).

If we can plan the end of life with the same consideration and attention to detail as we do the start of life, we're bound to see many more dignified and less distressing ends. It is all in the direction of personalisation, having *our* say about what *we* want. I say, *we take it!*

ECRH Fundraiser gets to Egypt, and then....

So, nearly a year on and the Fundraiser has done us well so far in raising £1700 which we have used to start the works in the garden.

We spent May in Egypt with a few Egyptian treats and fancy dress. We had "palace bread" which is essentially honey soaked bread pudding, very rich but very yummy. We also had Egyptian takes on other foods like falafel and lentil soup. We ordered some Egyptian costumes to wear for fun, resembling Cleopatra and the pharaohs of Egypt.

We also set up an online donation page via our Facebook page, this makes it a doddle to make a donation.

Then June came along, stretching the fundraiser to last over 12 months has proven difficult to rally interest and we're missing deadlines, and after having a break in the

fundraiser for Christmas and then not getting back into it with full swing, we've become a little lack lustre when it comes to keeping it going. So, now the garden path is actually under way, we're thinking of taking a different tact.

With less than half of the overall amount left to raise we are thinking of having a proper event for the grand opening of the garden when it's finished which we can use to raise funds, as well as having some other fundraising events to raise the last several hundred quid, which we can then use to start work on our 'memory lane' area indoors.

We want to say a MASSIVE thank you to everyone reading this who has supported and donated to our cause. We couldn't have made it to where we are now without you all!



How would you rate your quality of life?

How would you rate your quality of life? When you think about it, how would you even measure it? What would you base this on? And does what makes your quality of life good apply to every one else? Who says what a good quality life is? Money, holidays, fast cars and success? Or family, love, compassion and peace?

The Care Home in Reach service, an NHS body looking at dementia care services and changing the culture of the dementia care, had another manager's forum held at the Normanhurst on the 23rd April. This was another opportunity for local care

home managers to get together to hear new information, updates and changes to dementia care services in and out of the NHS.

This time we were joined by a local university student who is undertaking a project looking at measuring the quality of life of those in care homes living with dementia. This is in the hopes of more accurately representing the lives of those in care homes living with dementia and ultimately make a difference to the care services provided. It aims to work towards better defining what constitutes good quality of life, how that changes as we get older and what it means to people with dementia, who rely on others to provide a good quality of life. It aims to equip front line carers who look after people

with dementia, the tools to assess how good that individuals quality of life is.

This takes us back to my original question, how would you rate your quality of life? If you had dementia and were unable to tell me what constituted good quality to you, could I judge your life quality without this information, based on what I think a good quality of life is? It's an interesting question and we will be hearing more on this as time goes by and hope to contribute to the research in some way.

March 2015

Take a Trip to the Flicks!

We had a different kind of entertainment on the 30th March which is called "Classic Memories on Screen". This is an excellent afternoon's entertainment which makes you feel comfortable and

nostalgic. The projectionist comes in, sets up his projector and a screen - this already takes you back to your youth! – And then with the lights dimmed, ice cream and popcorn served, we enjoy over an hour of clips from bygone years. Each showing is different, but is essentially a massive variety of clips from old films, musical productions, TV shows, adverts, and the rest, showing a whole load of familiar faces, stars, catchphrases, branding, slogans and jingles. All of which take you back in an instant to another era. Nothing



lasts for more than a few minutes at a time so it's really difficult to get bored! It's a fantastic idea and is quickly becoming popular. NAME has 10 different shows which we are planning to have booked every other month. Keep your eyes open for posters. (Open for friends and family too!)



Trevor's Back!

Trevor played on the 20th March. Trevor travels from several towns over and likes to give us a call when he's planning his diary for our area. We love Trevor's dulcet tones and acoustic guitar.



Norman decides to stay!

Norman, who moved in for a month's trial period, has decided to make his stay permanent! This is excellent news, we're glad to hear you like living at Elizabeth Court, Norman, and we hope your stay continues to be what you want it to be!

The Day for Mums

It was Mothering Sunday on the 15th March. Cue flowers and cards! It's always nice to remind our mums how much we love them. We are grateful for everything our mothers do and hope we show this in some way on Mother's Day. Our wishes also go to those who have sadly lost their mums, our thoughts are with you on this day.

It was Mothering Sunday on the 15th March. Cue flowers and cards!

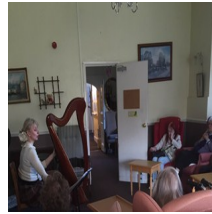


Sounds of Angels



Harpist, Magdalena, performed on the 26th. This always proves to be an almost spiritual occasion. The harp has the ability to lift your soul and take you away, gently

accompanied by Magdalena's voice.



Glad to See Vlad

Vladimir makes an appearance on the 27th March. Vlad is another regular visitor who has a professional music background. He plays the keyboard but now we have a

real piano we'll invite him, and others to play that! (More on that in the 'Home Updates' section)

Goodnight

Maggie

Mrs Margaret Restorick sadly passed away at Elizabeth Court on the 10th March 2015. Margaret, better known as Maggie, had a very loving family who were very closely involved in her care. Maggie was a vibrant and lovable lady with a colourful character and she is very sadly missed by everyone. Maggie lived at Elizabeth Court for around 6 months and had made some good friends in the home, namely Maureen, who was very sup-

portive in Maggie's day to day life and would often offer comfort and friendship during the day. Maggie moved into Elizabeth Court to be near her daughter, Zelly, but she was originally living in London with her Husband, Basil.

Maggie was a keen swimmer, an Olympic athlete, no less. Maggie continued swimming regularly into her later years having spent her life dedicated to the water and achieving several commendations.

Margaret Olive Wellington won a bronze medal at the 1947 European Aquatics Championships in the 4x100 m freestyle relay. She finished fourth in the same event at the 1948 Summer Olympics.

At the 1950 British Empire Games she won three silver medals and a bronze medal, in freestyle events, swimming alone and as part of a relay team.

We celebrated this part of her life often. Maggie was an inspirational woman to us in the home, especially as we had completed a charity swimathon the previous 2 years running. Unfortunately in more recent years, Maggie suffered events which very sadly took away her confidence

and spoiled her passion for the water. Maggie will forever be an inspiration to those who met her, and is very sadly missed. Our warmest wishes and deepest condolences go to her amazing family, her husband Basil and daughter, Zelly.



Pictured here; Maggie with her beaming smile, with Mandy above and Charlie below



April 2015

Happy Easter!!



We celebrated Easter over the first weekend in April. This is a time for remembrance and thanks. Nessa has some fun with the animals and we celebrate in the home with copious amounts of chocolate and hot cross buns! We also had some entertainment to set off the bank holiday weekend...



Happy Birthday Pat!!

Pat celebrated her birthday on the 8th April. We always celebrate birthdays with a cake and a song and, Pat, you were no exception! Wishing you many happy returns on your special day.

Andy and
Vladimir
come back
in April

Vladimir performed again on the 15th April

Andy Robertson came again on the 16th April.



Happy Birthday Bob!!

Bob celebrated his birthday on the 12th April, Bob was also given the cake and song treatment... (Our singing is excellent, I don't see a problem there!) Happy Birthday to you Bob, we hope you had a lovely day.

Pictured here, Fay wishing Bob many happy returns

The shows not over yet, James

James Owen played on the 24th April. We were under the impression that the last gig he did for us was his last gig, as he was giving up gigging, until he rang asking to play

another gig! We said, "but, James, the last gig was your last gig, wasn't it? He said the last gig wasn't his last gig, so he came back to play another gig! Here's hoping he'll come again to play another gig! Giggity.



Mandi, our professional visiting chiropodist makes regular 6 weekly visits for those who wish to have their feet checked over. She checks to make sure your feet are in tip-top condition, keeps your toenails in check, sorts out any hard skin or corns, and can advise against potential issues before they become a more serious problem.

Frantic ‘put out the Ritz’

Frantic Theatre Company came on the 11th to give us a taste of the highlife. Their show this time was called “putting out the ritz” which was a comedy musical show. The performers always try and get the audience to participate and when the songs are classics



that everybody knows the words to it's hard not to join in!

Back to Bacharach

We had a special event from the Uplifters who came on the 9th April to give us “back to Bacharach”, a set of the best Burt Bacharach classic.

Including all the favourites; Look of love, Walk on By, What's New Pussycat, and many more!



THE UPLIFTERS

BRINGING UPLIFTING THEATRE TO YOU

‘I love spring anywhere, but if I could choose I would always greet it in a garden.’ ~Ruth Stout



We had our first trip to the local garden centre on the 22nd April. Now the weather is improving these sorts of trips are much more enjoyable and appealing. No one likes being caught in the rain, or dressing up in your entire wardrobe just to brace the cold and the wind! We love to browse through all the flowers and make plans for the garden in the better weather. We've started on hanging baskets to brighten up the outside areas; this year, Maureen, Bob, Ron, Frank and Olga have all contributed to choosing and displaying these. We've also started looking at other plants and flowers to border the new garden path, as well as other ways of encouraging wildlife into the garden with bird boxes, bat boxes, insect biomes and butterfly roosts

(we've even looked at bee-hives, but we'll reserve judgement on that at the moment!)

Apart from the fact that the garden centres offer a chance to have a leisurely browse, they're also ideal places to take the dog too, and any excuse is good enough to stop for a coffee!

Our local garden centre, Wyevale on Bexhill Road, is on the smaller side compared with some of the larger ones a bit further afield, such as Blackbrookes outside Seddlescombe, or Stone Cross Nurseries at Stone Cross. These are

much larger and more like department stores! You could easily spend an hour or two wandering around those and stopping for lunch (which we would like to do!). We'll need to make a few trips over the next few weeks to plan and buy for the new garden path so there'll be plenty of opportunities if anyone wants to come along (just let Carol or Reece know and we'll make arrangements for a trip). See more photos from our trips on the photos page.



May 2014

Trevor and Magdalena come back in May

We saw Trevor again on the 9th. This time, when he phoned to make a booking our diaries clashed so we settled on a morning slot for a change. Trevor came for an 11am start for a chilled out way to spend a Saturday morning, lovely.

We also saw Magdalena harping on again on the 14th May. I say harping on, what I really mean is creating celestial sounds on her harp which have the ability to make you float away...

May Day, May Day! Time to celebrate!

May Day saw celebrations aplenty in Bexhill Old Town, there's always lots to see with modern artistic entertainment as well as traditional maypole dancing. These events always start with the crowning of the May Queen, her 2 princesses and a chimney Sweep.

Pictured above are some schoolgirls celebrating May Day style at the Barrack Hall Park (photos taken from Bexhill Observer website). This event has been running for 10 years now and is organised by the Bexhill Old Town Preservation Society, a local group keen to keep this beautiful

part of Bexhill the way it always has been.

The holiday weekend was seen in by **Bing Lyle** who played for us on the 1st May. Bing is always full of life and sure to get people feeling cheerful!

Tickled Pink graced us with their AmDram production, this time it was called "**Old Time Music Hall**" which was a throwback to the old dance halls of our youth! (well, not mine, but some of you out there will have frequented many a dance hall with your gentleman or lady friend!).

Tickled Pink are firm favourites at Elizabeth Court. They have been visiting now for several years and have always provided an excellent show. They usually run a photo competition (the winning prize being a discounted show!). We have entered a couple of times in the past and not won (probably be-

cause we don't have any David Baileys in the house, so if anyone considers themselves a photography buff, feel free to pick up the camera and win us a cheap show!)

Picture courtesy of Bexhill Observer online



Olga Celebrates!!

Olga celebrated her birthday on the 11th April. Olga was treated to lunch out with her friends for her birthday. We hope you had a sumptuous time, many happy returns on your special day.



Charlie Gets on the Case

Charlie Case came to play on the 8th May. Charlie is like having a big kid around, so when I say he 'came to play', I mean he came to play! He is childish only with a more mature sense of humour... well, sort of. Charlie is an excellent party guest as he will never fail to

get people laughing and having a good time. When he's not telling (awful) jokes, he's singing enthusiastically to get you to join in, which you inevitably do! His classic one-liners and hilarious anecdotes always catch you out, even if you think you've heard them before! Thanks for another good show Charlie!



Eyes Down. No, Up! I mean, Look up!

VisionCall came to do eye tests on the 12th May. They brought in their kit and turned our dining room into an opticians practice for a few hours!

Those on the list had their vision and eye health checked. Any minor adjustments or repairs to glasses were carried out and new prescriptions were ordered with new glasses sent in the following weeks. Those who needed them now have posh new glasses and can see more clearly—no,

that's not a smear on your lens, that's just what we *really* look like!

You can see here, Maureen having her vision checked, and Olga, too. We had some fun talking about the way the eye-wear makes you look when they test your vision. We agreed it looked pretty space-age...



Happy Birthday Fay!!

Many Happy Returns to Fay, too, who rounded off the busy birthday month of April with hers on the 28th. Happy Birthday, Fay!



Michelle Moves in!

Michelle moves in! Michelle, who came for an initial trial period of 4 weeks, hasn't even waited that long before she decided she wanted to stay for good. Moving from her old flat in a more independent setting where Michelle wasn't comfortable, she has been supported in finding somewhere more suitable, and we're it! Welcome to the home Michelle. Welcome to your little dog, Bex,

too! Michelle's dog is a very significant part of her life, which is important to us at Elizabeth Court, and one of the reasons Michelle has decided to stay.

Welcome To Elizabeth Court Rest Home, Michelle. We hope you settle in well and feel safe and happy here. We'll certainly do our best to help.

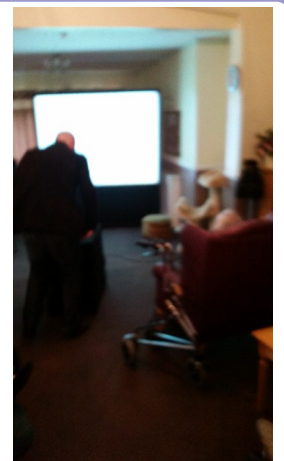
Classic Memories On Screen Return

We saw Classic Memories on Screen again at the end of May (29th).

This was, again, *very* popular! The feedback from those who got involved was very positive. We will have to find a

quick and easy way to transform our lounge into a mock-cinema (we did a good job but it's still a little higgledy-piggledy and time consuming, must try harder!)

This time we had a few extra faces watching the show which made the seating even trickier! But we managed to fit everyone in (and out) and enjoyed another excellent show.



Staff Stuff

We've LOADS of announcements this spring!

Safeguarding Refresher Training

All staff have been put through the safeguarding, mental capacity act and Deprivation of Liberty Safeguards training courses as provided by the local authority's (East Sussex) E-learning facility. This has brought everyone up to date in this area and refreshed everyone's knowledge of the current safeguarding practices and procedures, recent changes in legislation and ways to identify and report possible signs of abuse. Well done everyone, until next time...

Baby Boom! Lindsay and Annie have baby news!



We said goodbye to **Lindsay** who was sent off on her maternity leave with a few bits for the baby. Lindsay is having her first baby so it's all very new and exciting! She's actually due as I write this letter (early June)! We want to wish you all the luck in the world Lindsay, we're sure you'll be a great mummy and we can't wait to meet little'un when she arrives!!

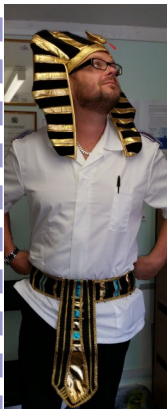
nant! Many congratulations, Annie! (who has just found out she's having a girl as well!).

Annie is over the moon with her good news and we're all very excited for her! It's also Annie's first child so we want to wish you well for the rest of your pregnancy, we'll be here to support you if you need us.



With one nearly due, **Annie** has announced she is also preg-

New Recruits; Simon, Corrie and Andrea join the ranks



Simon, who has a wealth of experience in the care sector, both as a carer and as a manager, has joined our team! Welcome to Elizabeth Court Simon, you've been here a few months now and have settled into your role superbly. Keep up the good work!



We welcomed **Corrie** to the team, too, this spring! Corrie comes to us with a wealth of skills and experience.

Corrie has previously worked for the NHS as well as other care agencies. She decided to leave the community where she worked previously to get some stability in a residential care setting. Welcome to Elizabeth Court, Corrie. Keep up the good work!

Andrea has also joined the care team. Andrea comes to us with no previous experience in care but is extremely keen to learn, work hard and do well. Andrea, as a new recruit to the sector, is undergoing the care certificate and is one of the first in the home to do this. This will help to ensure she has, or can achieve, all the necessary skills and knowledge required to ensure kind, compassionate, safe and healthy practice. Good luck in your new role, Andrea. We look forward to working with you.

Sad Goodbyes to Zak and Jamila

Zak decided to leave us after completing his apprenticeship in health and social care, as he had decided it is not the industry for



him. We wish you good luck in your future endeavors, Zak. Thanks for all your hard work during your time with us. We're sorry you have decided to leave the care industry, we realise it isn't for everyone, but we hope you will return to the sector one day to make a difference.

Jamila left us this spring, too. Jamila enjoys care work and has always shown competency in it, however she decided to take a break to work the summer season in the hospitality industry. Jamila has the outgoing and sociable personality for this line of work so we're sure she'll make a success of it! Good luck in your future Jamila! Thanks for everything you gave ECRH throughout your time here.

What's On?

Entertainment

Some of the events that are already booked

June:

5th—Dee Rivers plays at 3pm

8th—Mandi's back for chiropody appointments

18th—Cloth of Dreams at 3pm (an interactive shadow puppet show for the older audience)

25th Vladimir's back

July:

Carol and Reece have a Webinar about DOLS (an online seminar)

Birthdays

July sees Doreen's birthday on the 8th, Christine's on the 9th, Tanya's on the 22nd and Alan's on the 28th.

August will see Daphne (on the 14th) and Doris (on the 23rd) celebrate another year.



Special Thanks!

As always I would like to say a special thanks to all those activity leaders who visit on regular occasions. These include;

Louise Denny (pictured right) on the accordion (and now the piano!!) on Monday afternoons

Simon's Alive and Active (pictured left with Ron) Classes every Tuesday afternoon, now at 3pm instead of 2pm.

Karen with Motivation and Co. (pictured above) every other Wednesday at 3:30pm

Get puzzling with volunteer, Charlie Large, who comes in on Friday afternoon.

Details of any entertainment booked after this newsletter is published will be on display in the home

Photos Page



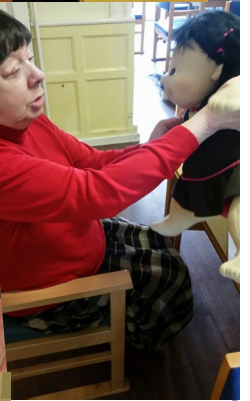
Pictured left; Joan, Pat and Ron helping with the housework. Occupation is the key to happiness after all!



On the right: Audrey, Christine and Dorothy engaging with the 'empathy doll'.



Animal therapy (Audrey stroking Stan—Gemma's Dog, Joan having a cuddle with Halo—Kerry's Dog, and Jenny cuddling Harry—My (Reece's) dog, then Fluffy dressed for spring, and Biscuit—Joanne's Dog, laid out on the floor.



Above; the crowd ready for the apocalypse, I mean the solar eclipse...

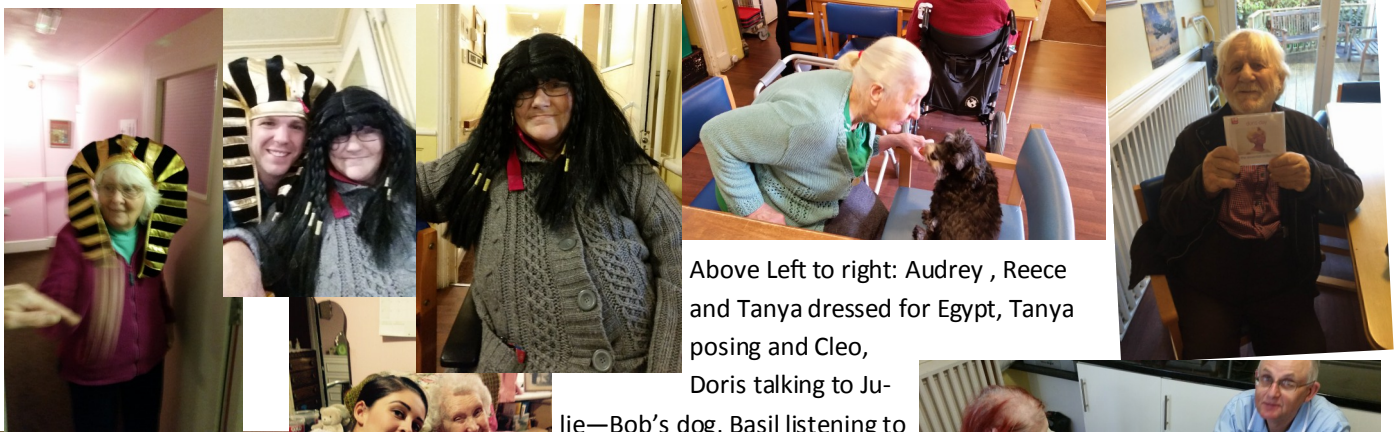
Below: the start of the garden path, and Nigel laying the foundations for the shed, and Harry and Shadow—Julie's Dog, playing together.

Bottom left Corner going right; Frank and Dorothy enjoying the sunshine, Maureen and Nessa with the animals,



Simon and Evelyn sitting in the summerhouse, Simon and Joan taking a walk in the garden, June and Olga stepping out into the sunshine





Above Left to right: Audrey , Reece and Tanya dressed for Egypt, Tanya posing and Cleo,

Doris talking to Julie—Bob's dog, Basil listening to Doris Day (and holding her CD)



Next row: Lindsay with her maternity gifts, Jamila and Doreen having afternoon tea, Paul and Fay playing chess on Paul's tea-break, Apprentice cook, Jack, busy in the kitchen and Annie doing a quiz in the lounge.



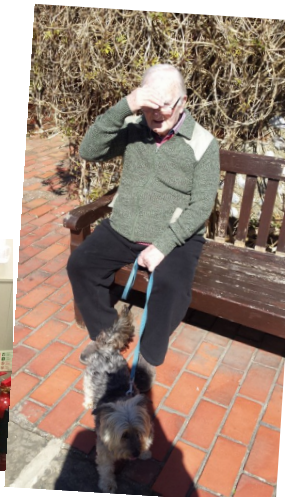
Various pictures taken when out and about.

Below going down; Ron and Frank, Maureen and Olga, Ron and Bob at the garden centre when we stopped for a coffee.

Right: Malcolm and Ron, Fay, Ron and Carol enjoying a bite out at Poppins. Then Fay and Harry, Fay and Reece going for a walk over Manor Barn and Gardens.



Below; Bob walking the dog and Ron after going to the shops, Basil and Ron in the De La Warr Café and Jenny and Evelyn in the back of a cab going shopping.





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Quality care in a homely environment

We are always seeking your views on our service.

Whether you wish to comment on the care you or your loved one receives, make a suggestion about what we can do better, compliment us on what we do well or complain about something you were dissatisfied with, we will always listen to what you have to say and aim to resolve any issues.

We value your feedback.

Please feel free to contact us (details shown).



Care Act and Care Certificate in 2015

A supreme court ruling in March 2014 caused there to be some significant changes to health and social care legislation and regulation, these changes are coming into force in 2015. I wanted to draw your attention to some of these changes here: firstly we now have the new 'Care Act'; "Until now it's been almost impossible for people who need care, carers, and even those who man-

age the care system, to understand how the previous law affecting them worked. Over nearly 70 years it has been added to again and again and is out of date and confusing. The Care Act has created a single, modern law that makes it clear what kind of care people should expect." Care Minister Norman Lamb. More can be found about this online (google 'Care Act 2015').

We have also seen the birth of the Care Certificate; The Care Certificate will replace the National Minimum Training Standards (NMTS) and the Common In-

duction Standards (CIS) and provides the framework for these within Health and Social Care. Each Health Care Support Worker (HCSW)/Adult Social Care Worker (ASCW) starting within a new role within the scope of this certificate is expected to have training, education and assessment as part of this certificate, within the first 12 weeks of employment. Again, google "Care Certificate" to find more info.