

NEWSLETTER

Spring Edition

Issue No. 3

Welcome to Ashfields Care Home newsletter Spring Edition. We hope you find it useful and informative as to what's happening over the next 3 months.



2019 will be another great year for Ashfields Care Home.

If you have any suggestions which you would like including in the newsletter please speak to Rosie in the Coffee Shop.

Items in this issue

- NEW for '19
- Coffee Shop
- Spring Events
- Minibus
- Resident's Birthdays
- Staff News
- LPZ (Quality of Care Audit)
- Fun Facts
- Jokes corner
- The story of Monty
- Poem
- Quarterly Quiz

'NEW' for 2019' MONTHLY CRAFT FAYRE

Ashfields will be holding a Craft Fayre each month which will take place in the Winter Lounge. The dates for these will be published on the notice board just inside reception and on the 'A' board at the roadside entrance to Ashfields Care Home. If you would like to book a table/stall, to sell your handmade crafts please contact Julie (activities). The cost per stall is £5.00. Also if you know of anyone who sells their handmade crafts please let them know they're more than welcome to book a table.



March is National Craft Month so why not get crafting and sell what you make!

Handmade Knitted/crocheted items, wood work, paintings, Cards, Jewelry, cakes or candles etc.



THE COFFEE SHOP



The Coffee Shop is going from strength to strength and has become a popular place to enjoy a chat over coffee and a of course a bite to eat.

We have now widened our choice of food available, See menu board in the coffee shop.

Open daily from 10.00am – 3.45pm

Spring Events

Mar	National Craft month also National Nutrition month 1 st St David's Day 5 th Pancake Day 7 th World Book Day 8 th International Women's Day – Famous Women Quiz 17 th St Patrick's Day 29 th Dementia Tea Dance at Ripley Leisure Ctr 31 st Mothering Sunday Lunch PM Rachel Morgan entertaining us with the electric violin
------------	---

Apr	National Pet Month (pets welcome into the home) 6 th Grand National Day Fancy Dress – horse jockey – Stripes or colours 10 th Easter Crafts with the Brownies 5.30-7pm 19 th Easter Fayre 20 th CRAFT FAYRE 21 st Easter Sunday – AM Rev'd Bachelard – Easter prayers and readings PM Easter Egg hunt 23 rd St Georges Day Kevin & Marie Show
May	8 th VE Day 10 th Ashfields 1 st Dementia friendly coffee morning in the coffee shop 12 th – 19 th National Doughnut week 18 th CRAFT FAYRE 25 th Musical Brass Band

MINIBUS



We are continuing to take our residents out on trips on a weekly basis to support their wellbeing. So far we have been to Shipley garden Centre, Matlock, to the theatre, pub lunches, church and shopping trips.

If you'd like to become a volunteer driver for the mini bus or even an escort for trips out please speak with either Barbara or Sue.

Polite request to Relatives - Please could you make sure that residents have a comfortable pair of shoes and a warm coat for their mini bus day excursions ... thank you.

RESIDENT'S BIRTHDAYS

HAPPY BIRTHDAY!

Residents who have birthdays this quarter

March	April	May
Vera, Pat, Den, Rose, Stan, Barbara, Helen B, Helen C,	Edith, Philip Madge Margaret E	Ron



'Activity of the day' is shown on the board opposite the staff room. Alternatively the Winter Lounge will be set up daily for other activities should you wish to take part, ie. Dominoes, Newspapers & magazines, creative colouring, Crosswords & word searches or if you'd just like to listen to soft music please feel free to come to the winter lounge.

STAFF NEWS

Congratulations!



Sally T on becoming a Grandmother to baby Ava.

Terri has welcomed a new addition to their family, a puppy. His name is Cooper.



Zoe has now completed the 'movement with music' (Armchair exercises) course.

NEW STAFF MEMBERS

New Staff members

We would like to welcome our new staff members:

- Carol
- Heather
- Leon
- Tracey
- Jess
-

What is the LPZ?

The tool is called the International Prevalence Measurement of Care Problems in Care Homes (Landelijke Prevalentiemeting Zorgkwaliteit, or LPZ for short, in Dutch).

LPZ was developed in the Netherlands to provide a reliable mechanism for measuring the prevalence of common care problems within care homes and provide consistent recording of data to drive, or measure, the impact of quality improvement initiatives in the sector. It is currently used to deliver an annual audit of data for care settings in the Netherlands, Germany, Austria, Switzerland, New Zealand, Indonesia and Brazil. Other countries are now taking this onboard too.

The tool supplies participating care homes with insight into the quality of care provided in their setting through measuring the extent of common care issues. This can support decision-making by care homes, regulatory bodies and policymakers regarding implementing measures such as preventative screening and specific interventions to improve the quality and safety of care provided. Moreover, the large scale and scope of the audit tool enables the participating care homes and regions to compare themselves with similar settings and populations, using the data to facilitate benchmarking.

LPZ has provided valuable learning from local, national and international comparisons and demonstrated quantifiable improvements in standards of care problems (which we refer to as safety).



During November a number of Care Homes took part in the audit in the following 6 areas including; **Nutrition, Pressure, Falls, Restraint, Continence and Tissue Viability.**

39 Care Homes took part:

6 Derbyshire
27 Nottinghamshire
3 Lincolnshire
1 Northamptonshire
2 Leicestershire

If you would like to view the results of Ashfields' 1st audit please see Josie who will be pleased to assist.

Five Fun Facts about March

- The flower of March is the daffodil and the birthstone is the aquamarine.
- Alexander Graham Bell made the first ever phone call on 10 March 1876. He called his assistant and said "Mr Watson, come here. I want to see you."
- The phrase 'mad as a March hare' comes from the view that a hare will behave oddly during the breeding season, which is in March.
- March is named after **Mars**, the Roman god of war as it was the month in which the military campaigning season got under way after winter.
- The town of March in Cambridgeshire took its name from the marshes surrounding it before the fens were drained from the 17th century onwards.



JOKES CORNER

What do you give a person with everything? Antibiotics

I've taken up horse riding but the horse will only let me do it at night ... It's a nightmare

I walked into a bar last night ... I spent 4 hours in A&E and 8 stitches

MONTY THE DOG

The story of Monty

Monty the puppy dog has become a bit of a loveable attraction at Ashfields over the last 2 months - here is Roy's story.



Monty and Me.

By Roy Bradley

"I really, really want a puppy. Please, please, please. Why can't I have a puppy Grandpa?"

This heartfelt plea from our 7 year old animal loving granddaughter, Nicole was beginning to sound like a worn out record. Explanations as to mummy and daddy being out at work for the majority of the time and admittedly other questionable excuses seemed to fall on deaf ears. Pressure mounted when her 10 year old sister joined the pro-puppy group, supported by their mum who suggested a puppy might be good for me and that we could share the responsibility for rearing he or she.

My wife Helen is resident at Ashfields and aware of Nicole's love of animals and that it would probably be good for her sister who is not as confident with dogs. We agreed that a puppy would also be good for us remembering how much we loved our previous dog who we enjoyed for 15 years and that I should see what was available. Within an hour whilst checking the internet we were drawn to an advertisement for Lakeland/Jack Russell cross terriers not too far away and I made arrangements to view the two remaining puppies the

following day. Suffice to say I was immediately drawn to the one who after a family meeting was named Monty and I collected him a few days later. Naming him Monty was a collective decision for no other reason that the name simply suited him.

I've got to say that the first week was particularly testing not least the cold, frosty time spent on the patio in the early hours encouraging Monty in toileting matters - what was that about sharing the responsibility for rearing him? Thankfully things have improved significantly in that respect as has his overall behaviour in several areas but he still has a lot to learn.

For example, only recently, I had just let Monty out onto the patio when the telephone rang and I went inside to answer it leaving him outside and the patio door open. It was a protracted call from a friend and I was keeping an eye on Monty who was busy sniffing. I couldn't see him at one point until he appeared dragging and shaking my best jumper at breakneck speed around the damp patio. How he managed to remove the jumper which I thought I had put out of his reach remains a mystery but it is now part of his bedding which at least keeps him content through the night!

One particularly redeeming feature about Monty is that he is very sociable and Ashfields has undoubtedly played a big part in this respect - simply put, Monty who has been visiting Helen since he was only 9 weeks old is everybody's friend and is obviously very popular with a wide cross section of residents

and staff. For my part, in many ways he is still a full time job but is he worth the effort? Just to see the pleasure he has brought particularly to the grandchildren is reward enough.

Poem

by William
Wordsworth



Daffodils

I wandered lonely as a cloud
That floats on high o'er vales
and hills,
When all at once I saw a
crowd,
A host, of golden daffodils;
Beside the lake, beneath the
trees,
Fluttering and dancing in the
breeze.

Continuous as the stars that
shine
And twinkle on the milky way,
They stretched in never-
ending line
Along the margin of a bay:
Ten thousand saw I at a
glance,
Tossing their heads in
sprightly dance.

The waves beside them
danced, but they
Out-did the sparkling waves
in glee:
A poet could not be but gay,
In such a jocund company!
I gazed - and gazed - but little
thought
What wealth they show to me
had brought:

For oft, when on my couch I
lie
In vacant or in pensive mood,
They flash upon that inward
eye
Which is the bliss of solitude;
And then my heart with
pleasure fills,
And dances with the daffodils.



Gentle Reminders

Communion

Communion is held every other Tuesday in the main lounge at 11am-12 noon.

Hairdresser in the Salon

Monday 10.00 am - 4.00pm
Wednesday 10.00am – 12.30pm

The Chiropodist

Please see the noticeboard for the next visit



DON'T FORGET

British Summer time begins Clocks go 'forward' 1 hour on Sunday 31st March 2019



POLITE NOTICE



Ashfields Car Park

NB During the preparations for the new extension at Ashfields

there will be limited parking spaces. Please find alternative parking during this time. We apologise for any inconvenience this may cause.

2019 SUMMER EDITION



Next publication June 2019

If you have any news you would like to share, milestone birthdays or anniversaries, funny anecdotes, stories of the past, or you would like set the quarterly quiz for the next publication please speak with Rosie in the coffee shop.



COMPETITION TIME

QUARTERLY QUIZ

General Knowledge

How long is the Great Wall of China?

What is the first book in the Bible?

Which American State is nearest to the Russia?

In the popular children's TV show, who were the 'flowerpot men'?

Which foreign politician retired in November 2016 after a humiliating election result?

In Irish folklore, who gained knowledge from the salmon after sucking his thumb?

What is the real name of the famous author George Orwell?

What British athlete was successful in defending both their 5,000m & 10,000m titles at Rio 2016, after winning them initially at London 2012?

Who was the longest running British Prime Minister?

Flags

Which countries do these flags represent?

 a	 b
 c	 d
 e	 f
 g	 h
 i	 j
 k	 l

'In What Year'

In what year did the titanic sink?

What year did the Beatles have their first number one hit?

What year was President Michael D. Higgins born?

What year was the Spanish Armada?

What year did Dublin win their first All-Ireland football title?

What year was John F. Kennedy elected US president?

In what year was the 500th Episode of The Simpsons broadcast?

What year was the godfather released?

What year did Dustin the Turkey represent Ireland in the Eurovision song contest?

What year was Apple founded?

Science and Technology

Dmitri Mendeleev created the what?

Where would you find chlorophyll?

Ruby and Python are types of what?

In what country is the Samsung Headquarters?

Who was the first person in space?

Who demonstrated the first working television?

What is the hardest tissue in the human body?

As well as cars, Rolls Royce also create what?

What are Lyrids, Perseids, and Leonids?

Closing date for this competition is 31st May 2019

1st Prize Wine & Chocolates
2nd Prize £5.00 Gift Voucher

Please give your answers to Rosie no later than the above date