

Quarterly Newsletter



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SUMMER 2020

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Life Since Lockdown

We are living in unprecedented times and life for everyone over the past 15 weeks has been



difficult. No visitors, limited entertainment, isolation and Covid 19 entering the nursing home. All residents have been incredibly stoic and have met the challenge of the pandemic with courage and forbearance. Thank you – you are truly remarkable people and it is a privilege to be amongst you.

Staff have been amazing. They have taken on extra shifts to cover colleagues who are shielding or isolating and have worked as a cheery team.

We are hoping that our latest round of testing marks an end to the outbreak we have suffered within the home and that we will now be able to move forward, free of further infection.

We need to remain vigilant and continue our strict regime of temperature testing, PPE, hand washing and sanitising .

We will continue to test anyone we suspect might be infected and have a supply of test kits available for residents and staff. We will also obtain antibody tests as soon as they are available to nursing homes. Currently NHS and primary care staff have access to these. As soon as there is sufficient capacity for testing, they will be rolled out to nursing homes. We intend to be in the first round of testing and will be badgering PHE to give us the tests.



On Monday 22 June work started on our Garden Retreat. We are going to use this building as an isolation unit to enable visiting. Visitors will be invited at pre-booked times. We will respect social distancing rules, provide PPE for visitors, and clean the premises between visits. We hope that our schedule for visiting will commence on 6 July but are still awaiting Government guidelines on this.

Life is different at the moment but we are all soldiering on. Photos of some of the lighter moments since lockdown



Staff relegated to a shed!! Our temporary staff room for our CV Team. We did this to separate the staff working with CV residents from all other staff, to stop the virus spreading.

Many staff have decorated their facial visors to create a little entertainment



We're closed to visitors but nobody told the local sheep or baby birds!!



'Nan on the run 20/21' raising funds for Sibbertoft community buildings

Where to begin? I have lived in the beautiful village of Sibbertoft for almost 42 years and have always been involved in village activities particularly Saint Helens church having been treasurer for 23 years! In January this year (long before we were aware of Covid 19 and the impact it would have on our lives) I began to think of ways I could raise funds to support the refurbishment/maintenance costs of our Reading Room and Saint Helens church. Both are much loved buildings providing different but valuable needs to our community. I have always enjoyed running and felt I needed to increase my fitness (age 66) - project 'nan on the run' was born. My challenge to run the equivalent of 25 marathons in one year. Coronavirus struck just as I was to launch the project coinciding with the opening of Sunday teas! Disaster I thought realising we would not be able to engage the support of our loyal visitors.



However, I quickly realised all forms of fund raising planned for the year were not going to happen and as the annual running costs for the church alone are £20,000, launching the fundraising project was even more important than originally thought. It has given the village community something to connect with in these very strange times. We seem to have woken up to each other's existence and are discovering the joys of neighbours and friends like never before. Additional fundraising projects have emerged like our 'Pop up plant and produce stalls' each Saturday. Cynthia Bailey and I are keen gardeners and have been growing plants for

Sunday teas for a number of years. Without teas we had to find a new outlet and are enjoying sharing gardening tips and friendly chat with neighbours at a distance. The atmosphere very much helped by the wonderful weather over the last few weeks.



We also have Friday night quizzes on Zoom which include friends and family from near and far.

Out of evil has come good and it is great to see so many people investing in their village. By the time you read this article I hope to have completed 6 marathons (156 miles) in 9 weeks. I run alternate days between 4 and 6 miles usually early morning. I consider myself blessed to be able to enjoy the peace and quiet of our beautiful countryside, as winter has become spring and now moves into summer. The on line fundraising total to date @ [give.net](#) search 'nan on the run' stands at over £2,300. Plus, the cake and plant stalls have raised another £1,500. As we are now having to pay our church running costs from reserves, we need to raise well beyond my original target of £5,000. I am confident it will be achieved and am especially grateful to Ann and the Sibbertoft Manor residents for their support and look forward to providing updates as the project progresses.

On behalf of Saint Helens Church and Sibbertoft village we wish you all peace, good health and happiness.

Lesley Hartshorne



Quarterly Charity

Last quarter we raised £100.00 for Loros.



This quarter we will sponsor Lesley Hartshorne, to the sum of £250. Lesley has written an article for the newsletter and will keep us posted throughout the year as to her progress. We will publish further articles from Lesley on her achievements in our Autumn and Winter newsletters.



Knit & Natter

Some of our residents have formed a 'Knit & Natter' club. When they have been able to meet, they will knit, natter and sometimes play scrabble.



Their first project has been a knee blanket which is now completed.

Thoughts are now turning to the next endeavour.



Entertainment Calendar.....

July

August

September



VE Day Celebrations



Our residents and staff celebrated VE Day with a 'Street Party lunch, wartime songs and then the VE day speech from Winston Churchill.



The weather was absolutely glorious and we made the most of it by putting our tables outside in the garden between the main home and the garden wing. The tables and the



garden were decorated with Bluebirds and patriotic flower displays made between the residents and our activity coordinator. Everybody



worked very hard to make this a day to



remember.

Both residents and staff had a wonderful afternoon and if you would like to see more



pictures of our event, please take a look on our Website www.sibbertoftmanor.com. If you would like a copy of any VE Day celebration photograph, please contact the office on office@sibbertoftmanor.com.



Photos from our activity events



Easter Bonnets, April



Easter Flowers, April



Easter Trees, April



Flower Pot Painting, April



Coconut Squares, May



Sibbertoft Manor Nursing Home
 3 Church Street
 Sibbertoft
 Market Harborough
 LE16 9UA



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Thank You's

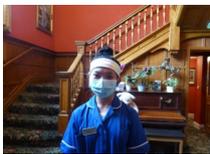
We have received many well wishes and calls of support from local people and would like to say thank you to all of them for holding us in their thoughts and prayers.

Special thanks go to Kairen Ball, who has made a Pocket Prayer Quilt for all residents and staff.



These were gratefully received and will be treasured by many. If anyone has not got a quilt and would like one, please let the office know as Kairen is happy to make more, if required.

We would also like to thank the ladies who have provided hand-made headbands for ear



protection from the surgical masks, for all staff members and those who made laundry bags for staff uniforms

Sibbertoft Staff News

We wish a warm welcome to our new colleagues; Fran Smith who has joined us as an RGN and Mae Dudley as a Care Assistant.



We also welcome John Heinrich Zabaljau-regui and Mark Avellano back to Sibbertoft Manor who are both training to be Care Assistants.

Our congratulations also to three staff members who have completed their Care Certificates; Debbie Monaghan, Christine Wyatt and Jill Bellong.



We were sorry to see two long standing staff members leave Sibbertoft Manor. They are Beryl Hatton, an RGN who has taken a very well deserved retirement, and Liz Ingham one of our Senior Care Assistants. Liz has left us to relocate to another part of the UK.



Ashley's Garden & Hanging Baskets

Some of you may be missing the gardens at Sibbertoft, so we thought it would be a nice to publish a few photos.

Ashley does a magnificent job tending to the grounds and his hanging baskets are always stunning.



Dates for your Calendar—Upcoming residents' Birthdays

July Birthdays...

Phyllis Cayley on the 4th
 Patricia Ofield on the 12th

August Birthdays...

Pauline Law on the 16th

September Birthdays...

Dawn Cherry on the 11th
 Audrey Bradbury on the 21st

