



ISSUE 37 AUTUMN 2020

Inside this issue:

Sibbertoft Manor News	1
Quarterly Charity	4
Photographs of Activities at Sib-	3
Entertainment	4
Dates for your Calendar	4
Sibbertoft Staff News	4

Special points of interest:

- Knit & Natter
- Nan on the Run!
- Residents Birthdays during Lockdown

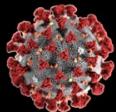
Sibbertoft Manor Nursing Home
3 Church Street
Sibbertoft
Market Harborough
LE16 9UA
Telephone: 01858 881 304
Email: office@sibbertoftmanor.com
Skype: 'SibbertoftManor1'
Www.sibbertoftmanor.com



AUTUMN IS UPON US

Update on COVID-19 Visiting & Developments within the Nursing Home

Last week many of us listened to Boris Johnson telling the Nation to expect restrictions to our social liberties for the next six



COVID-19 UPDATE

months due to the rise in COVID 19 cases. The nursing home is a high-risk environment, so we need to take every precaution to try to stop the virus entering the premises. All staff have been amazing throughout the pandemic and continue to keep their social activities to a minimum to protect all residents and work colleagues. The national rise in cases has caused us to change our visiting policy. At the moment we are following Government guidance - allowing 1 family member per resident to visit the home. However, we have plans to make an isolation room within the home. Within the next 2 weeks we will form an opening within the garden wing conservatory, allowing visitors to enter from the outside. We will form a new room by installing frosted glass doors at the internal entrance to the conservatory.

We will install an air purifier which kills 99.9% of virus particles. We will continue with ICP and PPE measures. Our aim is for this new facility to allow us to return to our original policy of 4 visitors plus 1 resident. No children under the age of 12 will be allowed to visit and visits will still need to be booked in advance. We have sent our plans to Public Health England and hope to receive favourable views on our actions.



Public Health
England

Flu Vaccination

All residents, unless they declined to do so, received the flu vaccination last week. Boots kindly opened their doors after business on Monday and Tuesday last week for all staff to attend a private clinic to



receive the vaccination. I am delighted to report 98% of staff have been inoculated. It is important to try to stop flu entering the premises too. I would urge anyone reading this newsletter who visits our residents or who is in the recommended age or health bracket to get the vaccination. It may help to reduce Covid symptoms if you get the virus.

Jo Reed

The added costs associated with the management of the pandemic; PPE costs and additional front-line staffing costs have unfortunately made it necessary to cut costs within the company. We will not be reducing care and nursing personnel, but we have reduced our backroom costs by making our HR Manager, Jo Reed, redundant. Jo left us on Friday 25th September and will be missed by staff and residents. We wish her success for her future. Jo's role will be subsumed within Ann's.

Nobody can tell us categorically that we will be safe. We can only do our absolute best to limit risks. You can help us by not visiting if you are feeling unwell or you have been in contact with anyone who is unwell, abiding by social distancing measures when visiting and wearing PPE at all times.

It will be too cold for garden, garden retreat and window visits in the Winter so this new facility will help us enormously. I would like to take credit for its inception, but the idea came from a carer – Lorraine Biddle.



Nan on the Run— issue 2

Hello again! Checking back on my notes I wrote my first piece for the Newsletter back in late May of this year. We were still in full lock down and anticipating that some of the restrictions may soon start to be lifted. Holidays, celebrations and meeting with loved ones were either cancelled or severely restricted. The weather had been spectacularly kind and many people were enjoying their gardens and the wonderful countryside despite the worrying times we were all experiencing. As infection rates reduced over the following months restrictions eased a new normal was being realised. Sadly, as I write my second piece in late September the 'BUG' is making its presence known again and it seems we will have to endure some of those restrictions for a second time. Undaunted, I have progressed well with my



'Nan on the run' project and am delighted and proud to say I have just completed marathon 15 (393 miles) in week 25. If you read the Parish magazine you will be aware that I have been suffering with Runners Knees! (age and wear and tear causing tightness and discomfort). So, from the half way point (12.5 marathons) and on the advice of my physio I have now started to walk some of the miles and am pleased to report the knees are feeling much better. I am also able to enjoy the beautiful countryside at a slower pace. Fund raising has progressed steadily and at the time of writing I can confirm that the online figure has now climbed to £4700 plus gift aid.

The pop-up shops have remained immensely popular and have raised £5200. We hope to continue selling home grown cut flowers into mid-October together with other produce to include Jam/marmalade and fruit and vegetables as they become available. As previously mentioned, the village community and beyond have been wonderfully supportive and encouraging and I anticipate completing the challenge by February 2021. We are planning a Christmas themed pop up shop in late November to boost the funds and give the village something positive to focus on as autumn turns to winter. Details of the event will appear in the Parish magazine.

I feel privileged to have been able to execute this project the benefits going way beyond fund raising. The coming together of the community will hopefully be a lasting legacy and encourage others to know the joys of 'belonging' and investing. On behalf of Saint Helens Church and Sibbertoft village our love and blessings go out to all the staff and residents. Thank you for your continued interest and support.
[give.net search 'nan on the run'](http://give.net/search/nan+on+the+run) Lesley Hartshorne.



Knit & Natter Club

Our Knit and Natter Club is still going strong. Their first project was a knee blanket; seen modelled by one of our residents. Their second project was to knit poppies for all the residents and staff, giving sufficient poppies for each to wear on Armistice Day. They have knitted 154 poppies and raised £308 for the British Legion. We hope details of their efforts will be published in The Harborough Mail along with a photo of the main contributors.



Entertainment

Celebrating Residents Birthdays during Lockdown

Since our last newsletter we have had a number of our residents who have celebrated their birthday's.

We have found various ways to celebrate these special days, but they all have one thing in common; a wonderful birthday cake made by our cook.

Some of our residents have requested a



buffet tea in our upstairs lounge with invited guests from friends amongst Sibbertoft Manor. Again, our kitchen has come up trumps and prepared a sumptuous spread for everyone.



We have had one birthday celebration outside with bubbly and bubbly featured

along with a Malteser birthday cake for another resident.

As you can see from our pictures, a lot of fun and laughter has been had (as well as cake!).



Photos from our activity events

Strictly Come Dancing, July



Sunflower Collage, August



Garden Skittles, August



Sing-a-long, September



Making Rose cards, September

Entertainment

We are still unable to invite external performers into the home to entertain residents with live performances. However, our programme of activities continues. We have enclosed a schedule for October with this Newsletter. November and December schedules will be available nearer the time. If you would like a copy, please let us know; we will forward by post or email. Please remember all activities are also listed on our website. We have regular features each week but are always happy to hear from residents with new suggestions for new entertainment. If there is a particular game, quiz or activity you would like to take part in please let Kate James know and I am sure it can arrange it. She is able turn her hand to most art/creative projects and is always happy to try new activities. It would be great if we could form a bridge club or scrabble tournament – anyone up for this?

Jules, one of our carers, has come on aboard to assist with activities too. She is providing activities several afternoons a week between 2pm and 4pm. Dot continues with her regular weekly quiz, 'memory lane' sessions and poetry club.



Ann hosts a regular Friday afternoon 'What the Papers Say' session. Movie Mondays is another regular feature for which we recently received 20 new film requests. Carers should tell all residents what activities are on offer each day, when they attend to your needs in the morning, so if one strikes your fancy just let them know and they will make sure you can attend.

There are lots of photos on the website of activities and projects www.sibbertoftmanor.com



Sibbertoft Staff News

We wish a warm welcome to our new colleagues; Jules Bramham, Margaret Browning and Paul Cucuet who have joined us as Care Assistants and Ella Soloman who has taken on a role of Housekeeper.



John Heinrich Zabaljauregui and Mark Avellano have worked for us throughout the summer and have trained as carers. They have now returned to University and if restrictions allow will be back again at Christmas.



Our congratulations also to three staff members who have completed their Care Certificates; John Heinrich Zabaljauregui, Mark Avellano and Jules Bramham.



Quarterly Charity

Last quarter we sponsored Lesley Hartsthorne, ('Nan on the run' 2020/21) for the sum of £250. This charity was set up to raise funds to support the refurbishment/maintenance costs of the Sibbertoft Reading Room and Saint Helens church. Lesley will keep us posted throughout the year as to her progress.



This quarter we will sponsor the Charity 'Medical Detection Dogs' for the sum of £250.00. When everything settles down again after the COVID-19 pandemic, we intend to ask a speaker from the



Charity to come to Sibbertoft to give a talk on the very worthwhile and interesting work

Dates for your Calendar—Upcoming residents'

October Birthdays...

Margery Anthony on the 1st
Monika Geary on the 5th
Mabel Hutt on the 7th
Brenda Taylor on the 7th
Pauline Felton on the 20th



November Birthdays...

We currently have no resident Birthdays in November



December Birthdays...

Frank Cliff on the 2nd

