



Quarterly Newsletter

ISSUE 43

Summer 2022

“In Summer, the song sings itself.” - **William Carlos Williams**

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As one season slips into the next, we are reminded of the beauty of the world here at Sibbertoft Manor. We have watched the gardens change from the glorious carpet of snowdrops, through the haze of bluebells and into the bright faces of the marigolds. We all marvel at the work that goes into our extensive grounds just as we marvel at the wealth of nature this season of summer brings.

The outside world continues to battle war, sadness, and crazy politics and we continue to do what we can to support those in need. Our Spring quarterly charity, The Ukrainian Humanitarian Appeal (run by The Red Cross) has already received our donation of £560! Thanks to all those who helped raise this money



through tombola gifts and ticket donations.



Pandemic Update - Returning to normal at last!

We are all breathing a tentative sigh of relief at finally having covid restrictions lifted throughout the world. Here at Sibbertoft Manor, we continue to prioritise the safety of both residents and staff. Regular testing is still in place and masks are still expected to be worn by staff and visitors within the home. In this way, we can continue to keep any risks remaining at a minimum. We would like to thank staff and visitors for maintaining these protective standards and look forward to the time when they can safely be dropped. That said, we are now in a position to open our doors to family and friends and welcome guests to share a meal with their resident. All we ask is that this request is given to the kitchen at least 24 hours in

advance with your menu selection. These meals can be organised for any of our dining spaces including the upstairs dining room which is a truly beautiful space to wine and dine!

We are also pleased to be able to reinstate our quarterly meetings to enable residents, family members and staff to share their views and opinions about all elements involved in the running of the home. We are obviously keen for this to be a positive experience as it gives everyone the chance to appreciate the progressive changes undertaken during the last few years. It also gives all stakeholders the opportunity to highlight and implement any changes that might make our Manor an even better place to live, work and visit. We look forward to all your contributions.



Special points of interest:

- **BB's Shop**
- **Knitting for Ukraine**
- **George Cross award**

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Quarterly Newsletter

Platinum Jubilee Celebrations

The build up to our Jubilee celebrations started way back in May, with the residents working hard on projects to create table decorations, door wreaths and Jubilee photograph albums. The progress of all of this hard work can be seen in the news section of our website and our Facebook feed. The home was then adorned from head to toe in balloons and bunting and the marquee was erected and made ready. Residents were also given the opportunity to



decorate their individual rooms to completely immerse themselves in this amazing Jubilee experience. The Jubilee celebration day itself, Sunday 5th June, turned out to be a grey and drizzly affair. However, this was no match for the high spirits of all those who were lucky enough to be part of this event. Residents, family and staff did not let the weather get in the way of these historic celebrations. Sibbertoft Manor enjoyed fantastic support and in return we were treated to an afternoon of live entertainment, hog roast lunch and a chance to spend time with loved ones, colleagues and friends.



BB's Shop



Bronte's Boutique AKA BB's has now re-opened to residents, families and friends. The shop stocks a range of traditional sweets, a selection of stationery, cards for all occasions and a small range of toiletries. Products will be added according to resident's requests and we welcome suggestions from family and friends.

The activities staff ensure that the shop is open for visits at least once a week. The opening times are displayed on the weekly activity timetable but can be accessed at any time if requested. For those residents who are unable to visit the shop in person, BB's goes mobile on a Friday afternoon! Residents are not expected to pay for their selected items, however, there is an honesty box in the shop where people can make a donation if they wish. All donations are given to St Helen's Church in Sibbertoft.



Fond Memories

It is always with great love and sadness that we say goodbye to residents who move on. Each person leaves with us personal memories, reflective thoughts and feelings of thanks for being part of their lives. Gwen, who we all remember with fondness, was an avid knitter. In conversation one day, I asked if she was able to knit a Ukrainian flag to welcome some refugee guests into my home. Not only did she create a beautiful flag, which I framed, but she also went on to cleverly knit Ukrainian bunting to hang in their room. When I presented my guests with these, they cried tears of thanks. I

will never forget Gwen's kindness and nor will they.



Prayer Tree Update

Our 'Reflection Corner' is now established with the Prayer Tree as the focal point. The first prayer added by Ann's grandson has now been joined by prayer and poem contributions from a number of residents. Each addition is written on a leaf and added to the tree. A group of residents have created an abstract hanging which sits above the tree, creating a beautiful area for contemplation. Our local church leader, Kairen Bell, has also gifted some reading material to browse through while relaxing in this quiet space. I am sure the tree will continue to bloom as time goes by.





Georges Cross Award

It is with incredible pride that we share with you the achievements of a valued member of staff. Barbara Benjamin, one of our amazing nurses, has been awarded the highly prestigious 'George Cross' for an incredible 45 years continuous service in the NHS. The Queen writes 'It is with great pleasure, on behalf of a grateful nation, that I award the George Cross... you have supported the people of our country with courage, compassion and dedication, demonstrating the highest standards of public service.' We are proud and honoured to have you as part of our Sibbertoft Manor team. Congratulations and well done Barbara!



Dates for your Diary

July

- All month – Race For Life!
- 1st July – Hairdresser
- 5th July – Yvette singing
- 6th July – Holy Communion
- 10th July – Florist Workshop
- 13th July – Sue Frisby; Reflexology
- 14th July – Hairdresser
- Kyle singing
- 16th July – John Spinner; musician
- 18th July – Sam; Chiropodist
- 19th July – Sam; Chiropodist
- 20th July - Church Service at St Helen's 11:00am
- 21st July – Simon; saxophone
- 24th July - Lutterworth Town Band
- 26th July - Yvette singing
- 27th July - Sue Frisby; Reflexology



Dates for your Diary

August

- 2nd August – Hairdresser
- 3rd August – Holy Communion
- 7th August – Florist Workshop
- 9th August – Yvette singing
- 10th August – Sue; Reflexology
- 15th August – Sam; Chiropodist
- 16th August - Sam; Chiropodist
- 16th August - Cat's Pyjamas
- 17th August – Church Service at St Helen's 11am
- 23rd August - Yvette singing
- 24th August - Sue; Reflexology

Dates for your Diary

September

- 1st Sept - Kyle singing
- 6th Sept – Yvette singing
- 7th Sept – Holy Communion
- 7th Sept – Sue Frisby; Reflexology
- 15th Sept - Kyle singing
- 20th Sept – Yvette singing
- 21st Sept – Church Service at St Helen's 11am
- 21st Sept - David; Accordionist
- 29th Sept - Kyle singing

More events and activities for each month to be confirmed closer to the time!



Upcoming Birthdays

We look forward to celebrating the upcoming birthdays of Pat Ofield, Pauline Law, Barbara Tyrrell, Dianne Tillyer and Jo Davey over the next three months.



Sibbertoft Staff News

Settling in to new roles!

Kitchen – We are delighted to welcome our new qualified chef, Lee, to the kitchen team. We have had excellent reports of the delicious dishes being created by our three dedicated kitchen staff as they begin to settle into new routines. Sandra and Jules continue to commit to regular shifts, both independently and in conjunction with Lee. Working patterns now ensure that there will be a cross over of staff at times, enabling one cook to also prepare and serve meals directly from the Garden Wing kitchen. We look forward to trying the planned menu developments of meals, homemade cakes and savoury treats!

Care Staff - We would like to congratulate Dan Biddle and Charity Ratnayake for achieving their care certificates. This means a change of uniform as they move from their housekeeping roles and join the care team.

We would also like to congratulate Karen Biggs, Sarah Stephen, Lucy Nuttall and Liz Ingham as they move into performing the role of Senior Carers within the Manor. They will now fully support our qualified nurses in a variety of tasks and carry out a range of new responsibilities independently. Well done to all of you.

Activities Staff Update – We (Gabi and Nicola) have settled happily into our roles as activities coordinators and there is now a weekly timetable of new and established activities available for all residents to access. Weekly activity timetables are clearly displayed throughout the Manor and also made available to individual residents. Display boards are updated regularly to share in the activities and events taking place each month and we are always open to suggestions from residents and family members about other activities that could be facilitated for groups or individuals. We have now both been trained in the use of the Sibbertoft minibus and have already ventured out on short trips to local beauty spots with a number of residents. We also update the website and Facebook page regularly to share life at the Manor with friends and relatives. Our final responsibility this month has been to write this quarterly newsletter. We hope you have enjoyed reading it!

Quarterly Charity

This quarter, Sibbertoft Manor has agreed to donate to a charity that is close to a staff member's heart; Macmillan Cancer Support. Karen Woolford is taking part in the Norfolk Coast Mighty Hike event which will see her complete a marathon distance of 26 miles supported by her dedicated canine training buddy! Karen has described in her own words what this charity means to her:



'I decided to fundraise for Macmillan Cancer Support and I'd really appreciate your support. My just giving page tells you more about why I am walking for them but without their support, after my cancer diagnosis, I don't think I would have got back to the person I am now. It hit me very hard emotionally as well as physically. MacMillan offer so much more than people realise; they have makeup days to help self-esteem, alternative therapies which I benefitted from hugely, I had acupuncture for symptom control, they help with finances, budgeting and application for benefits. Cancer patients are often left with life changing side effects such as neuropathy and debilitating exhaustion that stops them from returning to their work. As a charity, not every cancer patient can be helped by MacMillan without fund raising, and I feel every cancer patient should be able to access the wonderful service I was lucky enough to be able to benefit from.'



You can donate directly to Karen's Just Giving page by searching for 'Karen Woolford' and choosing the Norfolk Coast Mighty Hike page or by using the link at the bottom of the page. We are proud to support this charity with you Karen and will focus our own fundraising events on this cause. We wish you all the best for the challenge ahead!

**MACMILLAN
CANCER SUPPORT**
RIGHT THERE WITH YOU

[https://www.justgiving.com/fundraising/karencrazyhike?
utm_source=Sharethis&utm_medium=fundraising&utm_content=karencrazyhike&utm_campaign=pfp-
email&utm_term=c361e5f61e844e6f93cf68e0abbade16.](https://www.justgiving.com/fundraising/karencrazyhike?utm_source=Sharethis&utm_medium=fundraising&utm_content=karencrazyhike&utm_campaign=pfp-email&utm_term=c361e5f61e844e6f93cf68e0abbade16)