



# Quarterly Newsletter

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## Special points of interest:

- Team work during Covid!
- The Queen's Reading Room
- Calling all knitters!

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## “Spring is the fountain of love for thirsty winter” - Munia Khan

The season of spring is finally here after what has felt like a very long winter. The nights are drawing out and the daffodils are greeting us with bright faces that herald the growth ahead. The weather may still be a challenge but the buds and blooms are full of promise.



We are thankfully leaving behind us a period of trial and tribulation which saw a Covid infection outbreak within our home. Residents and staff alike were greatly affected by this and we had to pull together as a team and support each other through this difficult time. We would like to give heartfelt thanks to all our members of staff who stepped up to cover shifts for colleagues that were unable to attend to their duties. This staff flexibility and commitment ensured that the standard of care within the home was never compromised. It was not

necessary to employ agency staff which would have affected the continuity of care for our residents and serves to highlight the amazing attitudes held by all of our staff here at Sibbertoft Manor. We would also like to thank family members for their understanding and support shown through your own commitment to following our infection control procedures and helping to keep all of our residents safe. As we leave this latest challenge behind us, we remind ourselves that we must remain vigilant, not become complacent and ensure that our high standards continue to be maintained.

### Other news...

Our chosen charity focus for the last quarter was the Alzheimer's Society. We raised funds for this through our Elf Day for Alzheimer's event in December where residents and staff had a mischievous day sporting Elf hats and costumes to raise awareness for this worthy cause. The funds raised were added to Sibbertoft

Manor's generous donation of £250 and will contribute to the support of individuals and families living with dementia.



Within the manor, a Quality Assurance Survey (QAS) has recently been carried out to obtain the views and opinions of residents, staff and other medical professionals about the running and management of the home. This survey forms the base for a new CQC inspection framework that is being launched later in the year. This system will replace the personal inspection of homes and therefore the responses given will have a huge impact on the outcomes of the inspection. Any judgements will be shared with residents and staff when they have been assessed. We look forward to some positive results!



## Quarterly Newsletter

### Upcoming Events!

We have a number of exciting events planned for the first quarter of 2023 that we hope residents, staff and families will all be involved in.

Our first event will mark the historic coronation of our new king. King Charles III's coronation will take place on Saturday 6th May at Westminster Abbey in London. He will be crowned alongside Camilla, the Queen Consort. To honour and celebrate this event, we are inviting residents, families and friends to share in a traditional afternoon tea at the manor on Sunday 7th May and be entertained by the fabulous singing group Four Play.



Our second event will be a true celebration of summer! It will take place on Sunday 25th June and once again, residents, families, friends and staff will all be invited. Having enjoyed the performance given by Lutterworth Town Band last summer, we have invited them back for an afternoon of rousing live music amongst the backdrop of our beautiful grounds. We are hoping that the MG car club will also be in attendance to add to the afternoon's enjoyment. A BBQ will be provided alongside homemade sweet treats and ice-cream. Definitely an event worth looking forward to!



### An article of Royal interest!



Throughout our lives we have all, in some way, been influenced by the great writers of our world. Whether poets, novelists or even song writers, we can all recall feelings that have been evoked by the powerful words of others. In recognition of the importance of literature in the modern world, Camilla, the Queen Consort, has set up a charity to provide opportunities for the appreciation of literature among adults and children in the UK and around the world. The Queen's Reading Room

launched in January 2021 with reading recommendations from Her Majesty The Queen Consort. The selected books vary across the genres and include classics as well as newly published books. With each recommendation, background and insights from authors, academics and experts are provided to enrich your reading experience. Her Majesty has recently commented on the controversy surrounding the planned changes being made by publishers to classic Roald Dahl books such as Charlie and the Chocolate Factory to make them 'more suitable for modern audiences'. The changes include removing offensive references of characters' appearance such as "ugly" or "fat". Although very subtle in her incredulity that such classics could or should be tampered with, she did comment by thanking a room full of authors for sharing their talents and asked them to **"Please keep doing so and please remain true to your calling, unimpeded by those who may wish to curb the freedom of your expression or impose limits on your imagination. Enough said!"**

If you would like to access her recommendations for yourself, please access the website: [www.royalreadingroom.uk](http://www.royalreadingroom.uk)

### Air Ambulance Donation Bank

We are excited to announce the planned arrival of an Air Ambulance recycling clothing bank here at Sibbertoft Manor. The Air Ambulance Service operates the national Children's Air Ambulance and the local air ambulance services for Warwickshire, Northamptonshire, Derbyshire, Leicestershire and Rutland. This charity provides lifesaving care and can be on the ground within minutes at road traffic collisions, sports events and industrial accidents and for medical emergencies such as cardiac arrest, strokes or accidents in the home.



We feel that our setting will be the perfect place for residents, families and staff to donate quality clothing items to support this tremendous cause.

### Knitting Challenge

We are embarking on a new project to support Leicester Royal hospital's maternity and palliative care units. They are requesting knitted squares of any size to create colourful blankets for the patients within these two wards. The activities staff here at Sibbertoft Manor have already started to include a weekly knitting session to encourage and support contributions from our residents. We would also like to invite family members and friends to put their skills to good use and donate any completed squares they can. All donations will be gratefully received by activities staff. HAPPY KNITTING!



**Dates for your Diary**

April

- 2nd April - Twycross Florist
- 4th April – Market Harborough Ukulele Group
- 5th April – Hairdresser / Reflexology
- 6th April – EASTER BAKE-OFF / Kyle singing
- 9th April – EASTER SUNDAY
- 11th April- Multi Sports with Mark
- 12th April – 11:00am Holy Communion Easter Service
- 18th April – Residents Meeting
- 19th April - Hairdresser / Reflexology
- 23rd April - John Spinner; Musician
- 24th April - Lucia’s Tiny Farm
- 25th April - Multi Sports with Mark
- 27th April - Themed Meal
- 30th April - Cats Pyjamas musical theatre



**Dates for your Diary**

May

- 1st May – Sam; Chiropodist
- 2nd May – Sam; Chiropodist
- 3rd May - Hairdresser / Reflexology / 11:00am Holy Communion Service
- 7th May – CELEBRATING THE CORONATION; Four Play a Capella singing group
- 9th May – Multi Sports with Mark
- 14th May - Twycross Florist
- 16th February - Yvette Singing
- 17th May – 11:00 Church Service at St Helen’s
- 23rd May - Multi Sports with Mark / Market Harborough Ukulele Group
- 24th May - Sue Frisby; Reflexology
- 25th May - Themed Meal
- 29th May - Sam; Chiropodist
- 30th May - Sam; Chiropodist
- 31st May - Hairdresser



**Dates for your Diary**

June

- 4th June - John Spinner; Musician
- 6th June– Multi Sports with Mark
- 7th June – Reflexology / 11:00am Holy Communion Service
- 13th June – Yvette singing
- 14th June – Hairdresser
- 20th March - Multi Sports with Mark / Family and Friends Meeting
- 21st June - Reflexology / 11:00am Holy Communion service
- 25th June - LUTTERWOTH TOWN BAND SUMMER EVENT
- 26th June- Sam; Chiropodist
- 27th June - Sam; Chiropodist
- 28th June - Hairdresser



# Sibbertoft Staff and House News

**New staff members** - We are pleased to welcome a number of new staff members to our workforce. Ashley has stepped confidently into his role as housekeeper and Amber has joined our excellent care team. We are lucky here at Sibbertoft Manor to employ people from not only local areas but from also much further afield. We are proud to support staff from different countries including Romania, the Philippines, and Ukraine. We have recently employed three Ukrainian housekeepers who have settled brilliantly into their new roles. Olga has a confident command of the English language and is undertaking an external language course which will give her recognised qualifications. Sisters, Natalia and Iryna, are attending daily English conversation sessions provided by activities staff member (and ex -teacher) Gabi and have made significant improvements since their arrival. We thank all of our staff and residents for supporting staff on their language journeys and wish all our new staff continued success and happiness here at Sibbertoft.

**Kitchen** – Our Kitchen team; Sandra, Lee and Natalia continue to work together and support each other in delivering our well-planned, tasty and varied daily menus. Natalia now works for two days a week in the kitchen and focuses on providing a range of home made cakes and savoury items. She has also taken the lead in preparing a variety of soft-diet options for certain residents and strives to ensure they are both as tasty and well presented as any food on the main menu.

**Maintenance** – Our cycle of improvements to the home is continuing, lead by Paul and supported by Vali. There has been a new carpet laid in one of our resident’s rooms and two other rooms have recently been decorated. Paul and Vali have also undertaken the replacement of the kitchen in the Garden Wing which will mean that staff in that wing of the house will no longer be so dependent on the food options that are produced in the main home kitchen. We look forward to seeing how this will support and develop our already excellent menu provision.

**Activities Staff** – The activities team; Gabi, Nic and Dot continue to provide an engaging and varied timetable of weekly activities for groups of residents and enjoy spending quality time with individuals. We are also very much committed to providing opportunities more tailored to individual needs. As the weather has improved, we have been taking more frequent trips out to beauty spots, shops and garden centres. If there is anywhere you would like to visit in a small group or individually then please do not hesitate to ask. We would like to thank our maintenance man, Paul, for finally securing a disabled parking badge for the Sibbertoft mini-bus which has made our trips out much easier. As ever, we are always open to suggestions for new activities or personal requests and we are looking forward to spending time with you all over the coming months.

**Upcoming Birthdays!**

We look forward to celebrating the upcoming birthdays of; Beryl, Philip, Lottie, Peggy, Barbara, Judith, Rita, Joan, Norma, Brian, Roy and Marion



## Quarterly Charity

This quarter, Sibbertoft Manor has decided to donate all fundraising events to the Huntington’s Disease Association. This charity is close to our hearts as one of our residents is currently living with this condition. Staff at Sibbertoft Manor have undertaken specific Huntington’s Disease training to raise personal awareness and support us in delivering the highest quality of care for our residents. We will be holding a variety of fundraising events over the next few months including an Easter Bake-off cake sale and a charity raffle at our Lutterworth Town Band and BBQ event. All funds raised will be donated through the Huntington's Disease Association’s website which can be found at [www.hda.org.uk/get-involved/donating](http://www.hda.org.uk/get-involved/donating) or by clicking the link at the bottom of the page. Donations help to support people affected by Huntington's disease in England and Wales and helps to provide vital advice and support for those affected by the disease, their families and friends.

[Donating | Huntington's Disease Association \(hda.org.uk\)](http://www.hda.org.uk)

