

ISSUE 49

Winter 2023/4

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- Person Centered Software (PCS)
- PERKBOX Staff Rewards
- House in a House!

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# Quarterly Newsletter

*“One kind word can warm three winter months.” – Japanese Proverb*

## Happy New Year!



At the start of this New Year, we look back with fond memories of our 2023 Christmas celebrations. The Manor House and Garden Wing were again decked out beautifully with traditional decorations and festive wreaths. Staff and residents worked together to make our home a welcoming sight, filling us all with Christmas cheer. As well as holding our own events, some residents also enjoyed trips out to share in other festive experiences.



One of these trips took us to a local garden centre where we enjoyed their amazing winter wonderland and had our own festive fun!



Another took us to a local primary school where we were able to share in the joy of watching children perform a traditional nativity play.

## Office News

We must start this new year with congratulations to Paula Nuttall who recently undertook a demanding CQC interview. She passed this with flying colours and has accepted the role of Registered Manager at Sibbertoft Manor. With Tom as Director and Paula as Registered Manager, our front of house office team is at full strength and ready to make 2024 another successful year.

## Other News

This year we will continue to hold our quarterly meetings for residents and relatives. During these meetings, the action plan for 2024 will be discussed and everyone will get an opportunity to comment and contribute their ideas. Following these, a Quality Assurance Survey will be given to all stake holders to complete. We would like to take this opportunity to stress how important it is for these to be completed as it serves to highlight not only areas in which we excel but also indicates ways we can improve.

Finally, we would like to update you on the success of opening up our PCS (Person Centred Software) system to relatives. Those who now have access to the daily documentation regarding their family member have all given positive feedback. Anyone who is interested in accessing this for their own loved one should get in touch with the office.

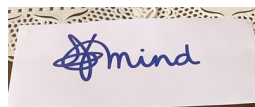




## Quarterly Newsletter

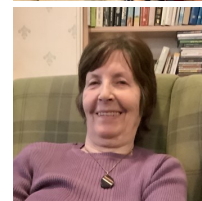
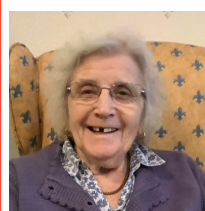
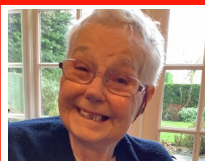
### Acapella Christmas

Our Christmas celebrations began on Saturday 16th December with the return of the acapella singing quartet; Four Play. The ladies did not disappoint with their medleys of traditional and modern Christmas songs. During the event, raffle tickets were sold to support the charity MIND. Thanks to all who contributed to the raffle prize table, it was overflowing with gifts and treats. Thanks also to all those who purchased a ticket as we raised nearly £100 for this worthy cause. The event was well attended by residents, families and friends and was a super way to start our festivities!



### Ukulele Christmas Party!

On 19th December, we invited residents, families and friends to join us for an afternoon of Christmas entertainment with the Market Harborough Ukulele players. We all had a fantastic time as you can see by the smiling faces that were captured on camera! We spent the afternoon singing, dancing and enjoying a glass of sherry and a mince pie...or two!



**PERK BOX**  
**(REPEAT!)**



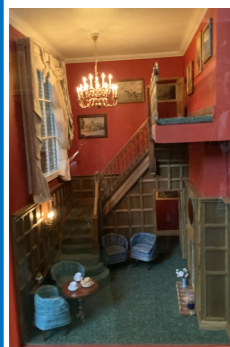
**Although this article featured in the previous newsletter, we felt it was vital to highlight this important information once again.**

As well as taking great care of our residents, Sibbertoft Manor also strives to provide a work environment that recognises and celebrates our wonderful members of staff. Each member of staff is valued and the managers are always looking for new ways to reward their hard work and commitment. Birthdays are now celebrated through PERKBOX, where each member of staff is gifted £15 to spend on a variety of rewards as was their £25 Christmas present. Extra PERKS can be awarded for any actions that are recognised as 'going the extra mile'. These rewards are added, by the management, to individual staff member's accounts and can again be spent through the PERKBOX app.

**Here's the important bit! - Residents, families, friends and staff can also request rewards for individuals whose actions have gone over and above what is expected and have made a real difference to someone's day. Please speak to the office staff if you would like to award a special PERK to a special member of staff.**

### House in a House!

This Christmas, Ann (the owner of the Manor), received the most amazing present in the shape of a house! Senior carer, Mandy, has a passion for miniature creations. She spends her spare time making incredibly small and detailed replicas of different scenes and events. Over the past 6 months, Mandy has focused on reproducing the front hall of Sibbertoft Manor and the result is incredible. Mandy has captured every detail of the hall down to each individual pleat of the curtains and each tiny bulb of the chandelier. Watching Ann receive this gift was a gift in itself. Her eyes could not take in the intricate details that had all been replicated in miniature and it was not long before tears of joy followed! Come and see this amazing work for yourselves, now being displayed in our foyer.



## Dates for your Diary

### January

3rd January - Hairdresser / Reflexology  
 7th January - John Spinner Musician  
 8th January – Residents Meeting  
 10th January – Holy Communion at the Manor  
 12th January - Guest Speaker; Roy Smart 'Aeroplane Girl'  
 16th January - Boogie Beatz Armchair Dance Exercise (Taster Session)  
 17th January – Bob Oakley; Singer (Taster Session)  
 17th January - Hairdresser / Reflexology  
 19th January – Armchair Curling with Bernard (Taster Session)  
 24th January – Church Service at St Helen's  
 24th January - Kyle Singing  
 31st January - Hairdresser

**Don't forget you can book lunch in the upstairs dining room for any occasion**



## Dates for your Diary

### February

4th February – John Spinner Musician  
 7th February - Holy Communion at the Manor  
 7th February – Reflexology  
 9th February– Kyle Singing  
 14th February – Hairdresser  
 16th February - 3 in accord Musicians (Taster Session)  
 20th February - Market Harborough Ukulele group  
 21st February - Reflexology  
 21st February - Church Service at St Helen's  
 27th February - Guest Speaker; Roy Smart 'Local WW1 Hero'  
 28th February - Hairdresser  
 TBC - Guest Speaker; Elspeth 'A Passion For Knitting'  
 + any of the January taster sessions that we choose to rebook



JANUARY

FEBRUARY

MARCH

## Dates for your Diary

### March

3rd March - John Spinner Musician  
 6th March - Holy Communion at the Manor  
 6th March - Reflexology  
 13th March – Hairdresser  
 15th March – Kyle Singing  
 20th March – Church Service at St Helen's  
 24th March—Cats Pyjamas Musical Theatre  
 27th March - Hairdresser  
 27th March - Reflexology  
 TBC - Lucia's Tiny Animal Visit  
 TBC—Guest Speaker; Roy Smart 'Out Of Africa'  
 + any of the January taster sessions that we choose to rebook



## Sibbertoft Staff and House News

### Staff changes and achievements -

It is with sadness that we say goodbye to three staff members who have been part of our Sibbertoft family for a number of years. Karen M and Mandy HD are moving on to pursue their careers in their chosen fields. We give them our heartfelt thanks for their dedication to their roles and wish them all the best for the future. We will also be saying a fond farewell to Sandra, a cook at the manor for many years, as she chooses to retire and finally hang up her oven gloves. We will miss you all.

Tammy will be stepping into the shoes of Karen as in-house trainer and we are confident that she will excel in this role. She already plans and delivers a significant amount of staff training and with Karen supporting her during the hand over period, we know that this will be a smooth transition.

A number of our care staff have decided to undertake their care diploma at a variety of levels. This involves hard work, commitment and regular tutoring from our visiting trainer, Jan. We look forward to recognising their achievements at the completion of their educational journey. Best of luck everyone involved.

### Kitchen -

After spending a few months exploring the benefits of 'Apetito', the pre-prepared meal company, we have concluded that there is nothing like home cooked food. Natalia, our cook, is thrilled to regain control of the five star food rated kitchen and has planned a two week menu where everything is cooked from scratch. These meals are proving to be much more popular with many of the residents who have regained their appetites and their enjoyment of mealtimes. This extends into 'elevenses' as Natalia is now baking daily and providing fresh morning treats for our residents to enjoy. We plan to create seasonal menu changes and welcome any suggestions for the upcoming spring menu.

### Activities -

The activities team is now four strong and is being managed by Gabi. Dot continues to run her popular quiz sessions twice weekly which slot in to the many other group sessions that take place throughout the week. We welcome Tegan and Lucy to the team as wellbeing champions who are focusing on 1:1 activities with residents in their rooms. Between us, we feel that all residents are now benefitting from the interaction that the activity team provides. This year, we are exploring new avenues for external entertainers and have booked several 'taster' sessions during the month of January. Our weekly activity timetable can be found in the 'News' section of the website. As always, we welcome feedback from residents and families.

### Upcoming Birthdays!

We look forward to celebrating the upcoming birthdays of; Julia, Dorothy, Betty, Maureen, David, Kathleen, Neil, and Sally.



### Quarterly Charity



Our last quarter's fund raising charity was MIND. Our main fundraising event was our Christmas raffle at the acapella singing event with the quartet; Four Play. The event was extremely well supported and everyone enjoyed the festive atmosphere. Raffle donations were very generous and this encouraged the sale of many tickets. We were delighted to raise the sum of £81.85 for this very worthy cause. Together with a £250 donation from Sibbertoft Manor, we were pleased to give the charity a total of £331.85. Well done everyone.

For this quarter, we have decided to focus our fundraising on the charity; **Royal National Institute of Blind People (RNIB)**. Many of our residents experience difficulty with their sight and can relate to the challenges that others in the community may face. Here are the aims and values that this organisation encompasses:

- We're RNIB. If you're affected by sight loss, we're here for you. Our practical and emotional support can help you face the future with confidence.
- We recognise everyone's unique experience of sight loss and offer help and support for blind and partially sighted people – this can be anything from practical and emotional support, campaigning for change, reading services and the products we offer in our online shop.
- We're a catalyst for change – inspiring people with sight loss to transform their own personal experience, their community and, ultimately, society as a whole. Our focus is on giving them the help, support and tools they need to realise their aspirations.



To donate directly to this charity or for more information, please go to:  
[www.rnib.org.uk/our-campaigns/see-differently-see-the-person/donate/](http://www.rnib.org.uk/our-campaigns/see-differently-see-the-person/donate/)

