



Quarterly Newsletter

ISSUE 51

Summer 2024

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“A little bit of summer is what the whole year is about” - John Mayer

The summer season has arrived and although we may still be waiting for the sunshine to follow suit, we are all grateful to see lighter evenings and warmer days. At the time of writing, mid-June has brought us a mere scattering of patio sitting days and garden walking opportunities but we remain hopeful that soon our time can be spent enjoying the outside joys of Sibbertoft Manor. The gardens have moved on from their spring displays and are beginning to show their summer colours. Hanging baskets, pots and beds are already full, with the giant Peonies being the stars of the show.



We have a full summer of activities and events to look forward to over the coming months so for now, we can sit back, relax and enjoy the journey.



House news...

We have recently announced exciting news about our planned future development for the home. This involves the building of a new wing which will be housed on a small part of our extensive side lawn and will eventually join the existing manor house. Plans have now been submitted to Daventry District Council and we are confident of a positive outcome. The building will not obscure existing views from the home and all the rooms in the new development will also benefit from beautiful garden views. Enlarged plans are shortly being printed and will be displayed in the upstairs dining room for everyone to access.

Other news...

There are a number of other planned positive changes in the home that will benefit all of us. In these modern times, we are becoming more security conscious and are always seeking new ways to monitor high standards of care. CCTV is an excellent tool for protecting the residents, the staff, the home and the grounds from any issues arising. We are currently in the process of installing CCTV cameras throughout all public areas of the home and at strategic points outside. Peace of mind for all of us!

Imminent future plans also include renewing the furniture in both dining rooms, updating the chairs and soft furnishings in our lounge areas and continuing the cycle of refreshing paintwork in communal areas and bedrooms. A busy summer ahead for our maintenance team!

Enjoy the sunshine!



Summer Garden Party

What an amazing day! The weather was fabulous and the setting was perfect. Neatly dressed tables were adorned with the wonderful living flower table decorations that had been made by our gardening club and then filled with happy residents and families who enjoyed spending the afternoon together. The MG Car Club made an impressive entrance in convoy and the Lutterworth Town Band, once again, were faultless and entertained us throughout the day. When afternoon tea was served we shared in homemade Victoria Sponge and tasty Romanian cake. The staff worked tirelessly behind the scenes to ensure that residents both inside and outside the home had a wonderful time. When the band had finished and the raffle had been drawn it was then time to indulge in a BBQ feast. Such a fantastic start to our 25th year anniversary and Care Home Open Week. Well done everyone!



Tom's Challenge!

Tom Gover has been a director of Sibbertoft Manor for over a year now and has recently become a father for the second time. He has become increasingly aware of the importance of staying fit and healthy on both a professional and personal level. For this reason he has decided to take on the incredible challenge of running in the London Marathon in April 2025. Through his role at work he has gained an insight into dementia and understands the impact that this illness has on not only residents themselves but also on their families and friends. He has seen, first hand, the emotional toll that this takes on all those involved and also knows that accessing funding for dementia support is extremely difficult. For this reason, he has decided to dedicate his marathon challenge to the charity 'Dementia UK' and raise funds for this cause over the next 10 months. Our quarterly raffles will all support this charity which you can read about in more detail on the back page. Tom will be giving us regular updates on the progress of his training and plans to write an article for our next three newsletter editions to keep us informed and keep himself motivated! Good luck Tom!



Sibbertoft Open Gardens

For the first time in 10 years, Sibbertoft village will be taking part in an open gardens event on Sunday 30th June. Ann Gover has decided to celebrate our own beautiful grounds and allow members of the public to admire the wonderful gardens that we all take so much pride in. The village have decided that the funds that are raised will be put towards



constructing a new wheelchair friendly access to the recreation area. Each open garden in the village will have a gnome hidden somewhere in the flower beds for people to find. See if you can spot ours!

Care Home Open Week

From the 23rd to 28th of June, we will be celebrating a national event called Care Home Open Week. It is an event designed to engage and involve the community in the lives of our residents. We will be encouraging residents, families and staff members to enjoy the variety of events on offer and believe that it will bring us all closer together as a community. Our planned timetable of

Sibbertoft Manor CELEBRATING 25 Years CARE HOME OPEN WEEK EVENTS	
Sunday 23 June	Sibbertoft Manor Garden Party Lutterworth Town Band / MG Car Club Cakes / Light Refreshments Children's Area / Ice Cream Van Family & Friends 2pm-4.30pm
Monday 24 June	Wellness & Pamper Day Staff Reflexology Tegan's Beauty Treatments Ann-Marie Hand Massages
Tuesday 25 June	Fitness Day Boogie Beatz Dance Chair Exercise with Carers 11.00am-11.30am 3pm Wheelchair Conga around the Village
Wednesday 26 June	Music Day The Joy of Music 11.00am Church Service Bob Oakley (Country Singer) 2.30pm - 3.30pm
Thursday 27 June	Quiz with Dot 10.30pm - 12pm Karen Humphries - Beauty Therapist 2pm-4.30pm
Friday 28 June	Lubham Primary School Choir 11am-12pm 25 Year Anniversary Tea / Afternoon Dance Kyle 4pm-5pm

events begins with our Garden Party and BBQ. Other events during the week include reflexology treatments for staff, a group session for everyone with Hannah from Boogie Beatz dance chair exercise and pamper opportunities. We will also be holding a wheelchair conga around the village! Our week concludes with a visit from the children's choir from Lubham Primary School and an afternoon tea and dance hosted by our favourite singer, Kyle. This final event will also mark the beginning of our 25th anniversary. By the time this publication is printed, you will hopefully have been involved and enjoyed this celebration.

EVENTS



Dates for your Diary

July

1st July - Wimbledon starts!
 3rd July – Hairdresser / Reflexology
 4th July – General Election Day
 7th July - Jon Spinner; Violinist playing
 9th July - Boogie Beatz Dance Chair Exercise with Hannah
 11th July – Kyle singing
 14th July – Wimbledon final / strawberries and cream!
 17th July - Hairdresser / Reflexology
 18th July – 3 In Accord; Trio singing entertainment
 21st July - Twycross Florist
 23rd July - Boogie Beatz Dance Chair Exercise with Hannah
 24th July - Church service at the Manor
 24th July - Chiropodist
 25th July - Chiropodist
 28th July - Cats Pyjamas musical theatre
 31st July - Bob Oakley; Country singer
 31st July - Hairdresser

Dates for your Diary

August

4th August – Jon Spinner; Violinist playing
 6th August – Boogie Beatz Dance Chair Exercise with Hannah
 7th August - Reflexology
 7th August- Rev Tom; Church Service
 11th August – Twycross Florist
 13th August - Market
 Harborough Ukulele Group; Gig at the Manor
 14th August - Hairdresser
 16th August - Kyle singing
 27th August - Boogie Beatz Dance Chair Exercise with Hannah
 28th August - Hairdresser / Reflexology
 28th August - Bob Oakley; Country singer

Dates for your Diary

September

4th September - Chiropodist
 5th September– Chiropodist
 10th September– Twycross florist
 7th September – Sibbertoft Village Fair
 8th September - Jon Spinner; Violinist playing
 10th September – Boogie Beatz Dance Chair Exercise with Hannah
 11th September - Hairdresser
 12th September - Relatives Meeting
 13th September - Kyle singing
 24th September- Boogie Beatz Dance Chair Exercise with Hannah
 25th September - Bob Oakley; Country singer
 25th September - Hairdresser
 29th September - Twycross Florist

Save the date!

September 7th 2024

SIBBERTOFT VILLAGE FAIR

Sibbertoft Manor is once again hosting this village event within the grounds. Residents, families and friends will have access to this and staff not on shift are also invited.

There will be a selection of craft and food stalls, entertainment and afternoon teas. This is an event not to be missed!



Sibbertoft Staff and House News

New staff members and roles



We begin by welcoming Hepsi, a new member of staff to our house keeping team. Hepsi has settled in to her new role and has already made a positive impression on the residents she is working with. Great start Hepsi!

We continue to have a fabulous team of staff here at Sibbertoft Manor and we are always trying to find new ways of recognising high standards and positive attitudes. At a recent ICB (Integrated Care Board) meeting, it was suggested that compliments to staff members should be shared openly amongst the team. We have now implemented this suggestion and compliments given by residents, family members, staff and other stakeholders are shared and recognised each month via emails and staffroom posters. We would like to thank everyone who has left (and received) a compliment this month.

In recent communications to everyone, we detailed the new roles of Key Workers, Champions, Team Leaders and Named Nurses within the home. Door plaques are now in situ to ensure that each resident knows which members of staff they are being specifically supported by. These new responsibilities are working well and play to the strength and skills of different individuals. Please ask for clarification if you require any further information about the nature of these roles. In keeping with our drive to maintain high standards, we have decided to carry out a mock inspection in the home. CQC (Our Governing Body) no longer inspect care homes in person and we feel that an opportunity for positive scrutiny would be an excellent indicator of improvements that could be made. We have therefore employed an independent company to complete a two day inspection so that we have a benchmark for achievement in the future. We will share our findings with all stakeholders after the inspection has taken place.

Kitchen

We have now launched our summer lunch menu and it has been received well by the residents. The new picture menu cards are successfully supporting residents when they choose their daily and weekly meals. The 'reduce choice to increase choice' tea menu is also working well and ensuring that residents choose a variety of food throughout the week. Thank you to our cooks, Natalia and Bronya, for all your hard work.



Upcoming Birthdays!

We look forward to celebrating the upcoming birthdays of; Eve, Chris, Diane, Barbara P and Alan.



Quarterly Charity

As mentioned in the article about Tom's Marathon Challenge, we will be focusing all of our future fund raising efforts on raising money for **Dementia UK**. Our £250 quarterly donation from the last three months gives us an excellent starting point and we hope to increase this greatly during the journey to Tom's event day on 27th April 2025. The information below details what the charity stands for and how they can help.

WE ARE DEMENTIA UK: We are the specialist dementia nursing charity that is here for the whole family. Our nurses, known as Admiral Nurses, provide free life-changing support and advice to anyone affected by dementia. Every three minutes, someone in the UK develops dementia - it's one of the biggest health challenges of our time. Families affected are often left feeling exhausted and overwhelmed and don't know where to turn. But with the support of an Admiral Nurse and Dementia UK, families facing the fear and confusion of dementia know they're not alone. Our specialist nurses, provide free advice, support and understanding to help families care for their loved one. As experts in the condition, their tailored, life-changing support helps families through the fear and confusion of dementia. From sharing practical tips for caring, to offering compassionate emotional support and helping plan for the future, they are there when people impacted by the condition need them most.

Together, we can ensure that no one has to face dementia alone.

To donate to Dementia UK directly please use this link: supportercare@dementiauk.org

