



Quarterly Newsletter

ISSUE 53

Winter 2024/2025

“No winter lasts forever; no spring skips its turn .” - Hal Borland

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The weather may be cold outside but our home remains a warm and vibrant place!

Our Christmas decorations have been put away for another year and we are left with lasting memories of special times and celebrations with family and friends. We are already looking forward to lengthening days as the first signs of early spring are beginning to peek out in our gardens. Scatterings of snowdrops are appearing and the daffodils’ slender leaves are standing ready for their beautiful blooms.



January has already flown by and we are eager to discover what 2025 may bring. From all of us at Sibbertoft Manor, we wish you a happy and healthy New Year .



Extension news...

The new year has brought good news for our planned extension to the home. Verbal planning consent has now been issued and the formalities of the paper work should swiftly follow. The next stage will be the building contract going out to tender with the intention of starting the work in late June or early July. In preparation for an increased number of residents, we have also decided to extend the kitchen in the main home. Our cooks, Natalia and John, are contributing their expertise to the planning of this new venture. They have the best understanding of the requirements of our busy working kitchen and will be able to ensure that the needs of our residents will be at the forefront of the improvements.

House news...

In recent months, there has been much discussion about the impact that the environment can have on those who live with different levels of dementia and limited vision. Considerable research in

this area has been completed since Sibbertoft Manor was initially furnished with its bespoke, floral, Axminster carpets. Although one of the best quality carpets available, the nature of its design can cause visual confusion and balance issues for certain people. For this reason, we are replacing the patterned carpets throughout the home with a one-colour, plain design. Our schedule of routine maintenance will also continue this year. As well as home improvements, all the hallways in the building will be freshened up with new paintwork, one of which has already been completed. The sitting rooms in the main home and the garden wing will be redecorated as will the upstairs dining room. New furniture has also been ordered to compliment the décor. As well as house improvements, residents can also look forward to a variety of new activities and events. A busy year ahead for all of us it seems!



Special points of interest:

- Extension News
- Past Events
- Quarterly Charity

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Christmas Past...

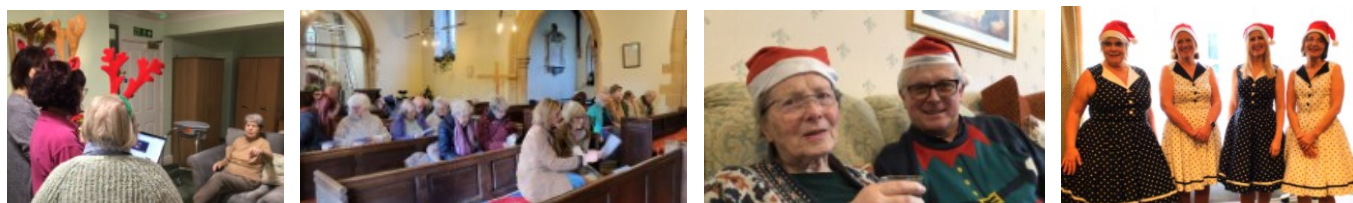
Real Reindeer!

Our Christmas celebrations began early in November 2024 as we welcomed two amazing reindeer into our home. Vali, a member of our maintenance team, set to work that morning and covered the hard floor in the garden wing with dust sheets and tarpaulins in preparation for the special visit. When they arrived, our guests were brought through the garden around the outside of the house and entered the building through the patio doors. There, a large pen was waiting for them to settle in to. With straw scattered on the covered floor and water buckets for refreshment, the two real reindeer took everything in their stride! Their handlers then proceeded to tell us some interesting and unknown facts about these endearing animals as we marvelled at their beautiful coats and antlers. What a way to start Christmas!



Carol singing and our Christmas event...

Our annual Christmas Carol Service took place in St Helen's Church on the 18th December. Staff supported residents to travel to and from the event which was also attended by family and friends. We would like to thank Rev Tom, Kairen and the church choir for a wonderful morning. A small group of residents also attended a dementia friendly carol service at St Hugh's Church in Market Harborough. This delightful event was hosted by our regular entertainer, Kyle. For those residents unable to access the services, Nurse Donna, Activities Gabi and resident Barbara spent one afternoon carol singing in resident's bedrooms. This was a great success and will be in the calendar of events for the next festive season. Our final organised event of the year was our Christmas party afternoon. We welcomed back the acapella singing group Four-Play, and indulged ourselves with mince pies and sherry. Our Christmas raffle was drawn and we spent the afternoon enjoying everyone's company.



Christmas Day 2024

Christmas Day was a special time, made even more memorable by our visit from Father Christmas. Once again, Sorin stepped into his festive boots and made Christmas morning magical for everyone. He delivered stockings and presents to all of the residents and spread joy wherever he went. Christmas dinner followed on decorated tables with fantastic food and great company. Our thanks goes to all the members of staff who went above and beyond to make Christmas 2024 one to remember.



February
March
April

EVENTS

Dates for your Diary

February

3rd February - 11:00am Holy Communion Service @ Home
 5th February – Hairdresser / Reflexology
 7th February – Fun and Fitness with Tom
 11th February – Boogie Beatz Dance Chair Exercise
 11th February – Hairdresser
 11th February - Therapy Dog Visit
 14th February – Kyle Singing
 16th February – Jon Spinner; Musician
 18th February - Hairdresser
 19th February - Reflexology
 23rd February - Twycross Florist
 25th February - Boogie Beatz Dance Chair Exercise
 25th February - Chiropodist Visit
 26th February - Hairdresser
 26th February - Bob Oakley; Country Singer

Dates for your Diary

March

4th March - Hairdresser
 5th March - Reflexology
 4th March - Staff Council Meeting
 11th March - Boogie Beatz Dance Chair Exercise
 11th March - Hairdresser
 11th March - Therapy Dog Visit
 13th March - Kyle Singing
 14th March - 3 in Accord; Singers
 16th March - Twycross Florist
 19th March - 11:00am Church Service @ Home
 19th March - Hairdresser/ Reflexology
 21st March - The Bluebird Belle; Singer
 23rd March - Jon Spinner; Musician
 25th March - Boogie Beatz Dance Chair Exercise
 25th March - Hairdresser
 26th March - Bob Oakley; Country Singer
 28th March - Residents Meeting

Dates for your Diary

April

1st April - 11:00am Holy Communion service @ Home
 1st April - Hairdresser / Chiropodist Visit
 2nd April - Reflexology
 8th April - Boogie Beatz Dance Chair Exercise
 9th April - Hairdresser
 11th April - Kyle Singing
 13th April - Twycross Florist
 15th April - Hairdresser
 15th April - Therapy Dog Visit
 15th-18th April - Lubenham Primary School Visit & Egg Hunt TBC
 20th April - EASTER SUNDAY
 20th April - John Spinner; Musician
 21st April - Relatives Meeting
 22nd April - Boogie Beatz Dance Chair Exercise
 22nd April - Hairdresser
 22nd April - CHICK DELIVERY!
 23d April - Reflexology
 24th April - CHICK HATCHING DAY!
 25th April - Lucia and her Tiny Animal Farm
 30th April - Hairdresser
 30th April - Bob Oakley; Country Singer



FUN + FITNESS, GUEST SPEAKERS, CATS PYJAMAS
 MUSICAL THEATRE, UKULELE GROUP, EASTER EVENT -
DATES YET TO BE CONFIRMED

Sibbertoft Staff and House News

Staff News - As well as welcoming a number of new residents to our home, we would also like to welcome two members of staff. Gabriel and Ancuta have returned to our Sibbertoft family from working elsewhere. Gabriel has joined the care and maintenance team and will be supporting Vali in the routine tasks and planned projects in the home over the coming year. Ancuta will not only be returning to her care role but will also begin training in the kitchen to support the existing staff there. Simona will also be supporting the kitchen when not undertaking her care duties. Adding more staff to the kitchen rotas ensures that the cooks and existing kitchen assistants can continue to provide the highest standard of food preparation and service that we all expect.

Technology - You may have noticed that all the staff are now carrying their own hand-held computers. These gadgets may look similar to a mobile phone but we can assure you that they are not. Their purpose is an integral part of the continuing improvement in staff efficiency and the enhancement of the service that staff provide for residents. The devices can be used for communication between staff members in the same way that a walkie-talkie radio is used and also enables management to contact staff when necessary. They also enable staff members to answer resident's call bells and their speed and frequency of their attendance can subsequently be monitored and tracked. A recent audit on call response times shows that the average wait time for a resident is 4 minutes. Now having concrete numbers to work with and a clear picture of staff efficiency and work rate means that we can always be looking for further ways to improve the services we provide. The devices are also used to document actions throughout the day which in turn builds a complete picture of every individual resident's needs. Again, this means that accurate person-centred care can be provided for everyone. As well as creating a platform to monitor care, the devices also enable maintenance issues to be logged in real time and therefore be addressed promptly. Other routine administration tasks can also be undertaken using them such as monthly audits which means paper use has also decreased. All things considered, the introduction of this new technology has been a great asset to our home.

Activities – The activities team; Gabi, Tegan and Dot remain committed to providing a range of interesting and enjoyable activity sessions to suit all residents. Residents who prefer 1:1 sessions have become a focus for Tegan whereas Gabi and Dot ensure that those who prefer group sessions are provided with engaging social opportunities. Tegan has begun to develop a fortnightly beauty salon session to compliment our weekly hairdressing appointments with Jayne and can also undertake these treatments in resident's rooms. We have employed a new regular chiropodist, a fun and fitness coach and look forward to hatching our own chicks at Easter. Please refer to the weekly timetable and quarterly calendar for details of all our planned activities and events. As always, do not hesitate to ask for any activity session we have not yet thought of and we will provide!

Upcoming Birthdays!

We look forward to celebrating the upcoming birthdays of; Kathleen, Ann C, Andrew, Sally, Beryl and Lottie.



Tom's Challenge - Quarterly Charity

As many of you will know, Tom will be running the Brighton Marathon on 6th April 2025 for Dementia UK. Dementia UK has been our chosen charity for our previous fund raising period where we have raised a fantastic £489.71.

Thank you to everyone who has helped to achieve this.

Tom has set up a Just Giving page (<https://www.justgiving.com/page/tom-gover-marathon>)

and if you can, please do donate to this fantastic cause!

www.alzheimers.org.uk/get-involved/make-a-donation

