

Over the last few months our teams have been working incredibly hard to reduce the impact of the coronavirus in our homes; we have seen many new measures implemented, all focused around keeping everyone as safe as possible whilst maintaining a quality of life.

In order to reduce the risk of infection, we saw restrictions to visiting implemented and digital technology stepped in, to keep everyone in touch through FaceTime calls.

Virtual live performances, Carers becoming Hairdressers and even our CEO delivered a digital chair exercise session – these being a few examples of how we have been ensuring the resident's wellbeing is maintained on a daily basis.

We also saw the creation of the Excelcare Rainbow of Hope; which has brought our residents, their families, staff and local communities closer together, whilst maintaining social-distancing.

Our Rainbow of Hope has brought heart-warming moments through songs, dancing, poems, letters and much more!

Our latest Rainbow of Hope challenge has seen homes within the group transform dull areas into Rainbow Corners, as a place for residents and staff to sit, talk, reflect or simply enjoy a cup of tea!

These areas have also brought happiness and smiles during recent window visits; some examples are detailed below.

Lime Court Care Home

Lime Court transformed a front facing section of the home into their Rainbow Corner, so residents can sit, relax and watch family members arrive. Although visitors cannot currently enter the home, chats through the window in the rainbow space are well enjoyed and many special memories have been made.

Peggy, who lives at Lime Court, said, "The corner is lovely. I love the crystals shining on the cloud decorations and all the rainbows. It's nice to sit here and see my Jill visit through the window."

Another resident of Lime Court, Sylvia, said "This space makes me smile".

The moments, memories and reunions have been heart-warming to witness. Home Manager, Suzanne Moore, has personally seen the positive impact and commented, "Residents have enjoyed using this bright colourful area to see their loved ones. They have commented on the different fabrics that have been used and especially love the fluffy lilac bean bags as they are soft to touch.



"Families that have come for arranged window visits have also expressed how lovely, bright and fun the area is, proving a success for all involved."

Primrose Croft Care Home

Primrose Croft Care Home took inspiration from the rainbow corner and decided to give their garden a colourful rainbow makeover, so visits can be conducted safely in a welcoming and bright environment. Over the course of activity sessions with the residents, the garden started to become a colourful haven. The tops



of the picket fence were given a multi-coloured renovation, including handrails, pots, plants and the summerhouse.

Pearl, the Lifestyle and Wellbeing Lead in Cambridge was part of the project from start to finish and observed how the transformation had positive effects on the residents.

"The project evolved as the weeks went by, said Pearl."

"Starting with the summer house and then

spreading the rainbow theme to the front of the garden as well. Many of the people living here said it draws your attention from the front of the garden, to the back where the summer house is. It makes you want to walk down to the end of the garden to see everything that has been painted with the rainbow colours."

This transformation has really helped to maintain wellbeing at Primrose Croft and as you can see, the residents are enjoying their new colourful space.

Much like the Rainbow corners, this area will be used to host safe, contact free visitation when possible, so others can look around the renovated space and enjoy the burst of colour!

To close, Derek, a resident at the home said, "it really looks fantastic, everyone has worked so hard."



Okeley Care Home



Okeley Care Home has also introduced a Rainbow Corner to the home which has been a huge hit with the residents.

Not only will the space be used to host visits with loved ones when possible, but everyone has enjoyed sitting in the colourful surroundings for some quiet time or to talk with friends.

This change of environment has attracted more resident to the space and it always brings a smile their faces seeing all the bright colours.

One of the residents living at Okeley said, "It's such a relaxing space where we can focus on our

achievements and how well we've done".

Another said, "Such a happy space. It's really bright, cheerful and makes me feel super positive "

Relatives who have stopped by to drop off goods have also been attracted to colourful display through the window as they arrive, with one saying, "I love that area. I heard Mum sat there with one of the team recently to chat about Dad. It's so lovely hear and see that she was really positive in her outlook, thanks"

Castlebar Care Home

At Castlebar Care Home, team members wanted to dedicate a space for the residents to use when they feel stressed, anxious or in need of some time out.

Using the rainbow theme, alongside the residents, they decorated a room with a range of sensory items including blankets, pillows and a TV that plays calming sounds from nature.

Mood lights adorn the walls and an aroma diffuser has recently been added so the sights and smells can transport people to a completely new environment, without leaving the comfort of their home.

These sensory items have a really positive effect on the residents and the combination of sight, smell and objects to touch help to ease feelings of anxiety and stress.



COVID-19 Case Study; 'The Rainbow Corner'

Team members have highlighted that it's okay to feel upset or overwhelmed in these uncertain times and how many others in society are feeling the effects of spending more time at home.

Since the introduction of the Rainbow Room, many residents have made use of it and enjoyed the calming benefits of sensory stimulation. The colourful rainbow theme is welcoming and sometimes the bright colours are enough to bring a smile.

As you can see, the Rainbow Corners have been used in a variety of ways to keep residents, team members and relatives alike in good spirits. We look forward to creating many more happy memories in these areas surrounded by bright colours.

