



SWEYNE COURT



It's been a very fun filled and busy last few months here at Sweyne Court with lots of entertainment, music, events and activities taking place throughout.

In October we had our regular vocalist Carly Callaghan who comes in to sing songs to make us smile. She has become a firm favourite of the residents who look forward to seeing her and sing along with the classics she performs. Carly also brings her son to visit everyone.

When Bridie comes in with Stitch, her Chihuahua, all of the residents make a big fuss of him stroking and cuddling him.

Every two weeks we have another friendly face come in to Sweyne Court. The residents look forward to and enjoy a pampering session from Susie who spends time talking to them while manicuring their nails and massaging their hands.

Nobody is ever reluctant to get stuck into games here at Sweyne Court! Regular physical activities are often played in the lounges.

In November we had Mushroom Theatre

come in to perform songs for everybody. They really do brighten up their day with the positivity they bring and the music they perform.

The 'Indoor Garden' sets have also been a massive hit with the residents – giving them the chance to assemble their own 3D garden and look forward to watching the flowers and herbs grow!

December was full of lots of fun and festive activities including paper chain and decoration making, Elf on a Shelf, Christmas card writing, exploring the Christmas Market and enjoying Christmas Carols and Christmas sing-a-longs around the piano. Father Christmas and his reindeers even paid a visit, handing out presents and cards to everybody.

A regular outing into town for a coffee never fails to brighten up peoples' day – with trips to local cafes and shops.

A real treat and something out of the ordinary were when we had a visit from some Owl handlers! This really did prick up ears and excite everybody (staff included!). ●

CAREHOMES IN YOUR REGION

Abbot Care Home
01279 452990

Okeley Care Home
01245 287500

Ashlyn Care Home
01279 868330

Lime Court Care Home
01255 506340

Sherrell House Care Home
0208 501 3389

St Filans Care Home
01206 855407

Stanley Wilson Care Home
01799 529189

Winifred Dell Care Home
01277 220897

Sweyne Court Care Home
01268 774530

Goldenley Care Home
01268 758487

Longfield Care Home
01621 857147

Excelcare
A premier care provider

Essex Regional Office
Longfield Regional Office
Fambridge Close, Maldon,
Essex CM9 6DJ
Tel: 01621 851010



NEWS

Essex

Keeping you informed on the latest news and upcoming events

Abbots Care Home opens a new unit

On the 20th January Abbots Care Home in Harlow opened a new 19 bedded Intermediate unit within the home, working closely with West Essex County Council.

The unit is specifically for those people who require a little more care when leaving hospital to help them achieve their optimum potential following a period of acute illness, with the aim of hopefully helping them to go back to their own homes where possible. It will

predominantly support adults aged 65 or over, however under 65's will be considered on a care by care basis.

As well as having a full team of nursing and care staff the unit also has a supernumerary unit lead and is supported by a 'wrap around' team of social workers, occupational therapists and physiotherapists plus the community nursing team and primary care team.

This is an exciting new project for the home. ●



ABBOT



The holiday period has been and (sadly) gone, leaving us with nothing but left-over sprinkles of glitter to remember it by. And what a holiday season it was! With Christmas performances, visits from our naughty elf, Christmas jumper day, and gifts to unwrap, a magical time was had by all.

So Far This Month...

We have had the pleasure of spending time with students from Longwood Primary School this month. They came to play games with the residents and read with them too. Both the residents and the students had a great time getting to know each other. The students will be visiting every Tuesday for the next 5 weeks.

We started a knitting club here at Abbot, which the residents seem to be enjoying, as you can see from this photo of the lovely Teresa. I joked that we should go for the world record for biggest hand-knitted blanket – what do you think?! At over 45,000 ft² it should be a doddle...!?

We have also started a choir this month, something which is proven to help those with dementia as well as those without – music is of course great for all of us. We have been practicing for Excelcare's Got Talent, and we think we may be in with a shot!

In fact, we may even have a few performances up our sleeves in months to come!



Also This Month...

Our manager, Donna, walked a whopping 21k to raise money for Shine, an incredible charity. You can still make a donation, so do check out her Just Giving page <https://www.justgiving.com/fundraising/donna-johnson26> ●





LIME COURT

The festive period has been a fun and busy time at Lime Court. We kicked off our celebrations with a 'Winter Spectacular' Show by James Cowdery. He performed a selection of festive favourites and hits from the musicals aimed to get everyone in a Christmassy mood. To add comedy to the performance, James would 'quick-change' into outfits to match each song, bringing many moments of laughter. Everyone who attended had a great time singing, dancing and engaging with James during the performance whilst immersing themselves in the Christmassy theme.

We had a visit from the 'Lighthouse Group' from Spring Meadow Primary School. Residents and pupils enjoyed a festive activity of making Christmas cards together. Our residents were so pleased to receive a handmade card from each of the group. Following crafting the pupils sang some lovely Christmas songs and carols. The school kindly delivered a sweet hamper for the residents.

Clare Leach from Harwich Sing Community Choir comes in weekly to Lime Court to do singalong sessions. We cannot recommend Clare highly enough, she brings such a great energy to the room and has such a kind and caring nature. There is always such a positive wellbeing impact on our residents and they are always uplifted after her sessions with so much singing, laughter and dancing.

Staff, residents and family got into the Christmas spirit wearing festive wear for Christmas Jumper Day to support 'Save the Children'. The day continued with a fun filled afternoon of festive themed music therapy. Activities during the session included gentle exercise to music, playing 'jingle' bells and a singalong and comical actions to the 'Twelve Days of Christmas'.

Each month we have gentle chair exercise which is run by Fran from G-Fitness. December's session was Christmas themed. With festive music playing the activities included inflatable baubles, 'snowball' throwing and hoopla with reindeer antlers.

We held our Christmas Party on 23rd December. Dennis Maisey entertained us with his singing, jokes and ukulele playing.

Fundraising and Donations

The Christmas Raffle was a great success and raised £184.63 for the

Residents Amenity Fund. Residents were delighted when they received a generous donation of knitted lap blankets and twiddle muffs items from 'Nationwide Knitters'. The group was set up by Laura from the local Nationwide branch. We were also delighted to receive a beautiful food hamper for our residents from Bright & Beautiful in Colchester.

Dorothy Armour Celebrates 108th Birthday

At Lime Court we have a very special lady who celebrated their 108th Birthday on 7th December. Dorothy is the oldest Excelcare resident and one of the oldest people in Essex. Dorothy is such a kind-hearted sweet lady and we feel very privileged. She is an absolute pleasure to care for. ●



UPCOMING EVENTS

Residents are also set to enjoy the following activities/entertainment over the next few months:

- Weekly Singalong Sessions with Claire from Harwich Sing Community Choir
- A Variety of Singing Entertainers
- Regular Hairdresser and Massage/ Aromatherapy sessions
- FaNs Wish List Washing Line granting of Wishes
- Arts and Craft Sessions with Creative Mojo
- Fruity Fridays
- Regular visits from petting dog 'Wanda' from charity Canine Concerns
- Gentle chair exercise sessions with GFitness
- Work Experience Students assisting with activities
- Imagination Gym Sensory Sessions
- Purple Angel Dementia's 'World Rocks Against Dementia' charity music event
- Petting zoo animal encounter visits
- Nutrition and Hydration Week
- Themed Food Days
- Family and Friends Evenings (including: Quiz Nights, Cheese and Wine Evenings, Pizza and Bingo)
- Local excursions in and around Harwich



LONGFIELD



The winter season and Christmas has been a very busy time at Longfield. We started the season with our Halloween Party, residents and staff dressed up. We made spooky cakes and played gruesome games.

Halloween was quickly followed with celebrating a certain big birthday for one of our long-standing staff members, Yvonne. Congratulations Yvonne!

Our next big event was the Essex County Council PROSPER awards. We knew we had been shortlisted in 2 categories. The Kitchen Team comprising of Anna, Nick, Nina and Peter had been shortlisted in the Diet, Nutrition and Hydration category and Carer Margaret Leach had been shortlisted for the outstanding carer award. We all got dressed up in our finest and headed off to a Gala Dinner at Chelmsford City Racecourse for this very special awards presentation.

When the awards were read out we were absolutely thrilled to hear that despite being up against some very tough competition we had won awards in both categories!

Margaret was awarded Highly Commended in the carer of the year award in which testimonials from relatives and visitors were read out citing her dedication, kindness and numerous examples of going over and above her job role to make the lives of our residents better.

The kitchen team were the overall winners in their category of Diet, Nutrition and Hydration. This was for their individualised menus, excellent knowledge of each resident's needs and innovations to boost hydration and weight gain. Plus there was a special mention for the innovative training delivered by Chef Anna regarding preparation of different textured diets.

Next it was full steam ahead for Christmas, there were so many activities and events it would take all day to list them here, there was a Pantomime, Christmas Cake Decorating, Singers, Church Services, Visiting Reindeer....the list goes on. However there were three very special highlights which stood out to us.

Firstly, our Santa's Grotto where the main lounge was set up as a magical Grotto. Every resident (plus the Mayor of Maldon and several children) had the opportunity to sit with Santa, tell him their wishes for Christmas and receive a gift.

Next, Chefs Anna and Nick and Kitchen



Assistant Ben wanted to support the local community, they did this by spending their Sunday off Catering for the Heybridge Senior Citizens Christmas Meal, held in the community centre for older people at risk of isolation over the Christmas period.

Finally our friends from all Saints Primary School performed a traditional nativity for us. It was wonderful and emotional and afterwards there was lots of excited chatter between the children and the people we care for.

We have had a wonderful end to 2019 and now we are very excited about what 2020 will bring, we have lots planned....Watch this space! ●





The Month of December was filled with 'Festive Cheer'. Residents enjoyed a whole range of activities and entertainment. St Fillans was filled with laughter and a HO HO HO!

St Fillans was the Winner of the 'Best Dressed Home at Christmas', winning £100 for our Residents fund. The St Fillan's Team and residents were very happy with this reward.

The residents attended "Tickle Pink Winter Wonderland Panto" held at St Fillans. Residents were still chuckling loudly till late in the evening.

The residents enjoyed helping with the Christmas baking, making cookies, and gingerbread men. They also made Christmas decorations for the Christmas Trees and handmade Christmas Cards to sell at our Christmas Bazaar, which was a great success raising £400 with all money going to the resident's fund.

One of our resident's relatives plays in a brass band and she kindly came along with her band volunteers and played Christmas Carols for the residents, which really made it "look a lot like Christmas"

Residents have started a Choir here at St Fillans called "forget me not", which takes place twice a month with our very own volunteer who is a trained musical teacher.

Residents at St Fillans have been writing down the 'wishes' they would like to be granted. The 'Wishing washing line' is a FaNs creation and is a simple, but very effective way of joining the community with local care homes, enabling them to become a FaNs (Friends and Neighbours). The 'Wishing washing line' is set up in Tesco's supermarket for staff and shoppers to read wishes and if they can grant the wish they then contact the care home, it is very simple.

St Fillans is now connected with the Colchester UP project. The Colchester UP Project consists of a weekly

visit from children aged 1-5yrs and their childminder. The Colchester UP Project is an inter-generational project that helps support those living in care homes to re-engage with our younger generations, we will still be continuing with our weekly visits from little beginnings. ●

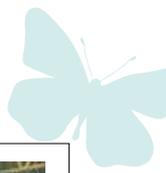


We have lots planned for 2020

Upcoming events include:

- Valentine's Day
- PAT dog Tilli
- Nurse children visit
- 75th Anniversary of VE Day – Street party
- Summer Fete
- Market Field School children visits
- Pygmy Goats
- New Adventures/Magic me
- Music & Movement

SHERRELL HOUSE



We would like to say a huge welcome to all of our new starters who have joined our service. We hope you will love being part of our Sherrell House and ultimately our Excel Care family.

We would also like to say a fond farewell to those who have decided to move on to pastures new. Many of these staff have chosen to progress in the Health & Social Care field and to know that we have played a small part in their decision to progress makes us feel very proud. Good luck to one and all.

Sadly this season has seen a few losses in the home of those residents who have been very dear to us. It has been a real privilege to care for them and their loved ones and our thoughts remain with their families.

Christmas Preparation

Our residents and staff had lots of fun with the naughty Christmas Elf this year; And the tree decorations were superb...

Christmas Parties

We were invited to have Christmas Lunch with our friends at Forest Academy which was a lovely day out for residents, relatives & staff; And had our own party in the home...

With all these festivities there was just room for one more very special lady; our very own Ivy who celebrated her 100th Birthday in January 2020. ●



Happy New Year to all our readers, I hope everyone had a lovely Christmas and everyone has a brilliant start to the new year welcoming 2020 with open arms, here's to the roaring 20's.

Christmas at Winifred Dell again was so much fun we really enjoy celebrating together as a family; we had loads of activities throughout the Christmas build up. On each unit the residents helped our lifestyle coordinator Clare Cripps decorating the home in Christmas decorations and even decorated their own tree. This brought back fond memories of them decorating their own home getting ready for the festive season to begin. Within the Excelcare family each home was entered into the best dressed Christmas tree and I'm proud to announce we came second. So thank you to all of our residents for their help with the trees and the decorations in the home.

Every year we have Christmas parties for the whole home were all the residents come together to wish everyone a very merry Christmas and to exchange cards to each other. To make these celebrations extra special we organised entertainment for the day to sing Christmas songs and to have a little dance.

This year we arranged a pantomime as the residents requested at our previous resident and relative meeting. The pantomime we had was Jack and the Beanstalk; the residents loved seeing this show and couldn't stop laughing. This was something they remembered doing when they were children with their own family this was the highlight of their Christmas and as promised we'll hold one every Christmas, we've even suggested maybe we make our own one for next year.

The events we held in the home were endless we have the local school kids come to the home to sing Christmas choir songs and play instruments. We also had the gospel choir, bell ringers and visit from our local nursery nappy and paddies.

The home even arranged a day trip out to the rotary club to join other care homes in the area to celebrate Christmas; all the homes in the area sat down and enjoyed a 3 course meal and danced the night away.

In November 2019 we arranged a Christmas Bazaar, we had a number of stalls on that day ranging from homemade mulled wine and mince pies to Christmas decorations and gifts. A big thank you to all the relatives and residents for their support. I can confirm we raised £350; the funds will go towards

the resident's amenity funds. We also held a raffle which raised further £300, again thank you to everyone who donated and took part in all events.

Winifred Dell loves a celebration so for New Year's Eve we held a big party for the whole home. Where family, friends and residents came together and raised a glass of bucks fizz and welcome 2020 with open arms as we sang and danced with our loved ones. So now we are in 2020 we have some exciting events coming up for the next couple of months. We have a weekly planner located in reception and round the home so if anyone would like to join in or help please speak to Clare Cripps our lifestyle coordinator who would be more than happy to have volunteers.

We also have our yearly planner on display in reception letting family and residents know where our next resident and relative meetings will be.

Winifred Dell would like to thank everyone for their support throughout 2019. ●

UPCOMING EVENTS

February:-

- Tea Dance- 4th February at 13:30PM
- One man band- 12th February at 14:30PM
- Keep fit- 19th February at 11am



STANLEY WILSON



SAFFRON CLUB

The winter months at the Saffron Club has seen Stanley the squirrel and his family come in to the garden most days to collect the peanuts and seeds for the winter. But he has been a bit naughty digging up the winter flowers to hide his nuts, we are sure that when he does it, he can see us looking at him !

We have even had a Woodpecker at the bird feeder, which we were all very surprised about.

This year's Christmas Party went with a swing, when Elvis from Chadwell Heath (not Las Vegas) came to sing and entertain us, but we think the highlight of the party was when Debby the Manager and Sue H.C.A did some Karaoke. Everyone enjoyed a fish and chip supper with a glass of wine.

STANLEY WILSON LODGE

December was a very busy month for us as the festivities started early with our Christmas Party which was on Sunday 1st December. Our entertainment was a real favourite of the residents his name was Beany, he sang and played the organ to well-

known Christmas tunes and sing a longs. The buffet provided by our kitchen delivered a multitude of tasty delights. Everyone had a great time

Some of our visitors that come every year and are requested by the residents, were the U3A Stansted choir 28 ladies sang well known songs and carols. The residents love to chat to the ladies after the concert finished.

The Carol Service by the Salvation Army was a special evening that was enjoyed so much, especially the mince pies and mulled wine after the service.

Lizzie the saxophonist entertained us with a varied session of different types of melodies. The residents sang and clapped along to all the tunes.

The Woodwind of Stortford gave us a great afternoon providing us with words and musical instruments to sing along to.

The Christmas raffle raised just over £250, our supporters, who provided us with the gifts, did us proud on the raffle afternoon with over a 100 prizes to win. There were cash prizes, vouchers for hairdressing, fish and chips and Reiki, along with so many other variety gifts, chocolates, sweets, toiletries, perfume, jewellery, alcohol etc..

Our volunteer Reading group gave us a memorable morning one Saturday and came into sing us some carols; Word sheets were given out for the Carols and Christmas songs. The Saffron Walden U3A drama group entertained us with some amusing poetry, stories of the past and songs to sing along too. The residents loved the interaction after the little renditions.

On Christmas day our Mayor Arthur Coote, visited all the residents in the home. He is a big favourite with everyone and has known a few of the residents for a long time whilst living in the community. He is also the owner of Bell Day Nursery. The children from this nursery come and visit the residents every week.

A great show was provided with a ventriloquist, magician. There was magic which included audience participation and puppets that sang songs and made us laugh, one was a large rat and the other was Elvis Presley.

A New Year's party went down a treat with Marilyn our Music Lady providing the music and equipment. We made up two pass the parcel games and a quiz where prizes were won. Nearing the end a couple of rock and roll songs were danced to, a small glass was raised to bring in the New Year, then everyone held hands singing to auld lang syne. ●



The fun didn't stop at Okeley over the winter months

We began Christmas with a very special visit from the much loved Salvation Army who entertained us with our Christmas favourites and had us all singing along. This event was joined by the Mayor and Deputy Mayor of Chelmsford who launched Christmas at Okeley by cutting the ribbon. It was such a wonderful day!

To celebrate the festive period we had a party on each floor with live entertainment, enjoyed two performances by children from the local Kings Road School, went down memory lane with Air Raid Jive and were wowed by Elvis in his Christmas suit!!

During December we did a reverse advent to collect useful goods for Chelmsford's rough sleepers through the organisation Cool To Be Kind. Our gift box was gratefully received by the staff at Sanctus and we hope to provide further donations for them and their excellent cause in the future.

To round the year off we celebrated New Year's Eve with our very own Okeley Oscar Awards Ceremony. Staff and residents alike were awarded for categories such as Best Newbie, Best Old Timer, Funniest 2019 Moment and Best Smile! We had a red carpet, a little tippie and rang in the New Year (a little early) with Auld Lang Syne and party poppers!! Happy New Year everyone! ●



The Mayor and Deputy Mayor launching Christmas for Okeley.



The Salvation Army in full swing.



Our resident Jean accepting her award for Best Smile at the Okeley Oscars.

GOLDENLEY



Goldenley had a treat this Christmas by Mrs Nicholas Faith lifestyle Coordinator, enjoying giving the residents a surprise on Christmas morning, Faith took her helpful Elves with her. The residents were thrilled with their presents and enjoyed the rest of the day having their Christmas dinner.

The reindeers came to visit Goldenley for another Christmas a chilly morning but residents were thrilled to see them. J&C pets have been coming to Goldenley for many years now and it has become a tradition for the residents of Goldenley to see them

Lifestyle Coordinator Faith organised a Christmas bazaar and included elf day. The staff really enjoyed dressing up and the residents enjoyed being able to look at all the bargains, with a mince pie and some mulled wine.

Paul Davidson Performed as Elvis for the residents Christmas party, Residents staff and relatives danced the afternoon away, with him swooning the ladies.

Well what a great time the residents from Goldenley had when I organised a trip to the pantomime for Dick Whittington. The residents sang on the way their and all the way home. They said it was amazing, one of our ladies said it was better than some of the West End shows she had seen.

Well we hope each and every one of you enjoyed Christmas and the New Year as much as we did at Goldenley... ●



In October, we brought in our new relaxation therapy called "Imagination Gym" that is based on the sense of smell, hearing and sight and touch. It is primarily aimed at residents living with dementia, with one relative telling us 'when she visits she can tell if mum has been as she has a much more relaxed and positive visit'.

On the 31st October, Halloween was celebrated with a big party, this was followed by 'Dare to Bare', a fundraising project for sensory equipment. This involved Home Manager, Matt having his legs waxed and Deputy Manager, Sheila having her head shaved. The event was a huge success and raised close to £2,500.

November saw more fund raising with the residents making a Guy Fawkes, for 'a penny for the Guy'. Ashlyn's residents & team members then supported Children in Need by hosting a 'Pyjama Day', enjoying tea and cakes to raise money.

Remembrance Sunday was remembered with Arts & Craft and war time stories, The residents made poppies and wrote their stories and memories on them making a poppy tree tribute to their loved ones.

On the 30th of November we held our annual Christmas Bazaar and we are absolutely thrilled to raise close to £500 towards our sensory equipment. The bazaar was a great success and we all are very proud that the hard work of the residents, their families and staff - team members of Ashlyn's paid off. Our residents had the opportunity to start their Christmas celebration in a warm and full of happiness atmosphere and the sense of the community was brought once again, here at Ashlyn family.

December as you can imagine was a very busy month with choir singing with the local church, visit from the local primary school, fundraising for Mind Charity and plenty of singers! But the highlight for the residents was a trip to Akhter Children's Nursery to watch their Christmas nativity play. The residents that were lucky enough to attend had a brilliant time and all came back saying how cute the children were.

Our fundraising finally came to fruition and we had a lovely early Christmas present with the Delivery of our sensory interactive table. This has been an instant success with residents enjoying sensory games, board games, word searches and looking at their old homes on google maps. ●

