

NEWS

Milton Keynes

Keeping you informed on the latest news and upcoming events

Excelcare - 30 Year Celebration

Thursday 31st January 2019 was the official celebration of 30-years of Excelcare homes providing care. Head Office identified who had been the longest serving member in all the different roles that we have across the services; and we are proud to say we have Nina Martin the longest serving Laundry Assistant of 14 years, Teodor Sintejudan the longest serving Care Manager of 12 years and Jean Tyler as the longest serving Receptionist of 9 years. They all received a beautiful gift and an invite to Afternoon Tea alongside the other worthy long serving colleagues.

Sunday 14th April our Dovecote Manager Alan Haywood will be running the Brighton Marathon raising funds for Dementia UK/ Admiral Nurse Service.

What is an Admiral Nurse... they provide the specialist dementia support that families need when things get challenging or difficult; the nurses work alongside the entire family, giving them one to one support, expert guidance and practical solutions. If you can please donate to https://uk.virginmoneygiving.com/alan_haywood_dovecote_manor ●



Brighton Marathon[®]
SUNDAY 14 APRIL 2019

I will be raising funds for Dementia UK, a fabulous charity providing valuable specialist dementia support for families through the Admiral Nurse Service.

Dementia UK aims to improve the quality of life for all people affected by dementia. With the number of people diagnosed growing to 163,000 each year (one person every 3 minutes), fundraising to support this charity is more important than ever.

Please donate whatever you can to enable Dementia UK to continue to provide help and support. Every £50 raised could pay for an Admiral Nurse to spend quality time with a carer who may be feeling desperately alone and unsupported.

Thank you.

Dovecote Manor Care Home

Alan Haywood's fundraising page
https://uk.virginmoneygiving.com/alan_haywood_dovecote_manor



WATER HALL

OCTOBER The Pink Big Party

Staff & Residents joined together to raise money for Breast Cancer Day by wearing pink; John the Chef kindly baked pink cupcakes for our cake sale which was very successful. Staff donated £1.00 each to wear pink for the day and we all had a fun day.

Macmillan Coffee Morning

Staff & Residents helped out with their baking skills and baked cakes for the Macmillan Coffee Morning which help raise money for this worthy cause.

Halloween

Residents had been very busy with making and decorating Ghosts for Halloween to help decorate our home; putting their Ghosts on their bedroom doors and enjoying a spooky Halloween Party joined by their favourite entertainers Kazzie Lizzie.

NOVEMBER Ernie the Elf

We kicked off November with a competition from Head Office to design a Christmas card with an Excelcare Elf on it. All Staff, Residents and Management at Water Hall got involved in helping to come up with ideas and making the card... we would like to congratulate Glenfield Home for winning.



Remembrance Sunday

We also remembered all those who fought and were lost in both world wars for our country on Remembrance Sunday with entertainers singing all the old war songs and Residents waving their Union Jack flags.

Getting Creative

Residents had been very busy getting creative making Christmas decorations and painting pictures to decorate the home and make it bright & festive.

Young children from Palace Day Nursery came in to see the residents and to play their musical instruments and sing their new songs they have learnt for them. Staff & Management enjoyed an eagerly anticipated wait for Ozzie's Oompa



Loompa to arrive with bars of chocolate, badges and balloons for Staff Appreciation Day, one lucky staff member had a Golden Ticket in her bar of chocolate. Well done Tena, she won a gift voucher.

DECEMBER Christmas is coming

December had been a busy month with lots of the community coming in to sing and perform for the residents; we had visits from local schools and nurseries singing Christmas Carols. Palace Day Nursery children came in again with chocolates, biscuits and carol singing which the residents really enjoyed. We have also had the granddaughter of a resident put on a Musical with her Performing Art School & Sir Herbert Leon Academy invited 5 residents to their Christmas Music Concert which brought back memories for 2 residents one used to play in a band and the other has sons which had played in bands at school.

Panto Time

Jack and the Beanstalk came to Water Hall with a local performing arts group who really involved the residents in the show and a great time was had by all.

A big Thank you to The International Church Choir who presented Water Hall with two beautiful food hampers for our Christmas raffle and sang carols for the residents. The lucky winners were one of our resident's daughter and Jayne our HCA!

Party Time

Time for Residents & Staff to let their hair down for the Christmas Party with entertainment and a buffet laid on by John the Chef.

Naughty Ernie the Elf

Water Hall had a lot of naughtiness going on with a little Elf called Ernie who had been getting up to all sorts around the home from messing around in the kitchen, swinging on the Christmas decorations and even pinching cookies and eating the cream from resident's birthday cakes. 2018 has been a very busy year with lots to do in and out of the home and we are looking forward to another great year in 2019.●

**HAPPY NEW YEAR
EVERYONE**



DOVECOTE MANOR

Happy New Year from all at Dovecote Manor.

As we start 2019 we look back at some of our exciting events that we have enjoyed over the last year.

In readiness for Halloween we attempted some Pumpkin Carving. There were some brilliant designs and we had a great time. Obviously our good work paid off as we were delighted to win Excelcare's Pumpkin Carving Contest.

Our Halloween Party was a great success, with music provided by Graham's Musical Memories. Bluebird's lounge was decorated and looked spooktacular! There were some fabulous costumes and everyone had a lovely time singing and dancing.

We enjoyed our Creative Mojo session making a wonderful piece of artwork to commemorate the 100th Anniversary of the Armistice and the end of World War I. We painted poppies and aeroplanes and formed them into a wreath. It looked fabulous when it was finished.

Everyone deserves a little pampering, so we held our Ladies Night for all the lovely ladies of Dovecote. Staff, residents and family members were able to enjoy Indian head massage, make-up and manicures, tarot card reading and drinks and nibbles. It was a very relaxing evening and we also managed to raise £52 for our Residents Comfort Fund.

As the ladies had enjoyed a treat we thought it only fair that the gentlemen should have a treat as well. A trip to MK Stadium to watch a football match was arranged. MK Dons v Carlisle It was an excellent game with a 2-0 win for MK Dons. Well worth watching on such a cold day.

Congratulations to Bridget Cousins who won the Golden Ticket in the Excelcare Staff Appreciation Day. Hope you enjoyed your special prize Bridget.

Before we knew it Christmas was upon us. We welcomed a new addition to the Dovecote family, our naughty Elf "Ernie". He certainly kept us on our toes with his naughty antics. Let's hope this year he is better behaved.

It is always a busy time of year and we started with our Christmas Bazaar. We

had some lovely stalls selling sweets, bath bombs, wooden craft, face painting, tombola and raffle plus some gorgeous cupcakes supplied by PG Cupcakes. In total we raised £219 for our Residents Comfort Fund.

We welcomed back Sam from Creative Mojo who worked with us to make a lovely fireplace picture with hanging Christmas stockings. This was hung pride of place in Kingfisher's dining room and formed part of our Christmas decorations.

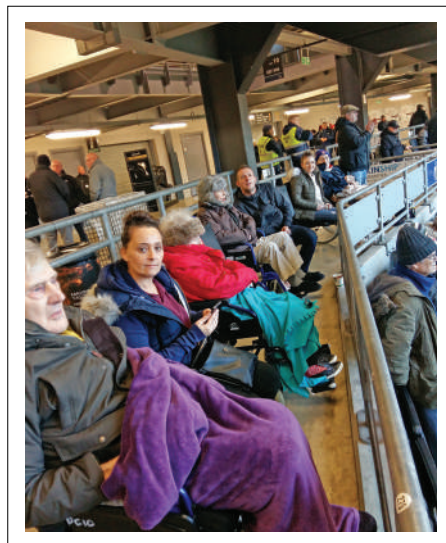
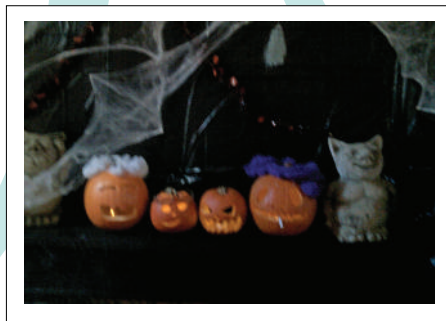
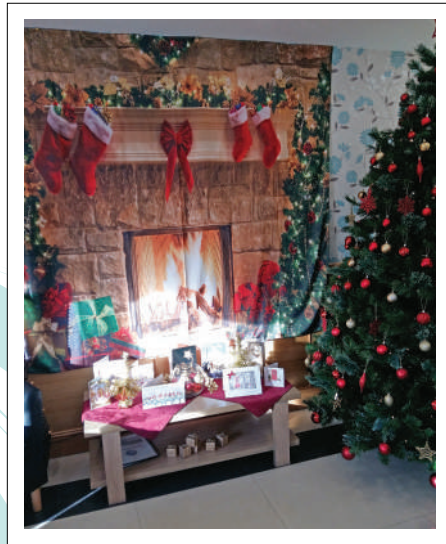
Every year we are invited to our local church, St Mary's, to take part in their carol service which is always enjoyed. This year we were also entertained by a Ladies choir. We are always made to feel very welcome and treated to a very tasty afternoon tea. All those who attended were also presented with a Christmas mug to take home with them.

We visited Milton Keynes Shopping Centre to see the Christmas display and also do a little Christmas shopping. Followed by a lunch stop at McDonalds which everyone enjoyed.

We certainly know how to enjoy a party here at Dovecote and our Christmas and New Years Eve "Eve" Parties were no exception. Musical entertainment was provided by Graham's Musical Memories at our Christmas party and we welcomed back Amanda Seal to sing for us at our New Years Eve "Eve" Party. A great time was had by all, singing and dancing until our feet hurt. Many thanks to the girls in the kitchen for providing lovely buffets for our parties.

Our proudest moment of 2018 was taking joint first place in the Regional Christmas decorations competition to find the Regions Best Dressed Home. Many thanks to Nicola Jackson for all her hard work in creating some amazing displays around the home with the help of other staff members. Well done also to Castlemead who also took first place.

As we start 2019 we are busy planning events and activities for our home. Everyone is welcome to join in and we always appreciate any help that can be offered. If you have any ideas please speak to our Manager, Alan Haywood, or join us at one of our residents or relatives meetings. Details of which are displayed around the Home. ●



We'll begin by wishing everyone a happy and healthy new year for 2019!

Let's have a quick catch up on the antics the residents and staff enjoyed during the last few months of 2018. Halloween provided a good excuse for residents to get creative, constructing lanterns and ghoulish pictures to be adorned around the units and reception area.

December was a busy month at The Willows. December 1st saw our Christmas fete with a display of the Home Manager Dionne's hair accessories, Tombola, Trash or Treasure and various other stalls for everyone who attended to enjoy. Delicious soup and sausage rolls were provided by our talented kitchen staff. Also our local business owners donated some wonderful raffle prizes.

The children from Broughton Manor Prep School arrived on December 6th who endeared residents with their rendition of Christmas Carols.

On December 7th, The Willows was declared 'Elf Day' where staff dressed up as elves and administrator Bonnie, provided all members of staff with personalised elf badges to be worn for the fun day. This was also the Willows Annual Pantomime day which this year was 'Puss in Boots.'

On December 13th The Willows got into the spirit of Christmas Jumper day, where staff wore their snazzy Christmas jumpers.

Two Mile Ash Church choir assembled in the conservatory on the 15th where many residents gathered to enjoy.



December 19th began the individual unit Christmas parties beginning on the residential unit, Dementia Unit on the 20th

Woodend School children also arrived on the 20th to entertain residents with a performance of songs and dance from their school nativity play

On the 21st, the nursing units enjoyed their party, followed by Lavender Lodge on the 22nd. Samuel's gospel choir attended also on the 22nd filling residents with cheer and joy with their singing and prayer.

The big day arrived with Santa who spread Christmas Spirit and visited every resident providing a Christmas gift.

Christmas lunch was served with a selection of buffet food enjoyed for tea, big shout to the kitchen team for their wonderful catering.

We at The Willows are very excited by our plans for the coming year. Activity staff would like to welcome a new member to the team, Amy Powell. Ella also joined the team for three months as part of her Prince Of Wales Award.



THE WILLOWS



We started the year with our informative Sarah from Reminiscence Therapy who delighted the residents with her talks and objects from the past. Loretta and Alison Carter will also be entertaining the residents throughout the year with Georgie Barnett. Samuel and his Gospel Choir will be returning singing their original music for residents to enjoy.

Activity staff will be liaising with the local Woodend Primary School to arrange dates for the children to join with the residents in a selection of activities. The Willows Easter Fete will be held on March 30th where we are expecting a good turnout by locals, staff and residents families. A big thankyou to local



businesses who donated to our previous fete raffles and who hopefully will donate to future raffles....The Co-Op, Costa's, Changes, Enrich Bleak Hall Autos and Snap Gymnasium to name a few!

This year The Willows will be holding their National Care Home Day on June 28th with the theme being 'Arts in Care'. Residents and staff will be exercising their artistic flair all around the home. Our Summer and Christmas Fete's will be held on July 13th and December 7th retrospectively.



We would like to welcome the newcomers George, Gemma, Aurelia, Esha, Casey, Anne, Fiona, Debbie, Thelma, Maame who have come to join our family at The Willows.

Finally, a big thanks to Management, Admin, Reception, Kitchen, Domestic, Maintenance and all the staff at The Willows who helped to make Christmas festivities fun and fantastic.

Anyone looking to join our team please contact Home Manager Dionne or our administration team. ●

CASTLEMEAD



ITS CHRISTMAS!!!!

As usual we're mad for it. Competitions, dressing up, larking about, decorations it's all go go go... Castlemead love to decorate the home, whatever the occasion, but we go especially crazy for Christmas. For the whole month of December we have things going on every day, including some evenings. This year Excelcare wanted us to do elf on a shelf, obviously we went one step further and had two live elves running around Milton Keynes looking for the naughtiest photo opportunities.

Staff appreciation day was well received at Castlemead with everyone invited to write down why they appreciate each team member. We had a lot of visitors and kindness shown to our residents this year. Schools and even Elvis have been to sing to us.

We celebrated Excelcare turning 30 with a party. We made lots of decorations in the run up to the party. Pac man, Rubiks cubes and cassette tapes amongst other things. ●



Margaret, Joan and Alwyn helping make the Christmas decorations.



Anne and Arthur out to see the lights being turned on in Newport Pagnell Christmas day lunch on daisy unit.



Amanda, our Christmas party entertainment.



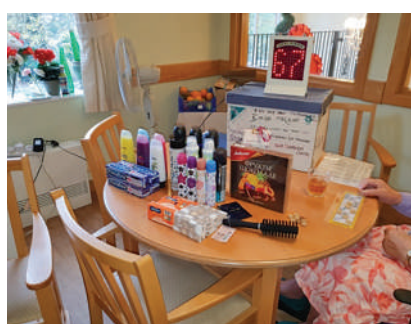
Diane, one of our regular visitors is part of a local singing group and kindly arranged for them to come and sing to us over Christmas. It was a lovely gesture and we look forward to hearing them all sing again soon.



We had a snow day; just a day... nothing like the rest of the country, but couldn't miss out on a photo opportunity with our hand-made sock snowmen, which the residents have been making since the New Year. They are so simple but effective, very tactile and a great group or one to one activity. All you need is socks, rice and bobbles.



Our long serving chef 'Tilley' left us for new adventures. We're sad that he's left us, but delighted that his career is taking off.



Full house! Our bingo each Friday is full of silly songs, sweets and nice smells.



Santa delivering pressies on Christmas day Diamond School of Performing Arts Christmas!



CAREHOMES IN YOUR REGION

**Castlemead Court
Care Home**
01908 519187

**Dovecote Manor
Care Home**
01908 270126

**Neath House
Care Home**
01908 607248

**Water Hall
Care Home**
01908 640570

**The Willows
Care Home**
01908 679505

Excelcare
A premier care provider

**Milton Keynes
Regional Office**
Excelcare
7 Heathercroft
Great Linford
Milton Keynes
MK14 5EG
Tel: 01908 393703

NEATH



Neath House got off to a thrilling start in October; staff and residents enjoyed taking part in Halloween shenanigans; here we had fun decorating our home with spooky displays, some of which were hand crafted by staff and residents. We joined in with arts and craft sessions, making scary hats, masks and other decorative items and celebrated with a haunting party! Thank you to staff members who took the time to carve pumpkins to display in our home.

In November, Castlemead Care Home, hosted a quiz and kindly invited us to partake, we formed a team of 6 residents and 2 activity staff members. Everybody was in good spirits and joined in with the quiz. We enjoyed tea and cake and were chuffed to have won 1st place.

Neath House were happy to have supported BBC Children in need again this year, staff and residents dressed up in pyjamas, took part in the National Duck Race and were pleased to have raised £57.00

Baby its cold outside! But it was lovely and warm inside Neath House over the Christmas period. Staff and Residents were busy decorating the home with Christmas bunting, paperchains, tinsel, colourful fairy lights and lots more. We decorated more than 8 Christmas trees and joined

in with lots of Christmas activities.

Our theme for the Christmas display was Narnia Winterland which looked fantastic. Thank you to staff who took the time to bring Narnia to Neath House and a special thank you to Morgan and Chelsea for their artistic contribution. Thank you to Deepu's daughter Dhruva for lending us her giant lion teddy for the display.

We travelled back to the 1800's with a Victorian Christmas at Milton Keynes Museum. We were graced with carol singers and mulled wine upon arrival and were interested to look around at the old fashioned shops, railway memorabilia, social items such as washing, ironing materials, the historic telephones and switchboards; a few of which were still working. It was lovely to see some of the residents demonstrating how to use the switchboard and other items. Everyone enjoyed going out and we stopped for something to eat and drink before heading home again.

St Monica's Choir came to Neath House to sing Christmas carols. The residents loved seeing the children sing and enjoyed singing along too, at the end we gave out some sweets as a thank you for coming.

On Christmas Eve, residents and activity staff wrapped up warm for an outing to Central Milton Keynes to see the wonderful Christmas display in Middleton Hall. We stopped off for a warm drink at Starbucks before walking to the Cornerstone Christ church for the crib service which told us the story of the birth of Jesus Christ.

The North Pole had sent us a little elf help this year and



residents enjoyed watching him get into lots of mischief, playing lots of naughty tricks, wrapping the Home manager's desk, computer and chair in wrapping paper, and lots more! The Christmas festivities wouldn't be complete without fancy dress and staff looked great in their elf costumes. Staff and residents enjoyed a Christmas party and entertainment from Michelle. The Christmas raffle raised £89 for the Residents comfort fund which is fantastic. Thank you to everyone who donated prizes.

We started off the New Year with a trip to the Milton Keynes theatre to see Robin Hood. Staff and residents couldn't help but sing and dance along; we laughed along to the humour and especially enjoyed taking part in singing and dancing to YMCA. We all had a good time and were excited to get a shout out for Neath House from Shane Ritchie.●



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