

society news

autumn

08

“822 pensioners become poverty stricken every day.”

Together we can make a difference

“There are over 10.8 million people aged 65 and over in the UK, 3.5 million of them live alone. A quarter of older people say that they have no best friend.”

“Older people in Britain are at greater risk of cold related illnesses than those in colder countries such as Finland or Austria.”

Some disturbing facts indeed and all taken from accredited organisations who know what they are talking about. So, as you can see, the future may not be a good one for the older people living around us.

Not everybody can afford care, not everybody knows who to contact or where to go for care and not everybody knows about us!

2009 will see the biggest fundraising and awareness campaign ever attempted by The Abbeyfield Kent Society, it will be an initiative running for 12 months, January right through to December and we need everyone to get involved! As a Society we already provide care and services for the older people of Kent, but we want, and need to do more.

Our 2009 campaign has two objectives:

Fundraising

The Society plans to set up a Bursary Fund which may be used to top-up care costs for those who, for whatever reason, cannot afford them. The fund will also help older people who cannot afford the full cost of care.

depressed

“For each Alzheimer’s patient, only £11 is spent on UK research compared to £289 for cancer patients.”

hungry

Awareness

The plight of the older person is not one that is going to go away and with people living longer it isn’t going to get any better. We all age and we are all at risk of becoming one of the statistics mentioned above unless we act now.

Let’s make The Abbeyfield Kent Society the place to go for older people, whether it be for care or just a place to find a friend; we can help make a difference.

lonely

cold

There is one small thing that we are missing, a name for our campaign! Enter our competition overleaf for your chance to win **£50** vouchers.

Name our campaign!

All of us, in the homes, sheltered houses and head office are going to be doing some sort of fundraising activity during 2009. However, there isn't a name for our year long campaign. There is Red Nose Day, Children in Need, Sports Relief – what will our slogan be? It's up to you!!

The caption needs to be something that people will remember, that will be attention grabbing but most importantly gets across our message using just a couple of memorable words. The winning entry will receive £50 of vouchers from their chosen retail outlet but also have their winning slogan heading up the campaign throughout 2009. The slogan will be on billboards, local TV, in the papers, on the back of buses...where there is a spare space for advertising that is where we want to be! So, get your thinking caps on... Send your entry to Michelle Wooster either by:

Fax 01634 724269

Post The Abbeyfield Kent Society, The Old Wharf, Station Road, Cuxton, ME2 1AB

Email michelle.wooster@abbeyfieldkent.org

All entries must be received by **Friday 14th Nov**. The winner will be contacted by telephone.

Good luck everyone, together we can make a difference.

Memories

As we pass through life we encounter experiences that can leave a lasting memory, some of them delightful, others we wish we could forget because they are upsetting.

As a result of the longevity of our residents' lives they understandably have considerable memories. The bad ones we should support them to manage and the good ones we should help them to remember as they often can fill the person with happiness. In addition to this, we should be adding to them by creating situations in our homes that create happy experiences which they and their families can remember.

I have had the privilege of enjoying some very special memories in our homes. Here are three experiences from the last six months:-

- 1 In March I attended an event where some of the pupils from a local primary school joined the residents to learn about sustainable food. The children and residents had an enormous amount of enjoyment together; I lost count of the number of smiles I could see on the residents and children's faces and on some occasions the teachers' faces. They were clearly having an extremely enjoyable time.
- 2 In June I was a guest at a garden party at one of our residential homes and whilst there I took the opportunity to ask some of the families of the residents whether they felt the home was providing appropriate care. After asking this question to the daughter of a resident she asked her mother and the resident repeatedly replied, 'The staff are angels'. This was an extremely rewarding moment knowing that the staff had made this resident feel this special.
- 3 During April and August I attended a restaurant evening where the staff had prepared a superb three course meal for the residents and their families. Both of these evenings were very successful and created a huge amount of pleasure for the residents.



Creating happy memories for our residents is absolutely essential because it not only creates an enormous amount of comfort during the closing chapters of their life, but for their families it could be the last which they can cherish.

I once heard it said that, 'Memories are better than dreams', so let's create as many enjoyable experiences for our residents today.

Leon Steer

Leon Steer
Chief Executive

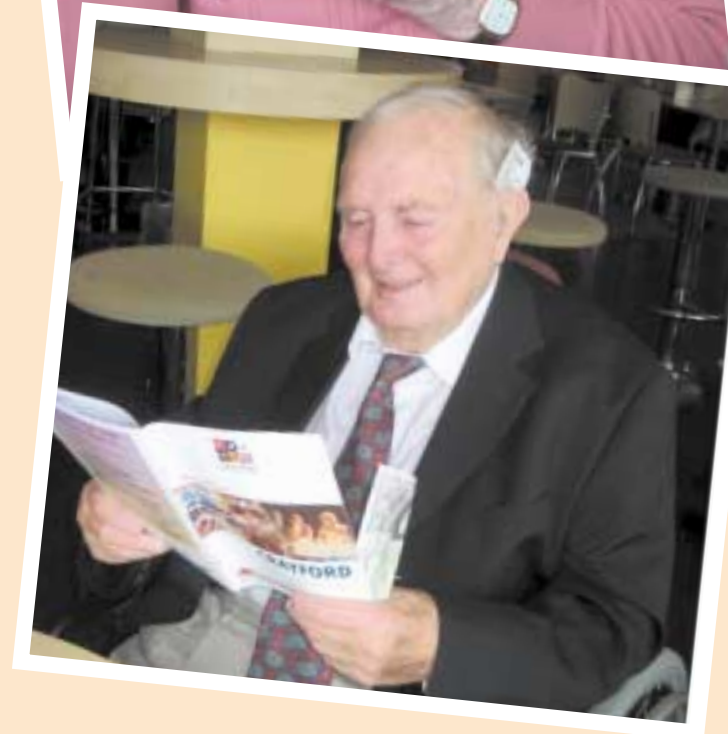
Competition Winner

Entries for the word search competition flooded in and it took some time to go through checking that everyone had found the correct answers. Our competition winner is **Ivy White** from Old Tovil Road, **well done Ivy, £25 vouchers** are on their way to you. I must also take this opportunity to thank **Bea Foreman** from Greensted who pointed out that there wasn't any space on the competition for you to put your names or where you live - a point well made and one that will be rectified for future competitions!

Margaret Fisher House

So much has been happening at Margaret Fisher it was hard to find where to start first. Here is a round-up of the best bits!

The home certainly went to the dogs when 5 of the residents went for a day out at Crayford Dog Track. Everyone had a fabulous time and we even had some winners!



Jo Passmore, former Chairperson of Margaret Fisher House invited the residents for afternoon tea; a great time was had by all.



The highlight of the summer was the Restaurant Evening where the residents had the opportunity to invite their families into the home and experience a delicious meal cooked and served by staff and volunteers.

Woodgate

It has been a busy time at Woodgate over the summer months. It started in the spring with several trips to Garden Centres where the residents enjoyed looking at all the plants, the colours of the flowers and also the baby chicks and ducks.

In July and again in September, several residents enjoyed a trip on the river with a cup of tea and cake, watching the passing countryside and the wild life. This was enjoyed by all and on the last trip the residents had a chance to steer the boat.



In June we had our annual Garden Party and again we were blessed with the weather! The rain held off so we were able to hold it outside, although it was a little chilly towards the end of the evening. Many friends and relatives joined us including Leon Steer, the Chief Executive.

The cooks laid on a magnificent spread of sandwiches and 6 varieties of cake; it was so hard to choose which one to have. The entertainment was supplied by Doug Wake who provided background music and a 'sing-a-long' as well.

The cooks provided a barbeque in July, and again in this summer of so much rain, the sun shone and we were able to hold the event outside.

Thank you to everyone who attended and made the evening such a success and to all the staff who worked hard both during the day and in the evening.



Woodgate



The Catering team have worked hard over the last year to raise standards in the kitchen and as a result of this they have been rewarded by gaining **5 GOLD STARS** from the environment agency in their Score on the Doors Awards Scheme. Well done everyone.

There has unfortunately only been one picnic at Dunorlan Park as the weather has beaten us, but the outing was a great success and the highlight was the puppy who stole Rose's sandwich before she could eat it!!

Thursday sees a lot of activity when we receive flowers from Sainsbury's for the residents and day centre clients to show their skills in flower arranging. The arrangements are judged by all the residents and the best is put in the entrance hall; the other arrangements are put around the home for everyone to enjoy.

We would like to say a **big thank you to Sainsburys** for the pleasure that are residents get from the flowers both arranging them and brightening up the home.

Two residents attended the service at Rochester Cathedral and thoroughly enjoyed both the service and going to the Cathedral, which neither had been to before.



Greensted

We would like to welcome our new residents, Percy Cloke and Edith Wickham and also to our new care staff member Tina Brooker.

We would like to congratulate Hayley Caple, Andrea Ragsdell and Danielle Martin for completing there NVQ 2 in Care - *well done ladies.*

With the money raised from our summer fete, we purchased some lovely garden furniture. Our residents can now sit comfortably in our gardens and enjoy the beautiful rural views here in Wateringbury. We were also able to fund refreshments during a Mystery Tour on 19.08.08 with the remaining money raised. Our thanks go to Sears for the use of their Mini Bus and driver. The residents thoroughly enjoyed the trip.

We organised a garden party on **17th July** complete with strawberry cream teas, but due to our British summer time, we had to hold it indoors. However, the day was saved by a fantastic performance by our entertainer Julia Burnett who had the residents laughing, singing and dancing. During the afternoon we presented Valerie with a bouquet of flowers as a thank you for all her hard work in our gardens.

Our thanks go to Sister Julia for taking our Thanksgiving Service on 23.07.08, Sue McAuley for taking a reading and resident Arnold Bailey for his part in the Service.

Congratulations go to resident **Blanche Lumley** who reached the grand age of 102 on the 08.08.08. Mary Seager one of our Kitchen Domestic's made Blanche a beautiful cake to celebrate the occasion.

Jackie Reeves (Senior Carer) and **Mary Seager** (Kitchen Assistant) have recently started a Parkinson's Support Group for the residents here at Greensted and are doing this in their own time. Residents found the experience very positive, sharing in each others problems.

Blanche Lumley 102 Birthday Celebration



*Julia Burnett 17.07.08
Garden Party*



Stangrove Lodge



Some of the residents from Stangrove have recently been out for a trip to Chiddingstone Castle. Relatives were also invited along. This was yet another successful day enjoyed by everyone.

The residents stopped off at a nearby pub/tea shop and enjoyed cream teas all round. Fortunately the weather was fine and it was a great day. The residents also went on another trip to Tillgate Park, Crawley this was their first time there. The park was of special interest to our residents as there are farm animals there including pigs, chickens, horses and ducks. Everyone also enjoyed another picnic at the boating lake at Dunloran Park. We liaise with the Sevenoaks Voluntary Service who supply the minibus to the home. Donations help with the cost of the hire. We have several requests from residents and relatives for our next trip out, which will be arranged shortly.



Congratulations

One of our residents on the Tudor Unit, Ivy Warren has recently been presented with a medal and letter from the Queen in appreciation of her loyal and devoted service as a member of the Womens Land Army from 24th May 1943 - 22 January 1946. Ivy and her family are delighted with the news. Ivy (Nee Perrins) was born in Hadlow, Kent in 1923 and joined the Land Army in 1943.

Ivy was billeted in Penshurst and worked on Goodwin's and Elliot's Farm, carrying out various farm duties such as milking, driving caterpillar tractors out in the Hopfield's etc. After the war Ivy went to London for a few short years to continue her job as a seamstress/dressmaker. Ivy married in the mid forties and returned with her family to Penshurst Place itself. Ivy is a happy cheerful popular resident on the Tudor Unit.

We welcome all our new staff to Stangrove, especially the two carers who have recently returned; Rachel Weaver and Keighly Johnson. Stangrove units, Windsor and Stuart are being refitted with new kitchen units and being refurbished totally.

Stuart Unit is nearly completed now and the residents have expressed how delighted they are with the improvements.

As the Autumn weather hits us we have planted some Spring bulbs, so look forward around the grounds, the garden is now being prepared for the winter ahead of us.

A big thank you to all the staff who care for all the residents at Stangrove and to all who help to make this home a happy place to be in.

St Martins



A warm St Martins welcome to our new starters -

Nicola Bruce
Teresa Russell
Kerry Greeves
Kate Jefferys
Val Ellis

They have recently joined our team, we hope you will be happy in your new roles.

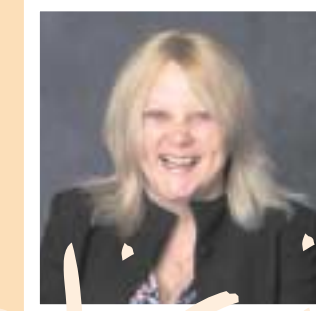
A lot has been happening over the past couple of months. Here is a snippet of what we have been up to. The residents and their relatives enjoyed a strawberry tea, even the weather held out for us!

The summer raffle raised **£136** allowing our residents to enjoy their favourite movies on their new 42" TV screen as modelled by Annie Coupe.

As reported in the last issue of Society News, St Martins had been awarded the Healthy Eating Award by Tonbridge & Malling Borough Council. The Mayor is visiting us in October to present us with the award, which we are all looking forward to.

Finally, our new dining room furniture has arrived which is such an improvement for us and has received the seal of approval from our residents. Sylvia Willard (pictured) is modelling the furniture extremely well.

A **big thank you** to Annie and Sylvia for posing for us! (congratulations to Jan and Nicky for successfully emailing the photos!)



Felicity Anne Somerville

To achieve an Honours Degree in Dementia Studies, BSc (Hons) is not easy but to do so whilst holding the position of Director of Care is something else; an outstanding achievement indeed.

Felicity has been with Abbeyfield since 2003 where she joined Edward Moore as Home Manager. Since then, Felicity never looked back and through determination, hard work and foresight today holds the position of Director of Care.

But, like all of us, Felicity did have a 'life before Abbeyfield!' Here is a snapshot of how we got to have the Felicity that we know and love today.

- Trained as a general and orthopedic nurse.
- Specialised in oncology nursing for several years.
- Was one of the youngest ever home managers to be appointed by Manchester City Council at the age of 29.
- Completed RMA and NVQ Level 4 in Care in 2003.
- Joined the Society in 2003 as Home Manager for Edward Moore.
- Promoted to Head of Dementia Care at the end of 2005.
- Became Head of Care in March 2006.
- Promoted to Director of Care in 2007.
- Achieved Honours Degree in Dementia Studies, BSc (Hons), 2008.

We all congratulate Felicity on her achievement!

Drewery Drive



Residents at Drewery Drive enjoyed a fish and chip lunch at Herne Bay. It was probably one of the only rainless days we had this summer!

Thanks to an invitation from Northwood Road at Whitstable, we joined them for tea. We are planning to host a tea for Northwood residents later this year.

Lorna x

Connors House

What with new windows going in, flooring coming up, wiring being looked at, gardens being dug and a new conservatory being built the last thing Connors House needed was for Head Office to book in a grand opening party!

Tina is not one to turn away from such a challenge and neither are her staff so the date was set; **Thursday 11th September 2008.**

It was literally all hands to the pump as thanks to the Dignity in Care Grant and funds from the Whitstable Society some major reworks happened in Canterbury:



With the workmen finally packed up and gone, all that was left to do was get the furniture out of the conservatory (where it had been stored whilst flooring was being laid) and back into the relevant lounges, hang the new nets and curtains, put up the pictures, tidy up the garden...

...all arrived bright and fresh on party day to continue with the tasks ahead. Everyone mucked in to make sure things were finished and looking perfect for the big party.



The day before...



Grand opening party



Just as the last of the final touches were being made the guests started to arrive!

Clive Emson, of Clive Emson Auctioneers, kindly agreed to officially open the conservatory. The Lord Mayor of Canterbury and her husband enjoyed talking to the other guests and even the press turned up!

The compliments received were marvellous; the Lord Mayor asked Tina which caterers she used as the food was so good. The kitchen staff did a marvellous job.



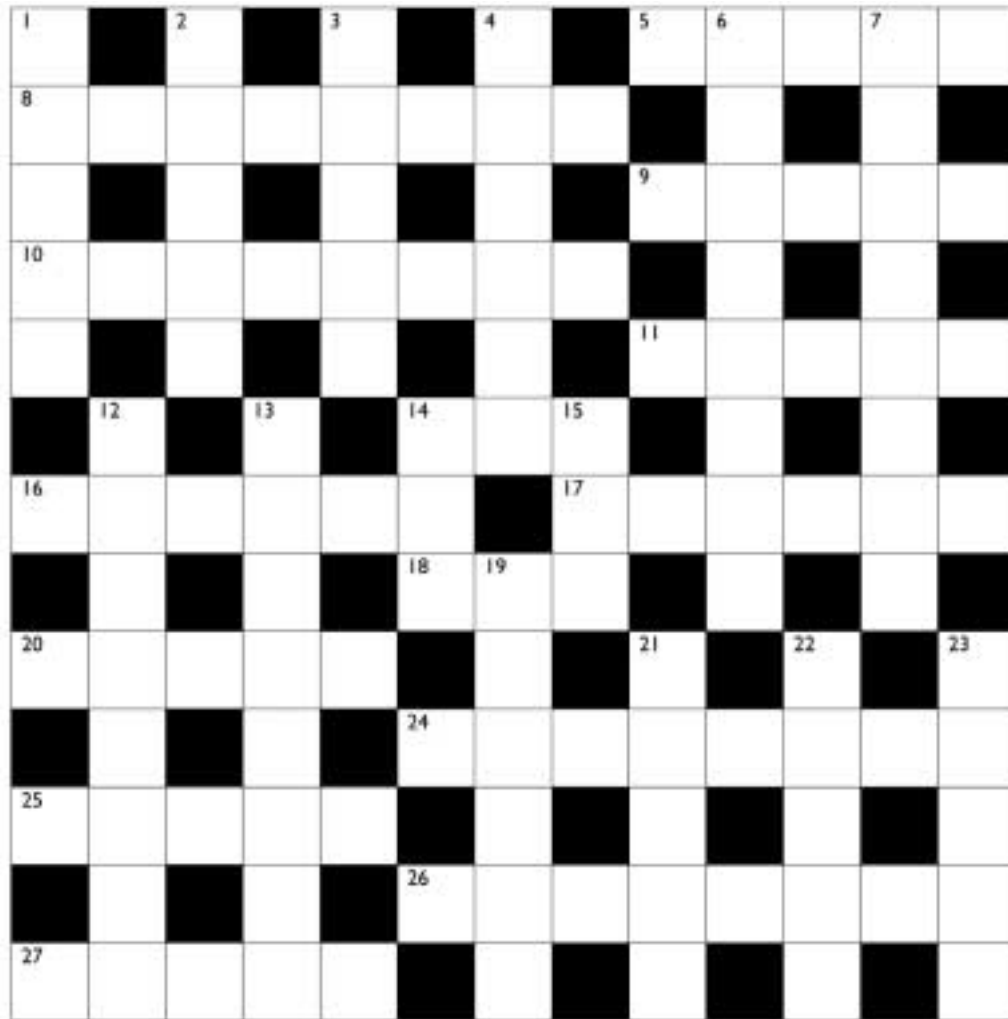
But the best bit of all was that the residents joined in and mingled with the guests.

The afternoon was a huge success and re-launched Connors House to the local community...well done Tina and the team!

Coffee corner

Crossword

Thank you to Judith Bishop, Housekeeper at Old Tovil Road, for sending in the crossword; a challenge for you all whilst having your morning coffee. Answers in the next issue!



- Across**
- 5 As the song goes this 'gets in your eyes' (5)
 - 8 Adds some seasoning (8)
 - 9 Comes before a fall (5)
 - 10 Green, pear shaped fruit with a large stone (8)
 - 11 Below (5)
 - 14 Type of whisky (3)
 - 16 A rich and creamy cake (6)
 - 17 Small ingenious device (6)
 - 18 see 15 down
 - 20 Take a swim (5)
 - 25 Pet name for several young sheep (8)
 - 25 1st world war battle (5)
 - 26 Concurring with (8)
 - 27 see 21 down

- Down**
- 1 Liver, heart and kidneys etc (5)
 - 2 May well go with eggs! (5)
 - 3 Type of icing used by Her Majesty? (5)
 - 4 This hen will sit for hours (6)
 - 6 Ride a man! (8 anagram)
 - 7 Dish of rice, haddock and hard-boiled eggs (8)
 - 12 Variety of pasta (8)
 - 13 Basic white sauce flavoured with onions and cream (8)
 - 14 Go swiftly (3)
 - 15 down/18 across: Rich yellow drink (3,3)
 - 19 A fruit (6)
 - 21 down/27 across: Residents cannot pick buttercups here! (5,5)
 - 22 Call on (5)
 - 23 Cups get plenty of daily this! (5)

A day in the life of...

Ian Thomas - Cluttons LLP



Some of you will have seen me walking around various Abbeyfield properties. I have been appointed by Abbeyfield Kent to advise on building design development and property matters. At Cluttons LLP I am the lead Consultant for Architecture and Design.

I will be helping with the design of new buildings, remodelling, extending and adapting existing properties, providing advice on building condition and also generally assisting Brian Marshall to enhance the Abbeyfield property stock.

That's the boring professional part. What do I do when I am not doing construction things? I am very lucky to live in an exciting place called Brighton and Hove which I suspect everyone knows and has probably visited at some time. I am particularly lucky to live very near Hove Beach. My family consists of Louise my wife, Eve my 16 year old daughter and Will my 12 year old son. You will notice that I have observed correct etiquette and not given my wife's age mainly because she may read the article and tell me off if I did!

Every morning I walk along the beach, but I am not accompanied by any of the above family members but by Gunner (yes he is named after my favourite football team), my 2 year old English Setter. He kindly exercises me at 6am every morning! We are a pet orientated family and also have two cats, Monty and Clemmie, as well as various fish in tanks and a small pond. Oh yes, I nearly forgot we also have Rolo our donkey.

Rolo does not live in Hove but resides in Bolleville, Normandie, France. We visit a farm in Normandie each year and have done so since the children were babies. My son discovered Rolo three years ago when he was a few hours old. The farmer and his wife were rather surprised as they had decided not to breed any more donkeys. We were subjected to a few Gallic shrugs and one comment that Will must be mistaken and the animal in question must be a goat which had escaped. However after a formal close inspection it was agreed the said animal was in deed a newborn donkey. The mystery of how the resident male, Pato, had unlocked two gates, crossed the road to the females field and returned without detection remains unsolved to this day. On discovering that new male donkeys were not kept on the farm but were sold at auction probably to end up on a food chain somewhere, we did the proper British thing and rescued Rolo (named because you never give your last Rolo away!). After negotiations over a few glasses of Cider (and the odd Calvados) a price was agreed and we now pay his board and lodging plus the odd vet's bill. You can see him in the photograph and he is the good looking one.

I am really enjoying the work for Abbeyfield Kent and think you have some exciting plans for the future. I believe we are going to do great things together.

Although I live in Sussex I am a Kentish Man by birth and was born in Tunbridge Wells, raised in Edenbridge and went to The Judd School, Tonbridge. Working on so many exciting projects in my county of birth is particularly rewarding as some of the properties are in towns I knew well in my younger years.

I look forward to seeing you whenever I am visiting the homes and please ask me any questions. I will try and give a good answer.

Hope to see you soon.



And finally...

Reflecting on Summer and looking towards Autumn

I am writing this at the end of August and the weather is cloudy but the weather forecasters are hopeful that we are in for an Indian summer.

Sunshine does make such a difference to the way we feel and having not seen much sun during the summer months we hope that the autumn days will bring some. For those of you who are residents and others who have not been able to go away I hope you will have enjoyed something of the summer where you are. Summer flowers and fruits that grow in this beautiful county of Kent are a real delight to see and those who work in the gardens of our homes have created some wonderful delights: thank you to you all.

I was able to see some other beautiful parts of our country during this year's holiday in the Peak District and in West Dorset. It was a time to take life at a much slower pace, giving time to take in the things that were around; to talk and relax with friends. Readers who are residents in our homes have said to me that it is not always necessary to be doing things, it is good to just sit and reflect.

The autumn time brings Harvest Thanksgiving Services when we think about the fruits of our labours. For those who believe God is the ultimate provider our thanks are addressed to our heavenly father who loves us and longs to give us good gifts. God wants us to enjoy a rich and fulfilling life but we need to come to him and ask. Autumn brings changes shown spectacularly in the deciduous trees with leaves changing colour and falling to allow the tree to begin another cycle. For children and young people it is a time of new schools or classes and for older people there may not be big changes but as one season leads to another adaptations need to be made. Whatever is going on for us God loves us and longs for us to call on him so we can know him as a constant companion in the good times and the bad.

The Icing on the Cake

Meeting with staff, residents, families and friends to say thank you for the life of each of the homes is something I had imagined doing over a couple of months say in the spring time but it has been good to have one or two to look forward to each month. If you missed the Thanksgiving Service in a Home this year do try and come along next year; you will be very welcome and it is always good to share happy times with others. The other reason for spreading these services out was that the cakes provided afterwards are very hard to resist and having one or two each month means I don't run the risk of having to let out my skirts/trousers. **Thank you to all who provided the cakes and other very welcome refreshments.**

Christmas is coming but what are we preparing for?

Almost before we get back from our holidays these days we find ourselves being confronted by Christmas:

articles appearing in the shops and people bringing it into conversations. Today it is very easy to forget what Christmas is all about and I want to invite you to ask yourselves what is it that you are going to be celebrating and how do you want to do that?

The Christian Church will be celebrating the incarnation: God coming into the world in the person of Jesus Christ. God loves us and wants us to know this love in our lives.

Christmas is an opportunity to show that love by giving to and receiving from one another: it is a season of peace and goodwill. Wouldn't it be wonderful if our preparations can reflect that peace and joy as well?

*Love
Sister Julia*

All the Homes

Residential Homes

Connors House

Craddock Road
Canterbury, Kent CT1 1YP
Tel: 01227 769774

St Martins

Martin Square, Larkfield
Aylesford, Kent ME20 6QJ
Tel: 01732 842628

Dene Holm

Deneholm Road
Northfleet, Gravesend
Kent DA11 8JZ
Tel: 01474 567532

Stangrove Lodge

Manor House Gardens
Edenbridge
Kent TN8 5EG
Tel: 01732 864975

Edward Moore House

Trinity Road
Gravesend, Kent DA12 1LX
Tel: 01474 321360

The Dynes

Nightingale Road, Kemsing,
Sevenoaks, Kent TN15 6RU
Tel: 01959 523834

Greensted

16 The Orpines
Wateringbury, Maidstone
Kent ME18 5BP
Tel: 01622 813106

Woodgate

Tudeley Lane
Tonbridge
Kent TN11 0QJ
Tel: 01732 350952

Rogers House

Drewery Drive
Wigmore, Gillingham
Kent ME8 0NX
Tel: 01634 262266

Sheltered Housing

159 Barnsole Road

Gillingham, Kent ME7 4JH
Tel: 01634 852298

Drewery Drive

Wigmore, Gillingham
Kent ME8 0NX
Tel: 01634 364375

105 Old Tovil Road

Maidstone, Kent ME15 6QE
Tel: 01622 677793

Margaret Fisher House

30 Old Kent Road
Paddock Wood, Tonbridge
Kent TN12 6JD
Tel: 01892 834550

Northwood Road

59 Northwood Road
Tankerton, Whitstable
Kent CT5 2HA
Tel: 01227 771310

Tankerton Road

204 Tankerton Road
Whitstable
Kent CT5 2AS
Tel: 01227 266109

St Marys

15 The Glebefield
Riverhead
TN13 3DR
Tel: 01732 460545

A prayer for Autumn

Heavenly Father thank you for the happy times we have enjoyed and the memories we have to treasure. Thank you for your presence with us in all we do and if in our business we forget you, may we know that you will never forget us.

Amen.

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Station Road, Cuxton
Rochester, Kent ME2 1AB

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