

SOCIETY NEWS

winter

08

Abbeyfield Kent Host Volunteers' Lunch

This month saw The Abbeyfield Kent Society host their first ever Volunteers' Lunch. The aim was to show their appreciation for all the hard work and commitment that volunteers put in across all the residential homes, sheltered housing and HQ. Volunteers were welcomed with a drinks reception and were then treated to a splendid buffet lunch, with sumptuous desserts such as profiteroles and strawberry meringue pudding. Mary Morley's harp playing added to the ambience.



After tea and coffee were served, Chairman Bobby Barnes gave an inspiring speech, thanking and congratulating all the volunteers for their loyalty and support for all the residents in the homes and sheltered houses. He emphasised what a valued part of the Society they were, and that it would be impossible for the Society to continue without them.

Next, Chief Executive Leon Steer took to the stage. He commented, "I have dealt with employment issues for over 20 years, and some of the most committed people in terms of effort and tenacity have been volunteers. It is their passion and motivation that spurs them on."



CONTINUED...

PLANNING PERMISSION GRANTED!

See pages 8 to 9 for more information on the Extra Care Scheme planned by The Abbeyfield Kent Society for Gravesend.

Abbeyfield Kent Host Volunteers' Lunch Continued...

Leon moved on to highlight the troubles older people across Kent face, and pointed to a recent government report which admitted that 822 older people fall below the poverty line every single day, with no obvious way of improving their circumstances.

He also emphasised that many older people become socially excluded, often through no fault of their own, but rather because of immobility and living alone. He claimed that this often causes loneliness and depression among older people and revealed the shocking fact that the over 75s have a higher level of suicide than any other age group.

However, there is hope, as Leon went on to speak of the campaign The Abbeyfield Kent Society will be spearheading next year. This campaign aims to raise awareness of the plight of the older person in Kent, as well as raising funds for those who cannot afford their care in an Abbeyfield Kent Society care home. His inspiring speech caused many volunteers to start plotting, with talks of coffee mornings and sponsored walks already underway!

And so, our lunch came to an end. All were enthusing, and there were big smiles, as well as many commenting, "I never knew it was so bad for so many older people, we must do something!" Long may this desire for change last!

Happy Christmas!



Welcome to the Christmas edition of the Society Newsletter!

I am new to doing this, but hopefully you'll enjoy what you read.

There have been some really exciting developments since our last Newsletter with the Volunteers' Lunch in mid-November, the Long Service Award presentations, and the recent news that we have been granted planning permission for our Extra Care Scheme at Gravesend. And so much has been going on within the homes as well, it's been hard to fit everything in.

Let's hope next year is just as busy and productive as the last!

So, have a very merry Christmas and a Happy New Year!

Love Rachel

Father Christmas' elves have lost their hats!

How many can you find in this issue?

(The answer will be in the next Newsletter...)



News from Conners House!

The last few weeks have been busy as usual!

We had our Thanksgiving service on the 30th September which was enjoyed by a lot of our Residents and a number of our staff. Local children from St Thomas' School helped make the service extra special. Felicity, Rachel and Linda also joined us for the occasion.



Halloween came and went with a special Halloween tea, and some “little witches” trick or treating!

Also, for the last few weeks we have had the pleasure of having some drama students joining us every Monday, Tuesday and Wednesday. Their “workshops” which are held on those days are a huge success with our Residents!



We are now trying to get ready for Christmas amongst all the busyness, and hope we can make it yet another special time for all!



Still young at 90!



Anne born in 1918

Celebrations continue at Edward Moore with the 90th birthday of Mrs Anne Wilks.

HOW DOES IT FEEL TO BE 90?

LOVELY! I FEEL MUCH YOUNGER TODAY, BECAUSE IT IS SO EXCITING. 89 WAS SO BORING BUT TODAY IS NEW AND GREAT FUN.

I FEEL VERY GROWN-UP TOO. I KNOW SO MANY PEOPLE IN THEIR NINETIES THAT I USED TO FEEL I WAS THE BABY OF THE CLUB; BUT NO LONGER. I HAVE ARRIVED AND AM IN WITH THE BIG ONES

IT MUST BE AMAZING TO BE 100. BUT I AM NOT HINGING THERE - 90 IS THE VERY BEST OF ALL, AND I SHALL MAKE THE MOST OF THIS YEAR. WHO KNOWS WHAT I SHALL MANAGE TO DO?

NOVEMBER 2008 ANNE WILKS



Anne at 90 years

congratulations



Mrs Anne Wilks

Mrs Wilks was born on 10 November 1918, amazingly the day before the end of the First World War! Anne's 90th birthday was celebrated at Edward Moore with a tea party attended by her relatives, residents and staff.

This is what Anne has to say about what it is like to be 90

2
I LOVE MEETING ALL THE DIFFERENT
PEOPLES THE VARIETY OF LIFE IS
WONDERFUL.

I REVEL IN THE CARE AND
SUPPORT I GET HERE, AND AM
FULL OF ADMIRATION FOR THOSE
WHO GIVE IT TO ME,

I HAVE NO AMBITION TO MAKE
100p BUT I ENJOY EVERY DAY
NOW.



WHAT IS IT LIKE TO BE 90?
IT IS A LOVELY FEELING, I'VE
MADE IT!

EIGHTY SEEMS A LONG TIME AGO
AND I HAVE DONE SO MUCH IN
THOSE TEN YEARS THAT I TRY TO
REMEMBER ALL THE GOOD THINGS
FROM THAT TIME.

I FEEL HEALTHIER THAN EVER
AND AM GLAD THE BAD HEALTH
PROBLEMS HAVE NOT HIT ME. I CAN
SEE WELL, CAN EAT WITH MY OWN
TEETH AND CAN WALK WITH MY
TRUSTY TINK.

I NEARLY DIED OF PNEUMONIA
HALF WAY THROUGH BUT THAT JUST
MADE APPRECIATE THE GOOD CARE
I HAD.



OBITUARY FOR KAREN WILLIAMS

This month The Abbeyfield Kent Society learned the sad news that Karen Williams, a night carer at Edward Moore had died. Karen joined the Society in April 2008, and was a much loved and well respected carer. She died unexpectedly on 14 November 2008, and her death has been a great loss. She will be sadly missed.

News from the Dynes

A warm welcome to our new manager – Nicky Pett who joined us in October.



CONGRATULATIONS TO NICKY!

Congratulations Nicky Pett on your promotion to Home Manager at the Dynes. We will all miss you very much at St Martin's, but we know you will be fine where you are...Love from all at St Martins.

A lot has been happening at The Dynes over the year.

In April the residents enjoyed a Restaurant Evening which was well attended by most of the residents, their relatives & friends and some of the HQ Team.

In June residents and staff visited the Rochester Cathedral.



The Dynes



And in July the residents travelled on the Medway River Boat Trip. This was so popular with the residents that we had to book it for two days to accommodate everyone!

Some of the residents went to watch a musical show at Dartford Theatre. The Halloween & Fireworks night was very much enjoyed by residents, relatives and staff.



Congratulations to Christine Shaw & Rebecca Smith for achieving - NVQ 3 and to Jackie Miles - NVQ Level 4.

Residents and staff enjoyed the Thanksgiving Service held by Sister Julia and the local Church. Residents are enjoying regular exercise classes provided by Lucy who specializes in fitness classes for the elderly. Staff and residents enjoyed a fish & chips lunch which was kindly donated from money raised by Bernard King.



We recently said goodbye to Rosemary Collins after her long service of 25 years.



Valley Drive

PLANNING PERMISSION GRANTED FOR VALLEY DRIVE SITE!
Extra Care Scheme planned by The Abbeyfield Kent Society for Gravesend now granted.

There were joyous celebrations at the end of last month, as The Abbeyfield Kent Society were granted planning permission for their Extra Care Scheme at Valley Drive! The excitement at HQ was uncontrollable, something that had been hoped for for so long was finally granted.

before...



Valley Drive

after...



The flagship scheme in Gravesend is important because it means that residents have their own flats, and are able to maintain their independence, while also being able to buy tailored care packages – without spending huge sums if they need very little care, but also being able to buy more care as they need it. In other words, it makes care affordable, as people are not spending more than they need to!

The Valley Drive complex means that older people are able to be part of a community, and to socialise as much or as little as they wish. They are also able to eat in a restaurant onsite if they do not wish to cook.

An Extra Care Scheme, like the one at Valley Drive Gravesend, provides housing with care that offers the security of a manager and care team on site 24 hours a day, as well as a warm home, and a community spirit.

Long Service Awards an

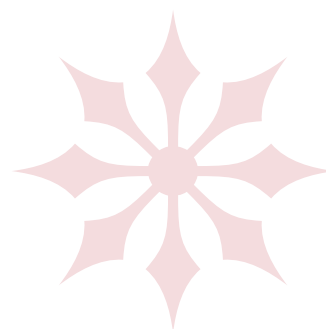
This month The Abbeyfield Kent Society showed their appreciation for those who have reached 'land mark' years of service for the Society, from five years to thirty!
A tremendous achievement! Here are their names, and photos of some of them receiving their awards.



| Long Service Awards Staff 08 | Years Service |
|------------------------------|---------------|
| Nikki Uden | 5 |
| Martina Murphy | 5 |
| Theresa Raven | 5 |
| Sue Sullivan | 5 |
| Laura Clements | 5 |
| Adrian Gray | 5 |
| Felicity Somerville | 5 |
| Trevor Lowdell | 5 |
| Sue Gray | 5 |
| Sue Chilcott | 5 |
| Sue Butler | 5 |
| Sandy Clarke | 5 |
| Pauline Maynard | 5 |
| Ollie Common | 5 |
| Prair Garwood | 5 |
| Tina Beal | 5 |
| Jemma Stapley | 5 |

| Long Service Awards Staff 08 | Years Service |
|------------------------------|---------------|
| Claire Hines | 5 |
| Sharon Mercer | 5 |
| Sam Rowlands | 5 |
| Nina Morris | 5 |
| Kate Taylor | 5 |
| Jackie Joyce | 5 |
| Maggie Horner | 5 |
| Pauline Fisher | 5 |
| Lynne Forster | 5 |
| Ruth Marchese | 5 |
| Jan Moulton | 5 |
| Pat Bates | 5 |
| Tracey Murray | 5 |
| Cyndy Brawn | 5 |
| Julie Bennett | 5 |

| Long Service Awards Staff 08 | Years Service |
|------------------------------|---------------|
| Sue Farivarnia | 10 Years |
| Kay D'Eath | 10 Years |
| Lindsay Southgate | 10 Years |
| Linda Negus | 10 Years |
| Lynne Harrison | 10 Years |
| Linda Prett | 10 Years |
| Tina Pryor | 10 Years |



and Other Achievements

Thank you all for your dedication and commitment! We also would like to congratulate all those who have achieved other awards this year, from degrees, NVQs, Diplomas etc. You have all worked really hard. **Well done!**



Long Service Awards Staff 08

Years Service

| | |
|-----------------|----|
| Diane Currid | 15 |
| Diana Rourke | 15 |
| Jenny Parsons | 15 |
| Jane Beeching | 20 |
| Carol Imms | 20 |
| Maureen Green | 20 |
| Sue Creasy | 20 |
| Jenni Hickmott | 20 |
| Veronica Watson | 20 |
| Rose Collins | 25 |
| Karen Bracey | 25 |
| Judy Nichols | 25 |
| Doris Baker | 30 |

Other Achievements

| | |
|----------------------|-------------------------------------|
| Debbie Watson | NVQ 3 Moving & Handling Trainers |
| Maria Clarke | CIEH Level 3 Award Food Safety |
| Gloria Rackham | CIEH Level 3 Award Food Safety |
| Barbara Capon | Manual Capacity Health Act trainers |
| Andrew Scott | CIEH Level 2 Food Safety |
| Nicki Pett | NVQ Level 3 Management |
| Tabitha Edwards | NVQ 3 Health & Social Care |
| Chris Hutchinson | NVQ 3 Health & Social Care |
| Perminder Kaur | NVQ 2 Health & Social Care |
| Jacqueline Galbraith | NVQ 2 Health & Social Care |
| Felicity Somerville | BSC in Dementia Studies |
| Debbie Best | CIPD Diploma |



Congratulations Rogers' House

Congratulations also go to Rogers' House for their CSCI Inspection at which they gained a 3* rating. **So well done to all at Rogers' House!**

News from Stangrove Lodge...

The Residents at Stangrove are really enjoying the wide variety of activities offered on a regular basis by the home. Carers are learning a lot more about Person Centred Care and the importance of understanding that each resident is an individual who has their own interests and needs. Carers ensure that social interaction is an important part of each resident's daily life.



New and interesting activities have been booked for the residents. For example, **Music for Health workshop sessions** are underway to help aid a person's health and well being. This is because research has

shown that music has a powerful and positive effect on well being. Various activities help to synchronise the hemispheres of the brain and lift the mood. Beautiful pieces of music are selected at a higher frequency to aid concentration and wellbeing. Residents are encouraged to participate and join in the workshop along with their carers to enjoy the session and have fun.

Stangrove has also booked an activity session with Sharna, a physical trainer who has experience of working with clients with various ailments including arthritis, osteoporosis and heart complaints. Sharna also works with Physiotherapists. Sharna's therapy sessions help less mobile people become more agile, having less stiffness and a feeling that they can help themselves without always having to depend on drugs. Equipment is used to help strengthen flexibility and just for fun. Sharna has experience with E.M.I. residents and finds that residents start to interact with each other better and morale is lifted. The equipment in the Sensory Room will aid the therapy session.

There was another trip out for the residents this month to **Polegate Garden Centre**, to have tea and cake and look around at the plants and flowers on display. All enjoyed this trip as the Christmas gifts and scenery were on show. Some residents had brought some lovely plants back. These have been planted out on their own units.

The mini bus nearly didn't make it home as it broke down on the way. Luckily the problem was resolved very quickly and all returned safely!

Barbara Burgess and Tracey Rainbow, the admin staff have completed their N.V.Q.2 in Business and Administration and Sue Butler, Hayley Church, Tina Read and Lisa Walter have all completed N.V.Q.3. **Congratulations from all the team. Well done all!** Several new carers have started their N.V.Q. 2. We hope they do well!

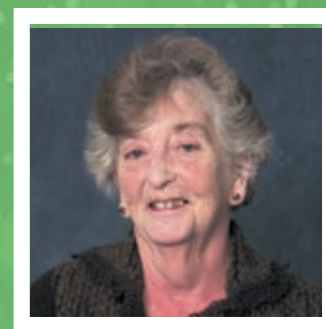
We all wished resident **Margery Godden a happy 99th birthday**; all her friends celebrated her special day and enjoyed her lovely cake, made especially by the cook.

Christmas activities are now being planned. And all the residents and staff are looking forward to the festive arrangements booked.

*From
Ruth and the team at
Stangrove Lodge.*

A day in the life of...

Eileen from HQ!



Eileen was promoted to the position of Deputy Director of Care in October and I wanted to find out more about all the amazing work she does!

I hear you're an early bird! What time do you normally start work?

It's my choice, but I usually get to work for about 6.30am and work until 3.30pm. I find that the morning is a good time for me to get on. I think my ability to get up early stems from my nurse training when we had to burn the candle at both ends!

How long have you worked for Abbeyfield Kent?

Well, I've worked for Abbeyfield Kent for eight years. I started out as a Home Manager at St Martin's for two years, and then I became Support Manager when HQ was based in Larkfield. Whilst there, I was responsible for five of the homes, and was Line Manager for the Sheltered Housing Manager. Then I became Head of Quality, and in October I became Deputy Director of Care.

So what did you do before you came to Abbeyfield Kent?

Prior to working here, I worked for the NHS as a qualified nurse. But after 14 years I decided I wanted to work in care for the elderly. I became a Senior Sister at Sutton Valence Nursing and Care Centre, and then moved on to be Matron at Valley View Nursing Home in Rochester.

What are your responsibilities as Deputy Director of Care?

Well, I am Line Manager to the nine Residential Home Managers, and I aim to visit them on a monthly basis to support them with any issues they may face, and to help them as they progress with their home. I also deal with any care complaints that come in directly to HQ, or with any major home complaints. As well as this, I am a Senior Manager on the on-call rota. My main task is to support the Home Managers, and to monitor identified performance indicators. However, we all have to work together as a team so if I see a fellow colleague in need, I will help them!

What are the main challenges of your work?

I would say it is providing a quality service. Care for the older person doesn't have a particularly good name. However, we want to improve the quality of care, which will be helped by the new Pegasus training scheme. Essentially, we want to improve the quality of life of our residents by improving the care and quality of the services we provide.

It sounds like you do great work Eileen!

Do you enjoy your job at Abbeyfield Kent?

This is the best job I have ever had. I was very pleased to come to Abbeyfield Kent because of the amount of care and attention given to the residents, which is so special here.



News from Rogers House...



Following the loss of our apple tree, residents enjoyed apple crumble made by Tracey. The tree used to have a notice on it saying, "beware of falling apples" - it puts a different light on it now!



The staff and residents at Rogers House showed their appreciation to the many volunteers who give lots of their time to ensure the happiness and wellbeing of the residents, by hosting a cheese and wine party. The evening was enjoyed by all.

Congratulations to Eileen Munday who celebrated her 90th birthday in August with a party and entertainment provided by Barry. Eileen is our longest 'serving' resident; she had been at Rogers House since June 1996!



All the residents enjoyed the show 'canine capers' in the garden back in July.



Following our success in receiving a 3 * excellent from CSCI, here is a picture of the house cat enjoying the facilities.

Answers to the Autumn Issues' Crossword:

| Down | Across |
|--------------|--------------|
| 1. Offal | 5. Smoke |
| 2. Bacon | 8. Flavours |
| 3. Royal | 9. Pride |
| 4. Broody | 10. Avocados |
| 6. Marinade | 11. Under |
| 7. Kedgerree | 14. Rye |
| 12. Macaroni | 16. Gateau |
| 13. Bechamel | 17. Gadget |
| 14. Run | 18. Nog |
| 15. Egg | 20. Bathe |
| 19. Orange | 24. Lambkins |
| 21. Abbey | 25. Somme |
| 22. Visit | 26. Agreeing |
| 23. Usage | 27. Field |



We took a few of our residents on a boat trip down the Medway, they enjoyed the calming effect, so did Lorraine Laker, Assistant Manager, she dozed off!! **Bless.**

Coffee corner Competition



Answer the following quiz correctly and you could win **£25** worth of gift vouchers! Once complete tear out the page, and send it back to:

The Abbeyfield Kent Society, Competition Entry, The Old Wharf, Station Road, Cuxton, ME2 1AB. **Closing date is 1st January 2009.**

Name: _____

Address: _____

Telephone Number: _____

Questions

1 What character in Coronation Street always wore a hairnet (you must give: a) her name in the series and b) her real name)?

a) _____ b) _____

2 What programme did Captain Mainwaring and Sergeant Wilson star in?

3 Which film had this famous line, "Play it again, Sam"?

4 Which film featured, "The Harry Lime Theme" and went on to become a popular cult series?

5 In rhyming slang what are a) your Hampstead Heath? And b) your sausages and mash?

a) _____ b) _____

6 a) What dessert is named after a ballerina? and b) Can you name the ingredients?

a) _____ b) _____

7 Who founded the Boy Scout Movement?

8 Where are these stations located? a) Lime Street and b) Temple Meads

a) _____ b) _____

9 What type of food is a) a Maris Piper and b) a Laxtons Superb?

a) _____ b) _____

10 Which creature lays a) the largest eggs and b) has no teeth?

11 Finally, who did these three famous people become (circle the correct answer)?

1) Magdalene von Losch became: 2) Bernard Schwartz became: 3) Arthur Jefferson became:

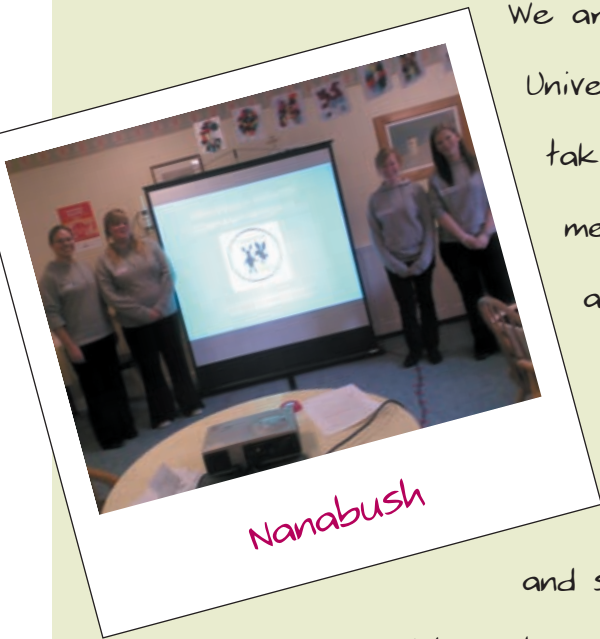
- a) Petula Clark
- b) Marlene Dietrich
- c) Doris Day

- a) George Formby
- b) Bernard Matthews
- c) Tony Curtis

- a) Jack Benny
- b) Arthur C. Clarke
- c) Stan Laurel

Kent University students help out at Connors House!

Here's an article written by four drama students from Kent University, who have been working with Connors House for six weeks! Here's what they have to say:



We are Nanabush, a theatre company made up of four University of Kent drama students. We are currently taking a masters in 'Applied Performance', which means that we are using theatrical skills and activities with people who wouldn't ordinarily have the chance to experience theatre and performance. The aim is to provide an engaging, pleasurable experience for those taking part and so, this term we have been invited in to Connors

House and have been working with the residents for three weeks - with another three weeks to go!

As people with no experience of working in residential care homes, or any knowledge of dementia, we were faced with what we thought was a daunting challenge. This meant that the help of the staff at Connors House was (and still is) invaluable, and our research was greatly important in planning our project. However, we found that most of all spending time with the residents proved to be the biggest learning curve of all...

In the residents we found individuals with a sense of humour and mischief, amazing stories to tell, artistic talents and a definite penchant for singing! Not one of them is without a twinkle in their eye!



With this in mind, our workshops have been about finding ways to stimulate and entertain each and every person who attends, to find out things about them that may have been forgotten, to seek out their secret pleasures (ice cream eating proved a popular exercise!) and to capture moments of happiness and laughter - of which there have been many!

We have found that reminiscing has been popular with the residents, and we have been thinking about things such as what we used to spend our pocket money on, our families and trips to the seaside. We have also been exploring who the residents are now, especially as creative individuals, so we have been drawing pictures, making up songs and sewing a patchwork wall hanging, tailoring each activity to each individual's needs. The residents have been willing to try everything we suggest; as one resident said, "Well why not? It's a new experience isn't it?!"

Above all, we want to take the residents on a journey and whilst we can't physically take them elsewhere, we have been looking at ways to transport them into different places by using smells, touch, taste, dressing up, singing, storytelling and pictures. For the rest of our time at Connors House we would like to continue to do this, and who knows where we might end up: the beach; a music hall; the countryside? With their imagination and our theatrical skills, the world is our oyster!



A Christmas wish to all



I hope you will have a very happy Christmas and know the love and joy of the Holy Family and the peace of the Christ Child in all your celebrations. I pray that 2009 will be a year of great blessing and rich life for us all as we go forward together.

Love Julia

Thoughts for Christmas

Christmas is still one of my favourite times of year though I do find it sad that it has become so commercialized, making it easy to lose sight of what it is all about. From a very early age I have enjoyed the story of Mary and Joseph travelling to Bethlehem and the birth of Jesus in a stable. As the years went by I realized that it wasn't a fairy story but an event which would give meaning and purpose to my life. The Christmas carols which we hear being played on the radio, in shopping centres as well as at schools and churches tell this story: a story of a God who loves us; became one of us and promises to be with us for ever. When I visited the Holy Land in 2000 it was the visit to Bethlehem and the place where people remember the birth of Jesus that was so important for me; probably because of these early memories. Christmas time is when we have a similar opportunity to ask what this means for us at the end of 2008 and looking towards 2009.

Looking towards the New Year

As we approach another New Year some of us find it can be helpful to look back over the past year. If we focus on the good times we had in 2008 it can help us move forward with a positive attitude. This is not being unrealistic but looking at life from a positive angle. Think about a rose bush: it can be seen as a thorn bush with pretty flowers to be enjoyed or a plant with pretty flowers that is spoiled by the thorns. Do you praise God for transforming a thorn bush into a beautiful plant or do you curse him for putting thorns on roses?

A prayer for the season

Heavenly Father we thank you for your great love for us shown in the birth of your son Jesus Christ. Thank you for the opportunity we have at this time of year to show our love for others as we enjoy a variety of Christmas celebrations. Help us in the days ahead to reflect your love in our attitudes to those we are with: offering the hand of friendship to all. We make our prayer in the name of Jesus Christ who was born of Mary. Amen

All the Homes

Residential Homes

Connors House

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

Dene Holm

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

Edward Moore House

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

Greensted

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

Rogers House

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

St Martins

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

Stangrove Lodge

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

The Dynes

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

Woodgate

Tudeley Lane
Tonbridge
Kent TN11 0QJ
Tel: 01732 350952



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

The Old Wharf,
Station Road, Cuxton
Rochester, Kent ME2 1AB

Tel: 01634 723007
Fax: 01634 724269
www.abbeyfieldkent.org

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Where older people find care in housing
The Abbeyfield Kent Society

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