

# NEWSLETTER

Ashton Manor Nursing Home - September 2024



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**Beritaz Care**

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## Update from Carla Dixon-Peart, Registered Manager



Another summer has come to an end at Ashton Manor and we are grateful for the good weather that gave us many days full of outdoor activities and peaceful afternoons spent in the garden. As we head into autumn, we are ready to embrace the change in season and look forward to all the activities we have planned for the remainder of the year.

I want to say a big thank you to all the relatives and friends who continue to make many of our activities possible. We are lucky to have a wonderful community supporting us at our various events, many of whom joined us at the Wreclesham fete and our annual summer party. We appreciate their sense of fun and willingness to dress up for whatever theme we decide to come up with. The enthusiasm shown by all has truly helped in making these events special for our residents and given them the chance to engage with the local community.

The brilliant team of staff we have here at Ashton Manor has, as ever, been phenomenal. They continue to give of their own time and go above and beyond in supporting the residents. They took time out to learn line dances which they performed at our summer party for the residents, and continue to form great bonds with them.

As we continue with our ongoing redecorating program we are excited to see these improvements come together. We hope to keep disruption to a minimum as we work to ensure the environment we



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NURSING HOME

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provide for the residents is comfortable and fit for purpose. You can read more about our plans for the home later in the newsletter.

Our next relatives meeting is taking place later this month, we welcome your input and would love to hear from you, so please join us if you can. I hope you enjoy reading about the highlights of the last few months at Ashton Manor and I thank you all for your continued support.

## HOME NEWS

It has been a wonderful spring and summer at Ashton Manor, in between the variety of fun events arranged for our residents, we have also been making changes within the home and taking time to support our local community.

In May we launched our Fish & Chips Fridays event, a weekly invitation to members of our local community aged 65 or over, to join us for a fish & chip lunch every Friday. We want to give back to our local community and hope this event will bring some joy to individuals



who might be lonely or would simply enjoy some company and a nice lunch. We look forward to welcoming more guests over the coming months.



We have been working on various improvements to the home over the past few months. In preparation for spending lots of time outdoors over the summer, we carried out some work in the garden in the spring, including work on a few of our trees that needed attention. Everything is now looking well-maintained and our residents enjoyed the added entertainment of watching the tree surgeons at work.



There are various renovations currently taking place inside the home, including upgrading our doors and renovating our kitchen. We are also seeking planning permission to make future improvements to our dining room and conservatory, changing the glass roof to brick to make it more appropriate for comfortable year-round use. Once this work has taken place we will also be looking to add solar panels, an important step in our journey to make the home more sustainable and energy efficient.

We are also looking at upgrading our lift and are investigating suitable options that will suit the needs of the residents. We will keep you informed as these plans progress and will of course do everything we can to minimise disruption to the residents.

In July we were delighted to once again have our own stall at the Wrecchlesham Village Fete. This is always a great event and brings together so many members of our local community, thank you to everyone who visited the Ashton Manor team on our stall. Our residents also had a lovely time visiting the fete, they enjoyed looking round the stalls, eating ice creams and getting involved in all of the fun.



The highlight of the recent months was of course our annual Ashton Manor summer party in August.

Everyone had so much fun getting into the spirit of our wild west theme and dressing up for the occasion. We enjoyed some delicious food and summery cocktails, games, a prize raffle and art auction, with some fantastic artwork created by one of our residents Rob Dunn. There was music and dancing and lots of fun was had by all. We raised a grand total of £658.65 from fundraising activities.



Luckily the sun was shining so we were able to host the party in the garden where we had plenty of space for our guests to join in with the games and for our staff to put on a fantastic line dancing performance. Thank you to all our staff members who worked so hard to make this such a fantastic event, and to everyone that came to join in the fun.



Please make sure you are following our social media accounts where we post photos and videos of resident events and activities, as well as details of upcoming events. You can find Ashton Manor on **Facebook** and please also follow Beritaz Care on **Instagram** for regular updates.

At Ashton Manor we are fortunate to be supported by some wonderful local individuals and organisations who give their time to make our residents' days brighter. The wonderful Dusty Track musical group are volunteers who give up their time to perform music for our residents, and kindly performed for the attendees of our summer party.

We continue to have a very close relationship with St Peter's Church and Reverend Jacqueline, who comes to the home to perform holy communion. Rev. Jacqueline is always happy to get involved with the wider life at the home, coming along to our events and giving her time to sit one-on-one to chat with residents, which means so much to us all.

We would also like to say a special thank you to Chris Cleland who is a friend of the home. Chris volunteers his time to help our residents during our minibus trips, is always in attendance at our events and has even offered up his own beautiful garden to host our residents for a visit and a cup of tea.





Our quarterly relatives meeting took place at the end of September and we were delighted to see so many of our residents' relatives in attendance. We are hoping to arrange guest speakers for future meetings, so if there are any topics you would like to hear about please let us know.

As a note to friends and family visiting your loved ones at the home, if you are bringing food in for a resident please let a member of our team know. We are happy for you to do this but want to make sure our kitchen team are aware so any adjustments to the daily menu for your loved one can be made.

## STAFF NEWS

It has been a busy few months for the team at Ashton Manor, welcoming new staff, bidding farewell to some familiar faces and supporting our team to develop their skills.

We have welcomed several new Care Companions to our team. Clyde, Elveena and Zaire are all college students who work at the home around their studies. We are passionate about supporting the younger generation and fostering their interest in a career in the care industry.



We have also welcomed two new staff in our care team, Binam and Sanjaya who have recently joined the home as Care Assistants. It is wonderful to have new faces joining the Ashton Manor family, bringing a fresh perspective to the care we provide.

After studying towards her Nursing degree while working as Senior Care Assistant at Ashton Manor, Sanjana has successfully completed her degree and received her Nursing & Midwifery Council PIN number. Sanjana has now taken on her new role of Registered Nurse and we are all incredibly proud of her. We are so happy to see Sanjana achieve this dream, you can find out more about her journey later in the newsletter.

We have sadly had to say goodbye to several members of our team as they move on to new adventures. Renuka, our Domestic Lead, is moving into a new role within a hospital setting. Renuka has always been a valued member of our team, always happy to support her colleagues and known for bringing delicious food for our staff events.

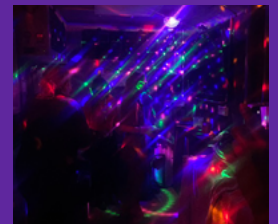
We are also saying farewell to Kristof who looked after the maintenance of the home, he will be moving back to Poland to be closer to his family. Kristof has shown so much kindness to our residents, going above and beyond to spread joy to everyone at the home, even dressing up as Santa to delight our residents at Christmas.

Both Renuka and Kristof will be greatly missed by everyone at the home, they are valued team members who are extremely relied on. We are sad to see them go, but wish them all the best in their future adventures and hope they will keep in touch.

In addition to our regular in-house training, we have recently been able to take part in some interesting educational experiences. For World Hand Hygiene Day in May, we took the opportunity to raise awareness around the importance of hand hygiene in a care home setting and to refresh our knowledge of best practices.



Earlier this month, our staff had the opportunity to take part in the Dementia Bus experience, a valuable educational session that provides an insight into what it is like living with dementia. This immersive experience involves a series of tasks where staff simulate the struggles faced by someone with dementia. Everyone who took part found the training really interesting and informative, they now have a better understanding of how to support our residents with dementia.



We are very proud of our team members who have been working towards individual qualifications. Recently, Pushpa has attained her Care Certificate, Rene, Sam and Shadae have successfully completed their Level 2 QCF Diploma in Health and Social

Care, and Doris has completed her Level 3 Diploma. Lubomira is working towards her Level 4 Diploma and has also taken on an end-of-life and dementia quality care project which she has been spearheading at the home.

Our Home Manager Carla, has completed her Master of Science in Nursing degree, something which has taken a great deal of hard work and commitment. We are incredibly proud of her for this achievement and for her passion for nursing and care. Well done to all our staff for these accolades and for the hard work you have put in to achieve them.



With all this hard work and dedication being put in, it is important our team enjoy some down time and have fun. We have held several staff events recently which have been a great opportunity for team bonding, including a VR experience where we took on zombie battles and other fun immersive VR games. The staff who attended said it was a wonderful experience and they would love to do it again.



We hosted our annual staff summer barbecue in the garden of the home, where we had fun as a team and ate some delicious food. Thank you to Renuka and Letwina for preparing such delicious food and to Kristof for manning the barbecue. We all had such a lovely time and bonded as a team.



This was also the perfect opportunity for a surprise baby shower for our team member Rose, who has since welcomed her beautiful baby earlier this month. A big congratulations to Rose and her family on their new arrival. This won't be the only new addition to the Ashton Manor extended family, as our Senior Care Assistant Pabina is also expecting a baby. It is wonderful to share in so much good news and happiness with our team.

## STAFF SPOTLIGHT

Sanjana Thebe is a valued member of our care team and we are thrilled to see her achieve her lifelong goal of becoming a nurse. Sanjana tells us about her journey and experience at Ashton Manor.



"I joined Ashton Manor in 2018, so I have been a part of the team now for 6 years. Both my sisters are assistant nurses back home in Nepal, this inspired me to want to be a nurse. However, when I first moved to the UK going after that goal was not as easy as I had hoped. I am really glad that I had the opportunity to work as a Care Assistant, which motivated me to continue to pursue my dream.

I joined the team as a Care Assistant, before being promoted to Senior Care Assistant and now I am a qualified nurse. I am thankful to the management at the home for supporting me throughout my journey to become a nurse. What I enjoy most about my job is being able to support residents and their families with anything they need.

What means so much to me is the support I have received here. Carla has encouraged me throughout my time at university, enabling me to work as bank staff for 3 years which allowed me to continue my studies. Everyone has been really supportive of my new role as a Registered Nurse."

Read more about Sanjana's story [on our website](#).

## RESIDENT ACTIVITIES

It has been a busy and fun-filled summer for the residents of Ashton Manor. Most of all, we have been spending a lot of time outdoors in our garden, enjoying the nice weather and sunshine.

We have moved some of our activities outdoors to make the most of the time outside. The residents took turns playing skittles with the help of our staff, whilst enjoying some fresh air and refreshments in the garden. Our residents have even been enjoying some of their meals al fresco, appreciating the relaxing sights and sounds of the garden as they eat.

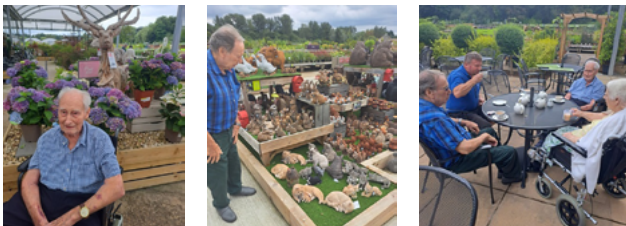




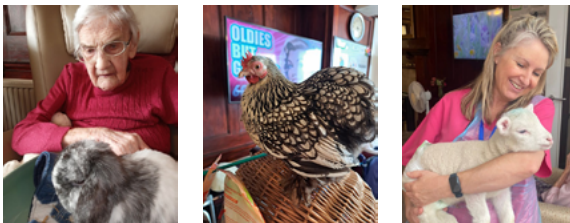
We have also taken the opportunity this summer to explore our local area, taking the residents on several minibus trips. We visited local landmark, the Devil's Punch Bowl where residents enjoyed the sights and the beautiful scenery, as well as an ice cream while we were there.



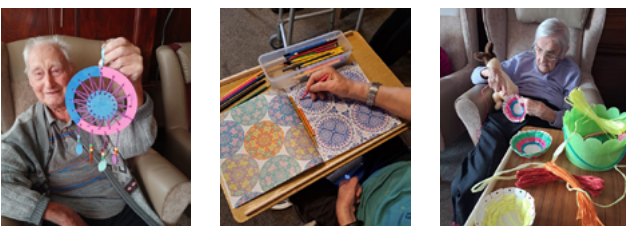
Recently we took a trip to visit a local garden centre to browse all the beautiful flowers, plants, decorations and of course, the gift section. We then followed up our shopping with some refreshments in the café, the trip was greatly enjoyed by the residents.



On the days we couldn't be outdoors enjoying the fresh air, there was still plenty for the residents to do inside the home and many wonderful guests who have paid us a visit. Residents have enjoyed several lovely visits from our friends at the Pony Pals and even spent some time with farm animals at the home. We always have a lot of fun letting the animals explore the home, meeting our residents and even enjoying a little cuddle.



There has been plenty of opportunities for the residents to express their creativity in our regular arts & crafts sessions. Recently they have been trying out basket weaving, making bracelets and even creating their own dream catchers. We always have lots of materials for our residents to try different kinds of artistic activities.



We have welcomed an array of talented musical entertainers to Ashton Manor recently, from our wonderful friends from the Dusty Track band, to the amazing musician Kevin. Our residents even took part in a music therapy session, which was really

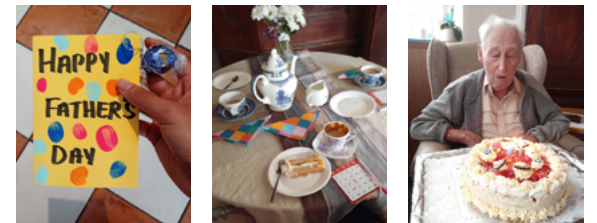
interesting and relaxing. The residents also enjoyed getting involved in a series of sensory activities, completing challenges using their sense of smell, touch and taste. This was a very enriching activity and something everyone enjoyed participating in together.



Sometimes our residents prefer to spend a relaxing evening taking part in some of their favourite pastimes. That might be a peaceful activity like colouring or doing a puzzle, some relaxing flower arranging or socialising over a board game. We always have a variety of activities available for residents, whatever they feel like doing on that particular day.



Outside of our regular activities programme, we love to celebrate a special occasion at Ashton Manor. Earlier in the summer we celebrated Father's Day with a tea party in honour of all the special fathers in our lives. We have also celebrated the birthdays of several of our residents, enjoying presents and cake together to commemorate their special day.



Our residents meetings take place quarterly and are an important opportunity to discuss what is happening in the home, as well as providing a platform for residents to share their feedback and ideas. We love to get our residents' opinions on activities, entertainment, menus, maintenance and other details of the daily running of the home.

As we look ahead to the autumn and winter months, we have lots of exciting things planned for our residents to look forward to. As well as seasonal celebrations for Bonfire Night, Halloween and Christmas, we are excited to continue exploring the local area with our monthly minibus trips. We will continue our regular schedule of musical entertainment and look forward to arranging further animal therapy sessions, in addition to the daily activities supported by our fantastic staff.

# RESIDENT SPOTLIGHT

Dr Rob Dunn came to Ashton Manor earlier this year and it has been a pleasure to have him with us. It has been wonderful to see him settle into the home, producing his fantastic artwork and even seeing the publication of his book, detailing his experience of the care industry. Rob explains his journey to find Ashton Manor and how he has found living here.



"I discovered Ashton Manor during an internet search of care homes. I was living in Cheshire at the time and wanted to make a move (permanent if possible) to be nearer to two of my children and three grandchildren. Ashton was one of the first care homes that my daughter visited on my behalf. As the first to be visited, it gave her a standard on which to judge others.

As I have a physical disability with no mental impairment, I wanted a residence which would provide me with mental stimulus. Unfortunately, it became apparent that the full nursing I need and would increasingly need with progressive deterioration, could only be provided in homes where the majority of residents suffered dementia in various forms.

I wanted therefore, a care home with pleasant surroundings and close proximity to my family. The building accommodated my wheelchair well. Activities at Ashton Manor are geared to the responses given by the majority of the residents. I have enjoyed the fundraising events and actively joined in the process.

In the last five years, Ashton Manor is the fifth care facility in which I have lived. I therefore have a range of care and care staff in which to draw comparison. The staff here are way above anything I have experienced before. They are extremely well-trained, intelligent individuals and whose management have got the level of care to a high level.

It would appear that nothing is too much trouble. To be able to choose personalised breakfasts is a first, to date no such request has not been fulfilled. I have been able to customise my room without creating problems, indeed I have had staff help in mounting pictures, desk assembly and a fridge installation."

Read more about Rob's experiences [on our website](#).



## Beritaz Care

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### **Beritaz Care Mission Statement**

At Beritaz we provide peace of mind, individuality and choice by giving home from home quality care. Our core values

#### **Caring**

We care with warmth and understanding in a secure and happy environment.

#### **Trusting**

We build and maintain strong relationships by being open and transparent.

#### **Choices**

We respect each other and those around us through understanding and supporting individual needs and choices.

### **Contact Details**

Please let us know if your contact details have changed, or if you would like to receive communications (including this newsletter) by email – it's much quicker than the postal system.

Just drop us an email at: [info@beritazcare.co.uk](mailto:info@beritazcare.co.uk)

### **Leave Us a Review**

Feedback from our residents and their family and friends is extremely important to us and we really appreciate your support. If you have time, please visit our page on [CareHome.co.uk](https://www.carehome.co.uk) and leave us a review.

Being able to read your comments and experiences with Ashton Manor Nursing Home can help other families when trying to choose the right home for their loved ones.

You can submit your review at the link below; <https://www.carehome.co.uk/review-submit/18589>