

Living Life!

The Newsletter for and about Borough Care people • Spring 2019



**WE'VE GOT
A SPRING
IN OUR STEP!**



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borough care 

Life in colour

www.boroughcare.org.uk

Welcome to our last Living Life



If you've visited our homes recently, you'll have started to see how we are integrating digital technology, through software like our hand-held mobile care monitoring system. This applies to all areas of our business, as we look to fundamentally change how we operate and deliver even better value to our residents and their families. Many of us are familiar with accessing our news, our finances and even doing our shopping online, and we don't want to get left behind. This is why we've made the decision that this will be

last, printed edition, of Living Life. However, with the digital world at our finger tips, turn to page 2 for all the ways you can continue to hear from us, find out what's happening in the homes and so much more.

In this edition, we're also welcoming new members to the Borough Care team. You can find out more about them on pages 3 and 4. I'm so pleased with how the team is growing, and I can't wait to see the positive impact they are all going to have across Borough Care.

And finally, I'm pleased to announce that Meadway Court, Wellcroft and Reinbek are the latest homes to work up a sweat after joining the SMILE (Simple Movements in Life Everyday) team. Our partners in this venture, Life Leisure, are training our members of staff to deliver the specially designed workouts in our homes, which aim to improve the quality of life for our residents by keeping them fit and strong.

Mark Ward, CEO

Bruce Lodge Construction Update

Work has now started on our 20-bed extension at Bruce Lodge.

Working with our contractor, McGoff Construction, the extension will be a modern, dementia-friendly design, with small clusters of 10 bedrooms, all en suite, over two floors. In addition to the extension, we are taking this opportunity to create a new entrance hall and office.

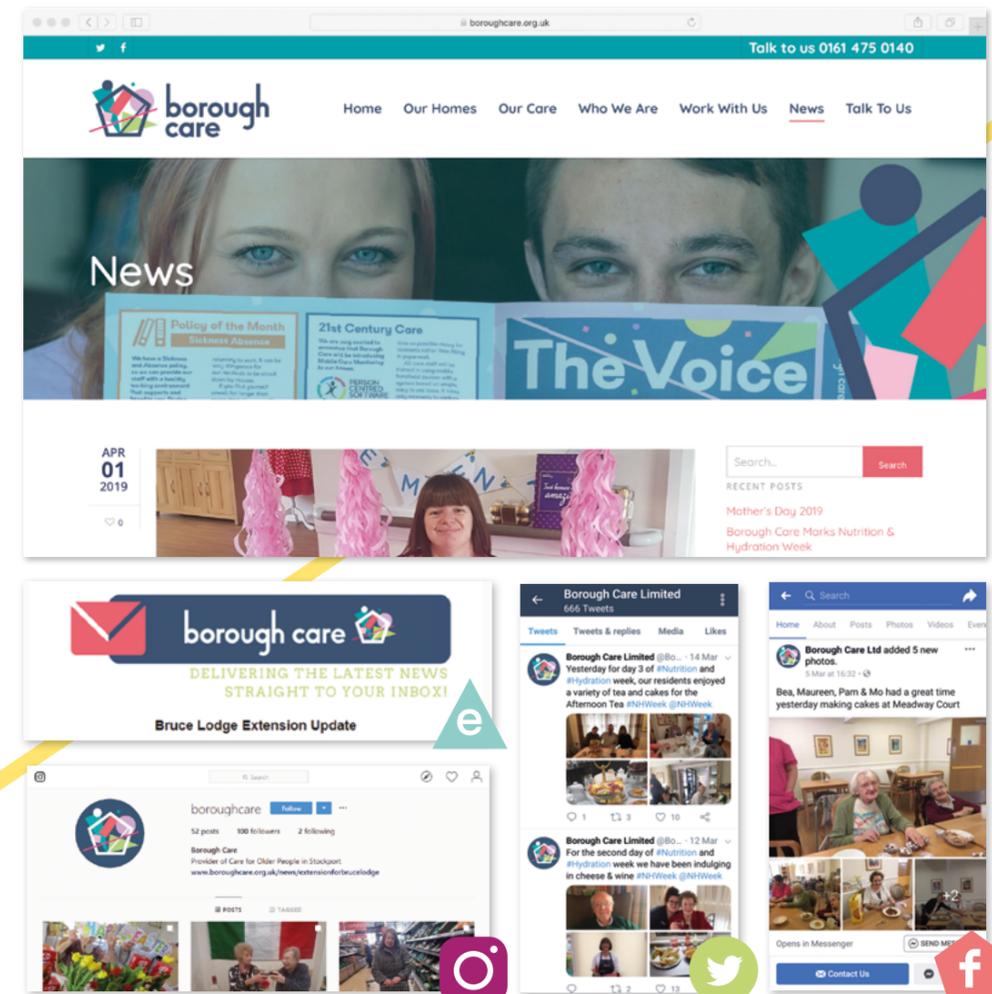
Ultimately, these improvements will help our residents to stay independent for longer and enhance their quality of life, in more comfortable and inspiring surroundings.

The programme of work has been designed to ensure minimal disruption for our residents, visitors and staff and we hope to have our new rooms available in early 2020.



Living Life is Going Digital

Say goodbye to the old-look Living Life and hello to getting the latest news from Borough Care online.



We want more people than ever to hear about what's happening in our homes and to share information with you that's useful and timely.

This means:

Our quarterly newsletter will be replaced by regular news on the Latest News section of the website. You can visit the website at www.boroughcare.org.uk, or simply click the RSS feed button on the website to subscribe and stay updated when new content is published.

You can sign up to our monthly e-newsletter on the website. From the latest trips, both close to home and further afield; to dates for upcoming social events;

to support and advice for carers and those living with age-related illnesses. Our e-newsletter is packed full of interesting stories about life in our homes and is a fantastic way to be the first to know our latest news.

You can follow us on Facebook, Twitter and Instagram, for even more news, pictures and links to information we think you'll find both useful and interesting.

We'll continue to share all the lovely things we currently do in Living life but, by moving online, we'll be able to share so much more with you. From helpful guides and articles that support you with issues you may be facing, such as a dementia diagnosis for someone you love, to sharing our own expert advice, top tips and giving

our views on care issues affecting you. We'll also be able to keep you updated on the events and activities that are regularly taking place, giving you even more opportunity to join in and be a part of it.

It's just as important that we hear from you. These online channels give you the chance to tell us what you think and to share your views, so we can respond with more of what you want to see. It also ensures we hear your voice on important subjects that affect you and your loved ones.

Head over to www.boroughcare.org.uk to sign up to our e-newsletter and find us on social media.

We love nothing more than our homes being filled with the wonderful sound of music and laughter. So, we've teamed up with EDUCATE (a Stockport-based group of people living with dementia) and Fabulous Forgetful Friends (an involvement group for people living with dementia in Manchester) for a ground-breaking Music and Laughter project.

Music has so many benefits for people living with dementia. It helps people express their feelings; taps into powerful memories and emotions; helps a person connect with others around them; and can reduce social isolation.

The aim of the Music and Laughter project is to put people with dementia in the driving seat when it comes to the music they listen to, sing or play. As part of the project, a number of musical events will be put on for Borough Care residents. These will involve performances by the residents themselves, professional musicians and the EDUCATE-Stockport school intergenerational choir. Events will also be arranged by Music in Hospitals & Care, a charity that brings live music to people in hospitals and care settings throughout the UK.

We want this project to help provide a better quality of life for people with dementia and improve residents physical and mental wellbeing. Music accesses a different part of the brain than language, so it can be used to communicate or engage with someone with dementia, even if they no longer speak or respond to words. Many of our residents love music and the musical activities we put on are always popular. The Music and Laughter project will give our residents even more opportunities to enjoy, and participate in, musical events.



For details on events in your home, please check our noticeboards.

My Story Professor John Latham

Professor John Latham, at the age of 81, has just recently moved to Lisburne Court following a vascular dementia diagnosis. Described as a 'perfect gentleman' by the staff at Lisburne Court, behind his humble demeanour is one of the most exciting minds our country has produced.

A lifelong academic, and the first of his family (originally from Frodsham in Cheshire) to go to University, Professor Latham has made ground-breaking contributions to the field of atmospheric sciences.

John founded the UMIST (University of Manchester Institute of Science and Technology) Atmospheric Physics Research Group, the forerunner to the Centre for Atmospheric Science, in 1961.



During his time at UMIST, he made significant contributions to the understanding of thunderstorm electrification, warm rain production, and cloud glaciation processes, he also served as head of the UMIST Physics Department on several occasions.

The international research group has made many

important discoveries and continues to build on the research that Professor Latham started later in his career, on how to off-set global warming caused by increased CO2 emissions.

In honour of his incredible work, Manchester University named the Latham Laboratories after John and installed a commemorative plaque to thank him for his contribution to these global issues.

John still keeps in touch with his colleagues from across the world to discuss the latest developments in his professional field.

It is not just in his professional life that John has been incredibly successful, he began writing poetry and fiction as a hobby a number of years ago and has published

two novels and six anthologies of his poetry. He continues to write, and Lisburne Court will now play host to his regular poetry meetings with fellow writers, as John's dementia means he is more comfortable in the familiar surroundings of his new home.

John is father to four children, Becky, David, Rob and Mike. Sadly, Rob and Mike both passed away a number of years ago. He also has seven grandchildren and one great grandchild. It is his great pleasure to spend time with his friends and family, and he absolutely loves the company of his grandchildren.

We warmly welcome John to Borough Care where we look forward to learning lots from him and sharing more of his future achievements.

◆◆◆◆ Meet Our New Managers ◆◆◆◆

We are welcoming two, new home managers to Meadway Court and Wellcroft.

Nicholas Witan

Nicholas has taken over from Anne Cowgill to become the Manager of Meadway Court. He has over 10 years' management experience in care which he sees as more than simply a career but a passion. He says, "I want to make a positive impact on the lives of people who need it and not just tap a keyboard all day! I thoroughly enjoy being able to be part of improving someone's quality of life, helping someone to achieve something that they thought they never could, gives me a lot satisfaction."



Aaron Flitcroft

Aaron has over 11 years' of experience working in the care sector, working within residential and dementia settings, and now brings his skills to Wellcroft where he is taking over from Lisa Martin as Manager. He says, "I started a career in care to make a positive difference to people's lives, and my passion for caring for others has continued to grow throughout my career. I have been fortunate enough to work alongside some amazing people who have inspired, trained and given me the skills I need to make Wellcroft a wonderful home for our residents."



Our managers doors are always open so please pop in and say hello.

Introducing our New Area Manager

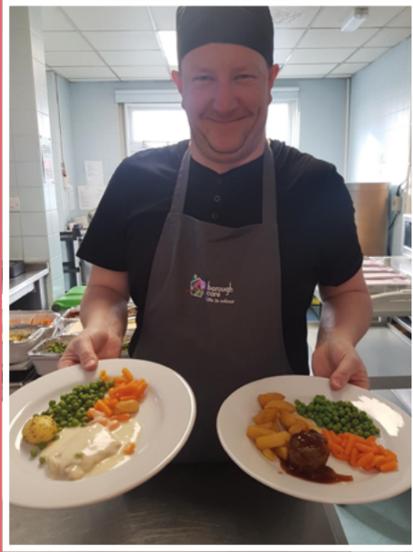
As our new Area Manager, Geraldine Blow will take responsibility for operational performance across all our 11 homes. She will bring her unique experience and skill set to help support our Home Managers to deliver consistent, high quality care to our residents

Geraldine is a qualified nurse who started her career at Barnes Hospital in Cheadle where she worked for 15 years. She then moved into a Quality Coordinator role at The Alexandra Hospital in Cheadle, before becoming an inspector for the Care Quality Commission (CQC) – a role she excelled in for 16 years.

Geraldine says, "I am passionate about ensuring people receive care that meets their individual needs, in a way that encourages independence and respects privacy and dignity. My mother lives at one of the Borough Care homes, so I understand what it means to have a loved one living in residential care. I'm really looking forward to helping and supporting the care home managers so we can continue to improve and make a real difference to the lives of all our residents."



Dining with Dignity



At Borough Care we love supporting and celebrating Dignity Action Day. We took the opportunity to acknowledge the dignified care we provide for residents.

As part of our celebrations, we treated residents to an afternoon 'digni-tea', with some singing and dancing for added entertainment. We also created a special Dine with Dignity menu - with the help of residents! Residents were asked about the food they liked and which dishes brought back happy memories. The final menu included egg mayonnaise, or tomato soup, followed by fish in cheese sauce, or faggots in onion gravy. For dessert there was a choice of jam sponge and custard, or fruit trifle. Delicious!

Thank you to all of our residents' friends and loved ones who helped support us on the day.



Armchair Aerobics

Lisburne Court have been working up a sweat from the comfort of their armchairs. Residents tapped their toes to the lively music and played a game of balloon volleyball. It's so important that our residents keep moving, it's great for their health and their mood, and certainly works up an appetite for lunch. Well done everyone!

A Parisienne make-over for Silverdale

Work is underway to transform one of the lounges at Silverdale into a chic and stylish Parisienne café. The café will be used for social events and coffee mornings, as well as a relaxing space for residents and their visitors.



Employee Appreciation Month

Working in care can be hugely rewarding, but also extremely challenging at times. Every member of the team plays a vital role in delivering outstanding services and we know what a positive difference each person can make to the lives of those they care for. That's why we've recently launched our Employee Appreciation initiative; to shine a light on brilliant people from across our homes.

Chosen by the teams they work with, the following members of staff have stood out as exceptional examples in their roles:

- Judith Burgess, Meadway Court
- Sharon Daniels, Reinbek
- Louise Grimes, Bamford Close
- Jayne Jackson, Wellcroft
- Claire Skepper, Cawood House
- Joanne Tipping, Silverdale

Our shining stars received a personal thank you card from CEO Mark Ward and Chair of our Board, Isla Wilson to show their appreciation for everything they do. We'll be sharing more about these members of staff on our website, in our email newsletter and on social media so make sure you take a look. With so many deserving members of staff, we look forward to recognising and rewarding more of our amazing employees in the future.



Residents Enjoyed a Wild Adventure

Residents from Shepley House and Lisburne Court united to have a wild time at Knowsley Safari Park on the Oomph! Out and About Bus. They enjoyed seeing all the animals, but particularly the lions and watching the sea lion show. They finished off the day with a delicious fish and chip supper at the Park's restaurant.



Our Magnificent Mums

We rolled out the red carpet to celebrate the wonderful mums living in our homes. Our open-door visiting policy meant Mother's Day weekend was packed full of visitors and well-wishers. And our homes made it a truly a special weekend with live entertainment, afternoon teas and plenty of celebratory fizz.



a DAY in the LIFE

of Mark Dale, Catering Manager



How did you first get into Care?

I have been in catering all my life. I first started with a small family-run business based in Stockport catering for the military, which took me all over the UK. I then went onto a multinational company supporting the military in UK, Germany, Cyprus and the Falkland Isles, working to Operations Manager level in life support. I decided to have a break from the military side and work for myself in Spain, which I did for around 10 years. After returning to the UK, I worked for the NHS for a while, before moving on to become a Catering Manager for a mental health facility covering Warrington, Oldham, Liverpool and Chester.

When did you start working for Borough Care?

August 2018.

How do you kick start your day?

With a smile and an Americano, albeit a weak one!

What is the first thing you do when you arrive at work?

I am usually organising my team, catching up with my co-workers and TRYING to organise my day.

What is the favourite part of your day?

Mid-morning - I love it because I'm usually driving to different sites, chatting with my teams and residents, and it is so quiet on the roads!

What makes you proud to work at Borough Care?

I love seeing all the homes and all the different activities my teams are helping with. We are introducing more themed days and creating more opportunities for our residents to get involved in catering with activities like bread making and cake decoration.

What do you find most challenging?

I'm new to Stockport so finding my way around! Especially because my sat nav has a mind of its own!

Do you and your teams have anything planned for the Easter period?

Yes, the whole team are really excited about Easter, they are all

planning some individual events with the ALF teams, and the new team managers are busy planning some special menus for our residents on Good Friday and Easter Sunday. We will be embracing the usual traditions with fish on Friday, Simnel cake, and we will also be hosting something a bit different on Easter Sunday with hot cross buns with bacon - they are delicious!

What's the last thing you do before leaving work?

Probably ask someone how to do something with my computer!

What are you looking forward to in your career?

I'm looking forward to the future with my teams and really helping them to make a difference for all our residents, families and co-workers at each of the Borough Care homes. Since arriving I have been getting to know my staff and their needs and have given support, encouragement and training which is key to having a great team. I want them all to be outstanding in what they do for others, this is my motivation.

What piece of advice would you give to someone coming into the care profession?

- Stay Humble
- Work hard
- Play hard
- Be kind and smile often!
- Have fun and value family

We're always keen to hear your thoughts and suggestions so please email us at enquiries@boroughcare.org.uk or telephone us on **0161 475 0140**

For the latest Borough Care news follow us on

