



# Horsfall House

Minchinhampton Centre For The Elderly Ltd

## SPRING NEWS 2012



Nurse Emma Evans with Dennis

Emma and her family entertained the Cotswold residents on Christmas Day. They play regularly with the Avening Silver Band.



**Welcome to the 2012 edition of  
HORFALL HOUSE SPRING NEWS.**

Did you notice our **NEW LOOK?**

We now have **FULL COLOUR PICTURES** in our seasonal magazine to show all our photos at their very best!



Loveliest of trees, the cherry now  
Is hung with bloom along the bough,  
And stands about the woodland ride  
Wearing white for Eastertide.

Now in my threescore years and ten,  
Twenty will not come again,  
And take from seventy springs a score,  
It only leaves me fifty more.

And since to look at things in bloom  
Fifty springs are little room,  
About the woodlands I will go  
To see the cherry hung with snow.

**A.E. Housman.**

**A BIG THANK YOU**

Our 2011 Christmas celebrations were a hectic, colourful blur of (sometimes frantic) planning, preparation, sparkling entertainment and decorations, lovely smells from seasonal food and aromatic spices as everyone put in a little extra effort to make Christmas a happy, special time for our residents. And it certainly paid off, judging from the smiling faces and the laughter that echoed throughout the home.

A BIG THANK YOU to all the staff who worked so hard to make it so successful. It can be difficult at this time of year to juggle work, home and family fitting in the Christmas shopping, wrapping presents and cooking, (with very little me-time for a glass of wine and a chocolate or several!)

**And finally...** YES FINALLY, this is my *last* Newsletter as I shall be retiring from Horsfall House on 28th June after nearly six years. I'd like to thank you for all the positive comments made about the News magazines and the activities in that time.

As I look back at the earlier editions when I photocopied each one and my computer knowledge was almost non – existent, I do think I've learned a lot since then.

The magazine will be taken over by my successor who has yet to be appointed.

I have made many friends - staff, residents and relatives during my time working in the Day Centre, on Reception and as a carer and Activities' Organiser on the Units. I will miss you all.



**Mary Smith Activities' Coordinator**

**HORSFALL HOUSE, MINCHINHAMPTON CENTRE FOR THE  
ELDERLY LTD. WINDMILL ROAD, MINCHINHAMPTON, STROUD**

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The Day Centre has its own magazine; if you wish to see a copy please see Cathy Jobling



**Updates from our General Manager Mrs Margaret Greaves**

*Every edition of the newsletter seems to be even more exciting than the last and this one is no exception. Mary tells me there was so much to include that she struggled for space in our allotted number of pages! I hope the content reflects what we constantly strive to achieve at Horsfall House*

*– a happy place for people to live, work and feel valued.*

*Our Site Development is progressing well and is currently on schedule. The contractors are very respectful of our special environment and have sought to minimise disruption.*

**Cotswold Unit**

- *Alterations in rooms 11 and 9 have been completed*
- *Room 10 is no longer being used as we near the creation of the new quiet lounge*
- *An additional wet room will be built on the unit*
- *New rooms will have coloured door frames and door furniture – to help recognition for dementia residents – this theme will be continued throughout the home*

**General Unit**

- *The architects have enabled some of the additional plant to be housed in the roof space and we will benefit from additional storage space*

*We await new drawings to display in reception – these will reflect the slight alterations described above*

**A sigh of relief**

*The couple of brief episodes of snow and cold weather earlier this month were a minor inconvenience only. Thank you to Bill and the band of volunteer drivers who were ready to help with any transport difficulties.*

*As I write this the sun is shining and a number of birds are pairing in the gardens - Spring is definitely on the horizon!*

**WELCOME**

New Staff. Linda Holley bank RN. Alison Waine and Natasha Rolls, Night Care Assistants

Welcome back to Jan McEvoy who has been missed on the General Unit. Hope you're better soon Jan.

The days are getting longer now as we move into warmer weather; it will be so nice to get out into the garden again.

It seems so long ago since our last edition, especially looking back at the things we got up to.

**The Magic Box**



The Christmas festivities started with a BANG! Lots of fun & laughter as the **Magic Box** filled the Day Centre with Clients and Residents. A swirl of Music, magic, dancing and balloon modelling kept us all entertained. Matt Jobling especially gave a fine performance as the Magician's assistant!



**Pictured;** Top; Erica giving a twirl. Left; Roger. (He's the one on the left.) Mmmm! Don't know if the other one's his relative, there is a strong resemblance!!! Bottom right; Matt clicking his heels with Mr Magic Box.

**CHRISTMAS SALE**

The Christmas sale was well attended as volunteers did their best to persuade Horsfall House residents, clients and staff as well as the local community to spend their money on some stocking fillers. Lots of individual hand-made gifts were on sale as the Day Centre buzzed with pre-Christmas excitement!

A grand total of £423.05 was made to boost funds.

## BEAUDESERT VISIT

One evening early in December, sixteen children together with their teacher Mr Nick Armitage came to sing, play music and talk to residents.

The children were from Beaudesert Park School. They visited the Residents in their rooms and helped them join in with the carols, putting us all in the mood for mince pies and seasonal expectations.



Here is just a patchwork of pictures showing the children involved with delighted residents.

Thank you so much for your visits, we look forward to them very much.

## VALENTINE'S DAY CHCOLATES

We tried *ever so hard* **not** to test out the chocolates as we made gift bags to present to residents on Valentine's Day. (Didn't we Amelia?)



## Fundraising news from Kathy Hurst .

With the New Year celebrations behind us, Horsfall House is looking forward to celebrating this Jubilee year with some new and interesting profile and fund raising events as well as some much loved ones. Notes for your diary:

**Wednesday 14<sup>th</sup> March – Bridge Drive at Horsfall House. Tickets available from Reception.**

**Sunday 20<sup>th</sup> May has been chosen for our sponsored circular 'Jubilee' walk through Gatcombe** (by kind permission of our Patron, HRH The Princess Royal and Vice-Admiral Sir Tim Laurence) and Box Woods. We hope that as many people as possible will participate (from single sponsored walkers to family or company groups) for what we hope will be a fun day out for everyone. We're keeping our fingers crossed for a fine day and hopefully no blisters. Posters for the event will be going up soon and registration forms will be placed in local libraries, information offices, shops and on the Horsfall House website.

Also new for this year is a **sponsored Golf Day** to be held at Minchinhampton Golf Club on **Friday 12<sup>th</sup> October**. If you would like to put forward a team, please inform John Fynn on 01453 884507 or [john.fynn@hotmail.co.uk](mailto:john.fynn@hotmail.co.uk).

**Wednesday 20<sup>th</sup> June** sees the Festival Players performing once again at Beaudesert School with a production of **Richard III**. We hope the sun will shine as it did in the last two years and guests will enjoy an interesting evening with Richard who is 'determined to prove a villain'. Tickets will be available as usual, from Horsfall House.

**10<sup>th</sup> November 2012 – Christmas Fayre – Minchinhampton Primary School 9.30a.m – 2p.m.**

Quiz Answers: potato masher, jam spoon, peeler, cheese grater, fish slice, whistling kettle, iron, old teddy bear, (odd one out), tea pot with cozy.

**Talented Nurse Christina Rice works on the General Unit. She has been very busy in the last few months working on an exciting new artistic project.**



The project I am currently working on is part of an Access course. I was lucky enough to get the support to develop this project at Horsfall House. I have worked and will continue to work on both units making drawings [with permission], having conversations and listening to the experiences of our service users. This research is helping me produce a visual record of the lives and experiences of the community at Horsfall House. Drawing in the lounges is a stimulating activity not just for me but also our service users as it generates a lot of interest and conversation. This

has been a valuable activity for me not only in fulfilling this project but also in a nursing capacity. Learning more about the people we care for can only help to improve our understanding and support.

As a celebration of everyone who lives at Horsfall House I am making an installation for the sensory garden in the main courtyard. This consists of 41 ceramic forms, one for each of our permanent residents. The ceramic forms are hollow and teardrop shaped; each will contain a glass sphere in a colour of the residents' choosing. They will be suspended from the pergola in front of the mirror as you can see from the drawing. I will also make a further 41 forms in memory of those who have previously lived at Horsfall House. Each of these will contain a white glass sphere. Collectively they should make an interesting sight, and hopefully spark a conversation or two. As you can imagine this is a huge project and seems to keep growing. I hope to have completed the major body of work by mid-April but, as it keeps expanding, watch this space! I would also like to say a huge thanks to everyone, the service users, their families and all the staff for their interest and kindness.

**This will be a very exciting installation and Chris deserves much praise for her efforts, her compassion and understanding for those in her care.**

**Too often we read stories in the press of poor care for the elderly and the ignorance of those in trusted positions. Positive stories often get ignored.**

**Chris is a great nurse and I hope we can celebrate her achievements in style.**

## MINCHINHAMPTON GUIDES AND BROWNIES

On a very cold day in December at least 30 (Yes 30!) children from Minchinhampton Guides and Brownies came to see us. Each child had made a Christmas card to give to a delighted resident or Day Centre client. After the carol singing, everyone enjoyed tea and cakes with children and residents/clients chatting happily together. There was lots of excitement in the air!



*Malcolm engages one of the Brownies in conversation after being given a card.*



*John & Betty enjoy the singing.*



Two different generations enjoy each other's company. I think the delicious cup-cakes from the kitchen helped too. What a lovely day it was.

WATCH OUT! HERE COMES.....A JOKE!

*"Was the butcher rude to you again this morning Daisy?"  
"Yes m'lady, 'e was. But I soon put 'im in 'is place. "Oo the bloody 'ell do you think you're talkin' to?" I says. "This ain't the bleedin' cook speaking, this is 'er Ladyship."*

**MAKING OUR OWN CHRISTMAS CAKES.**



Volunteer student, Tom Lowde came in to help us ice our Christmas cakes. Joyce from the

General Unit was really creative and enjoyed herself so much she didn't want to stop for lunch! They looked really festive and yummy! (The cakes I mean not Tom & Joyce!) Pictured is Julia giving a hand to Mary Adams, whilst Joan, Joyce and Amelia join in.



**MYSTERY OBJECTS**



1



2



3



4



5



6



7



8



9

**CAN YOU GUESS WHAT IT IS YET? WHICH IS THE ODD ONE OUT?**

**OUR NEW VOLUNTEER ALISON WOOD**



Alison is making regular weekly visits to some residents on the General Unit. She is befriending those who would like some extra company for a cuppa and a chat.

Alison has years of experience working for Citizens Advice Bureau. She also plays violin in a string quartet. We hope she and her friends will come and play for us in the summer.

**Guess what Our Bill's up to?**



He's planning to leap out of an aeroplane!!!!!!  
Action Man Bill is planning a Skydive to raise money for Horsfall House.  
We look forward to hearing more about it when the details are finalised. GOOD LUCK, BILL!

It *will* be with a parachute ..... Won't it???

## MAKING SHORTBREAD FOR BURNS NIGHT



These pictures say it all!

## Pantomime Limericks (Panto Rhyme)

To the panto one Christmas I went  
At a theatre somewhere in Kent  
It was called Peter Pan  
But the Dame was a man  
And I thought the whole thing quite bent!

Cinders longed to go to the ball  
She hoped for a prince dark and tall  
But she dropped her glass slipper  
Which smelt like a kipper  
So he decided on her not to call.

Seven dwarves once lived with Snow White  
Not all of them very polite  
In fact they were rude  
One appeared in the nude  
And gave the young lady a fright.

Written by our Residents with the help of Gill Garrett

## ON CHRISTMAS DAY.



6 Geese a-laying –  
Sorry I mean 6 carers caring!

“Hello Deer!” Pinto and Emily  
having a laugh?



The Battersbys! and Ann Bartlett with her lovely Granddaughters.  
Christmas is definitely a time for family togetherness.

**Many thanks to Nurse Joanna Savory for sending in the pictures of Christmas on Cotswold.**

*Reporter to Marilyn Munroe;  
“Did you really have nothing on when you posed for those pictures?”  
“Oh, no,” smiled Marilyn, “I had the radio on.”*



## THE ALZHEIMER CAFÉ CHRISTMAS PARTY



As always this went with a swing. Children from Stroud Valleys School once again provided entertainment, as did Richard Smith on piano.

It's always nice to see old friends again and Jo Smith who organises the Alzheimer Café was in festive spirit and helped everyone to enjoy a wonderful evening.



## SAYING GOODBYE TO ANDA



Some of the staff attended a leaving party meal at the Weighbridge Inn for Anda the cook who left in early December. We wish her well in her new job. Anda was with Horsfall House for 5 years and made some wonderful celebration cakes.

## LIGHT THERAPY



Mary and Julia celebrated Candlemas with a little light music & meditation. To relax and unwind, they stimulated all the senses with some aromatherapy, music, candles and deep breathing exercises. Then we all went on a virtual journey across Rodborough Common. Afterwards we all went to sleep! (Just joking - only some people did!). Joan was still meditating as we wheeled her back upstairs!

## Goodbye to Julia.

Our good friend Julia Gerard has decided to leave at the end of February. She has brought us fun and laughter on many occasions. Julia has many other commitments and has decided she needs some extra time to spend with her family.

Thank you for your help, support and friendship, Julia. I hope you will stay in touch with your many friends at Horsfall House.



## **Where did *you* come from?**

This little pup was in reception sitting in a handbag!  
Sooooo sweet!

## SOUNDING BOWLS



Just two days before the beginning of the New Year we had an unexpected treat from Nurse Ute Schlossmacher's brother and sister who were visiting from Germany. They had brought with them several Sounding Bowls.

These very beautiful musical instruments produced a warm, mellow tone when plucked. Residents were interested but preferred a sing along tune.



Jack shows an interest in the sounding bowl.

Activities are not just about providing art & craft; they are there to enrich our residents' lives. Sometimes conversation is what is needed.....or simply someone to talk to and listen.

## TREE OF LIGHT

Just before Christmas when everyone was feeling the Christmas stress, Rev. Dr Chris Collingwood came and refreshed our souls with the Tree of Light service. It was a beautiful, sunny day and the light streamed and sparkled through the Day Centre windows.



As always Chris gave a wonderful uplifting service and left us all feeling warm & spiritual inside.

A wonderful start to Christmas.

## LADIES IN RED

Our good friends the Ladies in Red entertained us once again with their festive cheer! They have a great many fans and it was lovely to see them again. After the singing we had mince pies and some of the Christmas cake we'd made – well, we didn't want it to be **wasted** or **thrown out** did we?



## WHAT THE DICKENS? A CHRISTMAS CAROL



January is usually a bit of a damp squib! (Do you know I'd always thought it was a damp squid!). So who better to cheer us all up? None other than Mr Ebenezer Scrooge himself! To mark the bicentenary of Charles Dickens, Steven Deproost (Old Scrooge) and Pete Rosser (Musician) came to give a reading of 'A

Christmas Carol'. Both professionals brought the story to life again.

*(I shan't say "BAAA!!! HUMBUG"!!!)*

## How many Charles Dickens' characters can you remember?



## KUNG HAY FAT CHOI! THE YEAR OF THE DRAGON

Do you know what sign you were born under?

It was fascinating as we found out which animal represented our birth year and matched them with our characters. Bill is **definitely** a cockerel! Chinese New Year was recognised as we drew & painted pictures of Chinese dragons, and made paper lanterns.

Gary & Team Kitchen are always trying to spice up our lives and produced some delicious Chinese food. Not one but two dishes to

choose from. I do think we ate too many prawn crackers though as Mary passed around the packets. Mmmmm! Moorish!

Talking of food.....

## GIVING RESIDENTS CHOICE.

Cotswold Manager Nurse Joanna Savory (pardon the pun!) has introduced a new system to help residents choose their meals.

Joanna has stuck laminated pictures of food onto a display board. The residents are then able to point to the picture to show their selection. It's also a reminder to people who want to know what time the next cup of tea is due!

It's proving to be a great talking point.



## GOOD TO SEE YOU BACK

Early in January Tara Elliot a carer from the Cotswold unit came back to work after her successful hip operation.



Tara is also looking forward to the birth of her 1<sup>st</sup> baby which is due in August this year. Nice to have you back Tara, Good luck!

## Talking of babies.... Congratulations to

Laura Tsoto who gave birth to a girl Olivia on 23<sup>rd</sup> January and Siby Yesudas who had a baby boy, Basil on 13th January. All are doing well.