



PINEWOOD

RESIDENTIAL HOME

June 2021 Newsletter

Welcome to our latest newsletter. We hope you are all well and are still continuing to keep safe as we start to emerge from the current restrictions.

This last year has been challenging for so many, however, we are currently in a very good place and are already starting to bring back some more outings and activities but with additional procedures in place to ensure the utmost safety.

We would like to take this opportunity to thank our team once again for all their hard work during the last year.



Vaccinations are nearly complete

We have managed to remain safe here at the home, and after consultation with all of our resident's families, we had a unanimous agreement that visits inside the home would wait until a high percentage of the team and residents have been vaccinated.

We now have 100% of our residents vaccinated with both vaccines. Accordingly, a resident can have up to five nominated visitors (excluding children) to visit them in the care home. However, the resident can only have two visits per day from two of those five nominated visitors (one nominated visitor at any time on each of those two visits). Any of those visitors must undertake a Rapid Latiral Flow Test before entering the care home.

Alternatively, we can accommodate family and friends in the visiting room without the need for any tests.

Any visits will still need to be booked by emailing Sally on sally@pinewoodonline.co.uk

83% of our team have had their first vaccine with 69% having had their second.

Just Bowl, a Sports England project



'Just Bowl' is a Sports England funded project to research 'Active Aging'. By offering regular 'Just Bowl' activities within care homes settings, they have found significant improvements in physical, mental and social well-being.

We are very pleased that 5 members of our team will be delivering this 12 week program within Pinewood Residential Home. They will commence their training in early June. The activities will run for 12 weeks, with at least two 30 minute sessions per week.

The project states that "The Covid-19 pandemic has brought a halt to activities in most care homes and it is clear that many older adults need to be 're-conditioned'. Here at Pinewood have managed to maintain a large number of activities with our activities coordinator Deborah, this is a great opportunity for the team and the residence to experience even more.

Just Bowl is a low impact, fun activity that can be used in a lounge area or in an individual's room and is a great way to reintroduce residents to physical activity.



Images from Just Bowl website

We've been busy with lots on indoor activities

Although we've not been able to get out and about as we would like to (we are starting to now though!), the team here and our activities coordinator Deborah have been keeping the residents active with a great variety of games and activities each week. Here are some of our favourites, including Catch and Chat, Bingo, Film Club, and board games including Snakes and Ladders. Plus we've been able to continue with Holy Communion delivered at the home by Rev Christopher Cant.



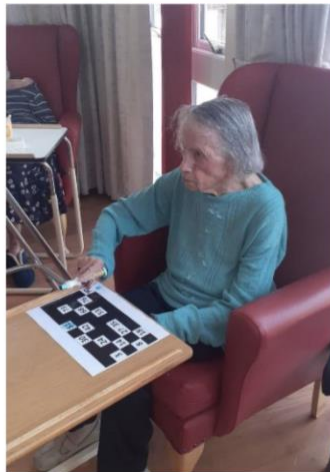
Catch and Chat is a great way to get active with some hand-eye coordination and of course an opportunity to have a chat about a number of different topics - we love to chat.



Our sessions are often washed down with a cuppa and a biscuit too, just perfect!

Bingo is always a favourite in the home.

Kelly's eye....One little duck...Cup of tea.
...Knock at the door.
...Man alive... We know them all (almost!)



Our weekly Film Club is a great time to all come together. We all enjoy it so much and take it in turns to choose a film. Recent choices have been Schindlers List and Only Fools and Horses. Nothing like a bit of variety to cater for all tastes!



We'll often get the board games out for a bit of afternoon fun. Connect Four and Snakes and Ladders are always good choices. Sometimes it's a bit competitive, and sometimes it's just for fun, but there is always lots of chatter and interaction.



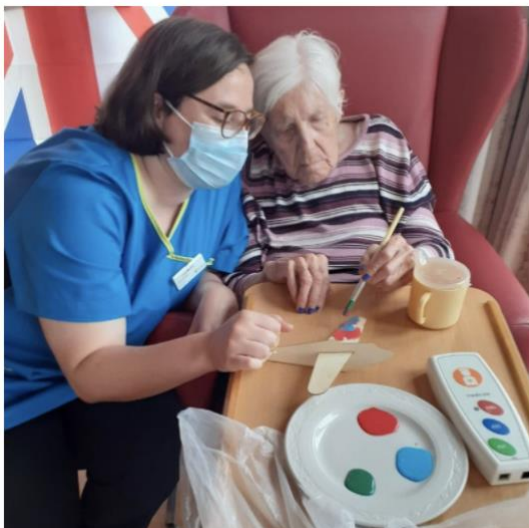
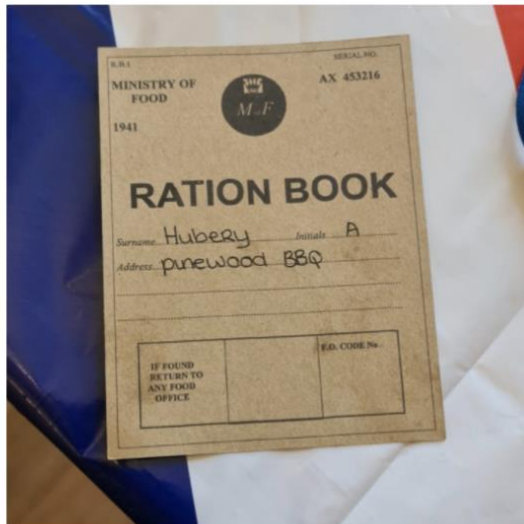
Holy Communion with Rev Christopher Cant ...

We have been lucky enough to have been able to continue with visits from Rev Christopher Cant to deliver Holy Communion within the home.



VE Day celebrations...

We had a wonderful weekend's worth of celebrations for the 76th VE day anniversary. We enjoyed listening to a recording of Winston Churchill's speech with a toast to the veterans (with Pimms) on the Saturday, and enjoyed a delicious Devon cream tea whilst watching a movie on the Sunday. The celebrations culminated with a delicious BBQ on Monday 10th May too - complete with Pinewood rations books and Union Jack napkins. Of course, our team here at the home pulled out all the stops with great food, fabulous Union Jack themed decorations and the residents even made wartime plans to fly! To top off the weekend we had wartime entertainment from Paul Stevens. It was lovely to sing along to some old-time favorites.





And finally, we've been out...

We've just had our first post lockdown outing! We had a lovely mini bus trip to the Greendale Farm, Exmouth sea front for fish and chips, and a very sunny trip to Beer for more fish and chips and a stunning view. It has been just wonderful!





It just leaves us to thank you too for all your support over the last few months. We really hope the end is in sight now and we can return to more visits and more trips out.

Stay safe,
Philip and Sally 😊