

CADDINGTON HERALD



PLAYTIME COMES TO CADDINGTON GROVE!

Dunstable families help launch our new family-friendly sessions.

There were smiles all round at the launch of our new parent and pre-school group this September, as residents helped us welcome some tiny visitors to the home.

We opened our doors for the first of the new fortnightly sessions on Thursday 5th September. The children enjoyed messy play, a ball pit, games and the chance to meet Peppa Pig.

For Community Relations Lead Kelly Cox, the opportunity to host this group for local families is a win-win, as the residents love it when youngsters come to visit the home.

"We know how good it is for our residents to spend time with little ones, so it's our pleasure to run the parent and pre-school group," says Kelly.

"There was so much laughter and excitement during the launch session, and it was heart-warming to see the children bringing so much joy into the home. Creating bonds between our residents and the local community is essential for us, and we hope to spend many more happy hours together."

Parents who attended the group said their children had a lovely time and they planned to become regulars at the pre-school meetup. Lindsey Eze, who brought her daughter Isabella along, said it was a great experience.

"I have the happiest two-year-old!" enthused Lindsey. "Isabella loved meeting Peppa and really enjoyed the pre-school session. The interaction between the residents and children was really lovely. We will be coming again."

The residents enjoyed meeting the children and their parents, and taking part in the activities too.

"I have thoroughly enjoyed myself," said resident Flo Wilder. "Playing with the children and singing songs together has really made my day."

The Caddington Grove parent and pre-school group will meet every other Thursday between 10:30 and 12pm. Families wishing to join in should contact Kelly Cox.

caddington.crl@hamberleycarehomes.co.uk or call 01582 320750.



**"I'M SO PROUD OF
MY TEAM."**

Home Manager Martyn Dawes looks back on the past few months at Caddington.

Welcome to our first newsletter, which is published just after we celebrate our first year, and what a year it's been. I'm so proud to tell you that we are now the highest-rated care home in Central Bedfordshire, according to www.carehome.co.uk, and our CQC report was Good. As the home manager, I'm delighted, but I give credit to my fantastic team who have won praise from the CQC inspectors for being incredibly caring and professional.

Like me, the team here is committed to making a real difference in our residents' lives and our local community. It was great to see so many of our Dunstable neighbours turning up to enjoy our Summer fair, the gardening club, and participating in our dementia group. Visitors young and old are always welcome to visit, and with a café, salon and cinema here, there's plenty to do when you drop by.

We're looking forward to the next few months, which will include a Pumpkin Festival and Carols By Candlelight. We hope you'll join us.



Martyn Dawes
Home Manager

TOP STORIES FROM TEAM CADDINGTON!

A look back at what we've been up to this summer.



PLANTING THE SEEDS

This year's National Gardening Week in April inspired the launch of our new Gardening Club, open to green-fingered locals and residents.

The nationwide theme of 'Edible Britain' was an excellent starting point for the group, which met in our grounds to start planning and planting crops. The aim is to grow fresh food to be used in the Caddington Grove kitchen, and for the gardeners to enjoy themselves later when we host a group picnic to celebrate the fruits of their labour.

"Gardening is an excellent hobby that nourishes the body and the soul," says our Community Relations Lead Kelly Cox. "We thought it would be a great idea to host a group where gardeners could work on a project together, share skills and socialise outside. Everyone seems to be enjoying the chance to get stuck in."

The inclusive sessions are open to gardeners of all abilities – from horticultural experts to complete beginners. Everyone can get involved and learn how to grow their own fruit, veg and herbs together.

"Not everybody has a garden, so it's good for us to be able to share ours with local people," enthuses Kelly. "We hope to encourage more gardeners to come along."



BIZZIES AT THE BEACH

When the Bizzie Bees Nursery came to visit us this August they were treated to a day at the beach in the middle of Dunstable!

We'd built a custom-made beach in the home's grounds as part of our seaside-themed summer fete, so invited the children to come and have a playdate with us afterwards.

The little Bizzie Bees had a whale of a time with their buckets and spades as they built sandcastles in the sun, they also played with beach balls and spent time with residents.

"We loved seeing the children making good use of our beach," smiles Amy Humphries, Caddington Grove's Wellbeing & Lifestyle Coach. "For the nursery, it was a chance to enjoy some seaside play without having to drive the kids all the way to the coast. They had plenty of fun in the sun, and our residents absolutely loved the chance to join in too."

According to Bizzie Bees nursery manager Sue Smith, the youngsters loved the chance to get outdoors at the Caddington beach.

"The beach is such a lovely idea, our children had so much fun," she told us. "Thank you for allowing us to come and spend time here."



HAPPY BIRTHDAY TO US!

Residents and staff got together to attend an extra-special birthday party in August – as Caddington Grove turned one.

To celebrate a busy and exciting 12 months, staff, residents and their families enjoyed a buffet, a gorgeous cake and entertainment from singer Joe Corrigan.

“It’s been a wonderful first year here, so we had plenty to celebrate,” says Home Manager Martyn Dawes. “The party atmosphere was fab – and it was lovely to mingle with residents,

their families and some former respite residents who came back to join in the fun.”

The buffet table was crammed full of delicious cold meats, salads, coleslaw, crisps, sweet treats and fruit, all prepared by Caddington’s catering team. Guests enjoyed a slice of delicious cake and an afternoon of entertainment, as the party got underway.

Thank you to everyone who helped us mark a very successful first year for the home, we look forward to many more!



QUIZ TIME!

Monday night is pub night at Caddington Grove, and for our resident quizzers, it’s a chance to showcase their general knowledge.

Every Monday between 6:30-8pm, residents, their friends and families are welcomed to enjoy a drink, play tabletop games and then take part in the weekly quiz. Some weeks, quizzing is followed by a bit of a dance.

Previous pub nights have included a theme. For example, on St. Patrick’s Day, staff arranged for Irish dancers to entertain the crowd.



HITTING THE ROAD

Caddington Grove’s Dementia Friends have been on tour this year, educating members of the community about the condition.

As committed Dementia Friends, our job is to go out into the local area and run information sessions so people can learn more about how to support people living with dementia.

During one of the stops on our tour, we met with Year 11 students at Dunstable’s Priory Academy, who are studying Health and Social Care. For their teacher Pauline Carey, the visit was an excellent opportunity to give the students the tools to become Dementia Friends too.

“Dementia is one of those diseases that touches many lives,” says Pauline. “I think it’s important to try to create a community that is more understanding of the difficulties experienced by people living with dementia. Where better to start that process than with our young people?”



A WALK TO REMEMBER

Team Caddington joined hundreds of people to take part in a 5K Memory Walk at Willen Lake, Milton Keynes on Sunday 22nd September.

Each year, the Alzheimer’s Society asks people all over the country to complete Memory Walks to fundraise and increase awareness for people living with dementia.

“The Memory Walk was brilliant, there was a great atmosphere and it was fun for all the family,” says Admissions Lead Helen Duggan. “So far, we’ve raised around £500 for the Alzheimer’s Society this year, and we hope to increase that total before 2020.

The Alzheimer’s Society raises money to progress the research into dementia, to encourage innovation in care and ultimately find a cure.



MAKING MAGIC!

The dementia care innovation that's improving residents' wellbeing.

At Caddington Grove, we are always looking for ways to improve our residents' wellbeing – so the arrival of a 'Magic Table' in the summer was cause for great excitement.

Designed by health tech pioneers OMI, the Mobii interactive projector can be used on tables or floors to help stimulate people living with dementia. Wellbeing & Lifestyle Coach Amy Humphries has been using the table alongside residents and says it's had an immediate positive impact.

"The Magic Table promotes wellbeing by creating an opportunity for residents to be active, to stimulate their senses and to get them socialising," explains Amy. "You can see their confidence building as they play the games, many of which are designed to spark memories and get them moving. We've also found that, since using the table, our residents see improvements in their mobility and balance when playing the games."

One of the unique features of the Mobii table is the ability to customise it. For Amy, that presented an opportunity to use pictures and songs that mean something to the people she is working with.

"I've edited the games to personalise them by adding pictures of the residents for them to paint, alongside their favourite song, which plays along in the background during the activity," says Amy. "We've also included pictures from the local area and created

a game where the residents have to move flowers to reveal those familiar images."

Although the Magic Table is used with residents daily, it's also available for local people living with dementia for use during dementia support group sessions. Witnessing the impact on the wellbeing of the people who regularly use the interactive table has been incredibly moving for Amy.



"We put on the aquarium for our resident Barbra and asked, 'What can you see?'," shares Amy. "She said, 'I can see flowers, water, fishes, rocks, plants growing in the water, fishes running about looking for food.' She started moving her hands over the water and said, 'This is marvellous, isn't it?'"

Come and use our Magic Table

Our dementia support group was launched in September and the first session was attended by Dunstable Mayor Sid Abbott. Every Monday between 10:30-11:30am members of the local community who are living with dementia can come to take part in sessions that include a variety of activities, including using the Magic Table.



DATES FOR THE DIARY

UPCOMING EVENTS

Thursday 31st October
Community Pumpkin Festival

Saturday 23rd November
Dementia Information Day

Thursday 12th December
Carols by Candlelight

REGULAR COMMUNITY EVENTS

Monday 10:30am (weekly)
Community Dementia Support Group

Tuesday 2pm (weekly)
Dementia Friendly Cinema Club

Tuesday (the first Tuesday of the month)
Community Salon

Thursday 10:30am (fortnightly)
Parent & Pre-school Group

Thursday 2pm (weekly)
Cinema Club

COMING SOON

Mother & Baby Ballet Classes