

# CHAWLEY HERALD



## COFFEE MORNING ATTRACTS ANIMAL LOVERS

We put a twist on this year's Macmillan fundraising event.

There were some special guests at our annual Macmillan Coffee Morning fundraising event – some cake-loving alpacas and a pooch joined the fun.

In September, Chawley Grove took part in the cancer charity's 'World's Biggest Coffee Morning' by hosting a cake-tastic event at the home. But this year, instead of simply extending a warm welcome to our human friends and neighbours, we made sure to send out animal invitations as well.

"We wanted to make sure our Macmillan Coffee Morning was full of fun," says Home Manager Theresa Whitford. "Our residents and visiting children just love having animals in the home. By catering for the animals, it was a chance for everyone to pet them and feed them, as well as enjoying the sweet treats on offer too."

The alpacas fed on a specially created raisin sweetened recipe suitable for them. Both residents and the smaller guests

enjoyed spending time with the animals and each other.

"All the animals were utterly adorable and stole everyone's hearts," smiles Theresa. "We had a lot of fun deciding what cakes to make for them, and the doggie cakes looked so good that we had to remember they weren't for us!"

According to the visitors, the Coffee Morning left everyone feeling happy and content, knowing that as well as it being a lovely social occasion, they'd also raised much-needed money for the cancer charity.

"My husband and I very much enjoyed our visit and there certainly was a great buzz about the place," says Esme Wyatt, a visitor at the event. "There was a marvellous selection of cakes and the staff were delightful and welcoming. We look forward to coming again soon."



**"OUR TEAM TRULY CARES ABOUT OUR RESIDENTS' WELLBEING."**

Home Manager Theresa Whitford tells us how her team are working to make a difference.

It's wonderful to welcome you to the very first Chawley Grove newsletter! Since we opened the home in June, we've been working hard to create a wonderful warm and welcoming place for our residents to enjoy living their lives in luxury and comfort, surrounded by a team that truly cares about their wellbeing.

For me, it's that focus on creating a home-from-home that makes Hamberley homes special. Our team of Homemakers provide all the aspects of care you'd expect from traditional carers and so much more besides.

It's wonderful to see our Homemakers building strong friendships with our residents, helping them to keep up with the activities they love and looking after their living space. The impact on the residents is profound and it's always a proud moment when relatives and visitors remark on how great the Homemakers are.

It's been fantastic to welcome the local community in for events and we hope to see many more new faces as our winter programme of events gets going. Do drop in and see us, we'll get the kettle on and give you the grand tour.

**Theresa Whitford**  
Home Manager

# TOP STORIES FROM TEAM CHAWLEY

Take a look at what's been happening here this summer.



## MAKING MEMORIES

Congratulations to the team from Chawley Grove who took part in the Alzheimer's Memory Walk during the summer and raised more than £700 for the charity.

Memory Walks take place all over the country throughout the year and money raised goes towards funding new research, providing precious support to more people, and bringing us closer to a world without dementia.

Decked out in Hamberley t-shirts, with some even carrying inflatable rings, our intrepid team braved the hot sunshine and completed three circuits of Farmoor Reservoir for their charity walk.

For Homemaker Sue Wells the walk was all about creating awareness, raising funds and having fun.

"It's such an important cause to raise money for and knowing that every pound of our total will either go towards funding new research, educating people about dementia and supporting those who live with the condition, is fantastic.

"We had a lovely day – thank you to everyone who sponsored us."



## DEMENTIA WEDNESDAY

Each week Chawley Grove welcomes members of the community who are living with dementia, and their carers, into the home for 'Dementia-Friendly Wednesday'.

Guests are able to enjoy a coffee morning, with our Homemakers serving refreshments and delicious cakes baked by our resident chef, and our salon is open for hair treatments and hand massages.

According to recent figures from the Alzheimer's Society, 850,000 people in the UK are currently living with dementia and often are unable to participate in social occasions or community events.

This can lead to loneliness and isolation which has a negative impact on their wellbeing.

As part of our coffee mornings the team at Chawley Grove also help guests use our 'magic table', an interactive tool that helps people living with dementia to engage socially and take part in games. Something that perhaps they wouldn't normally do.

Bunny Leaver, who visited us with her carer Rachael, said it was lovely to enjoy a coffee morning in such a welcoming space.



## THE GREAT BIG HOSPITAL ABSEIL

Over one weekend in September, 220 people braved the 100ft and abseiled down the John Radcliffe Hospital in Oxford raising close to £70,000 – a record breaking total in its 15-year history.

The event was organised by the Oxford Hospitals Charity who raise money to help to transform care across the county – funding the best medical equipment, research, training and facilities for patients and staff.

A team of Chawley Grove Homemakers took part in this historic event, exceeding their fundraising total.

Hamberley's Marketing & Partnerships Manager, Sarah Webber, joined the team on the day and commended everyone for their bravery.

"It wasn't easy going over the top, 100ft is as high as it sounds! But when you know it's for such a worthwhile cause you just have to do it."

## CHECK MATE!

There's been a meeting of the Grand Masters here at Chawley Grove. Resident Giancarlo has been fulfilling a lifelong ambition and learning how to play with the help of Homemaker Julie.

"It's been wonderful learning how to play chess, I have always wanted to be able to play," says Giancarlo.

Giancarlo has been a fast learner and is hot on the heels of his teacher who praised his impressive efforts.



## THINK PINK

Members of the Chawley Grove team volunteered at the Cumnor Festival of Performing Arts – an annual event which raises funds for breast cancer support and activities group, Positively Pink.

The team welcomed festival goers throughout the day, serving drinks and refreshments, and helped make the event a great success.

Founded by Jean Pryce-Williams, who knows first-hand the journey of surgery, chemotherapy and radiotherapy, the Positively Pink group provides a safe, welcoming and relaxed space in which fellow breast cancer survivors can build friendships, explore ways in which to grow again in confidence and to simply enjoy living.

Hamberley's Marketing & Partnerships Manager, Sarah Webber, says she was pleased that they could support such an important local group.



## DEMENTIA FRIENDS

Dementia Friends is a nation-wide scheme that helps people learn more about dementia and the small ways you can help your community become more accessible and welcoming. Being a Dementia Friend is about taking small steps such as telling your friends about the programme or visiting someone you know living with dementia. Every action counts.

Here at Chawley Grove we're committed to doing our bit to make sure that Cumnor and the surrounding area is always a warm and friendly place. So we're starting regular Dementia Friends information and training sessions to help attendees understand what it's like to live with dementia and the actions we can take.

If you're interested in attending please enquire at reception for details of the next session, we'd love to see you.



## GIANCARLO DINES OUT!

A special meal brings back happy memories for one resident.

Every conversation between our Wellbeing & Lifestyle Coach and the residents they care for is an opportunity to learn something new. Our people are trained to listen carefully to spot ways to improve a resident's wellbeing and enhance their lives.

So, when Wellbeing & Lifestyle Coach Megan Wilson and resident Giancarlo Cocozza started chatting about her upcoming birthday and plan to visit a local Chinese restaurant to celebrate, inspiration struck. It turned out that the very place Megan was planning to dine was an old favourite of Giancarlo's.

"When I mentioned 'The One', a Chinese restaurant that's near where I live, Giancarlo told me that he knew it and used to go there every week," shares Megan. "He knew the owners by name because he would go for meals with his friend Mario regularly. Giancarlo told me how they used to love eating lots of delicious food and drinking wine together. There were so many happy memories for Giancarlo there, and he told me he'd love to go back someday."

Part of our wellbeing work is to help our residents maintain social connections. As soon as Megan realised that Giancarlo had friends at 'The One', loved the food there and

wanted to return, she put a plan in motion to take him for dinner. Having listened carefully to Giancarlo's likes and dislikes, Megan made sure the visit went without a hitch – and was a great success.

"When we arrived, the owners David and Anna Chu recognised Giancarlo and came to welcome him back," says Megan. "They immediately remembered him and asked him how he'd been in the time since they last caught up. We then enjoyed a lovely meal, and Giancarlo's dessert of banana fritters arrived on a lovely platter with a special 'thank you' message on there for him. It was a lovely touch."

By connecting Giancarlo with old friends and giving him a taste of his life before he moved to Chawley Grove, Megan was able to provide him with a lovely trip out and boost his wellbeing. A great time was had by all, and Giancarlo says he was grateful for the opportunity.

"I really enjoyed visiting The One and loved the food," smiles Giancarlo. "I felt like me again, having a laugh and reminiscing about old times. I want to thank Megan for taking me, it was nice to be able to do this again."

### UPCOMING EVENTS:

**Thursday 5th December, 6pm**

Oxford Welsh Male Voice Choir performance

**Tuesday 17th December, 5pm**

Carol singing with mulled wine and mince pies

### REGULAR COMMUNITY EVENTS FOR ANYONE CARING FOR A LOVED ONE LIVING WITH DEMENTIA. EVERY WEDNESDAY:

**9:30am – 1pm, Dementia Friendly Hair & Beauty Salon**

Come and enjoy a treatment in our luxurious Port Meadow Salon – all provided by trained professionals at competitive rates

**10am – 11:30am, Free Dementia Friendly Coffee Morning**

Join us for a coffee and a delicious slice of homemade cake, make new friends and speak with others caring for a loved one living with dementia

**2pm – 4pm, Dementia Friendly Cinema Club**

Join us for a film showing in the deluxe cinema, with free popcorn and ice cream. Light bites and refreshments will be available in the Chawley Grove café from 12 – 1pm