

HAMBERLEY HERALD



MAKING MAGIC

The interactive table transforming dementia care

ON THE BALL!

John's back on Clyde FC turf

MEET THE HOMEMAKERS

Creating a caring revolution

LET'S GO TO THE MOVIES!

Film fun at our cinema club



HAMBERLEY

CARE HOMES

NESBIT HOUSE

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HAMBERLEY HERALD

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Welcome to the first edition of the Hamberley Herald. I'm delighted to be able to share our news and keep you up-to-date on all the fantastic things happening across our homes.

As our news round-up shows we've had all kinds of fun-packed events taking place, welcoming our local communities into our homes – it's lovely to see visitors young and old having a great time together.

I'm always excited by innovations in care, so do have a read of our feature on the magic table helping people living with dementia to stay connected. Our Clinical Director, Michelle Kudhail, introduces our Dementia Hallmarks and how we are committed to ensuring an outstanding care experience for our residents living with dementia. Plus we've also got an insight into the Homemakers of Hamberley and how we've reimaged the traditional carer role.

Finally, I want to extend huge congratulations to the entire Hamberley team for our incredible win at the 2019 HealthInvestor Awards, where we were crowned Residential Care Provider of the Year. I couldn't have been prouder to accept this accolade on behalf of you all – well done!

Paul Hill
CEO, Hamberley Care Homes

STATE OF THE ART!

Care Home Open Day was an explosion of colour as all Hamberley Homes got involved in the annual celebrations on Friday 28th June.

This year's theme was the role of arts in care. So, with brushes and paints at the ready, it was time for our care home teams to open their doors and get creative on canvas – with a little help from residents and friends.

We hope you'll agree that the results are eye-catching!



Milngavie Manor Unveils Masterpieces

Milngavie Manor got serious about their art – by inviting professional artist and resident teacher Josephine MacLeod to lead their creative session.

As well as providing a fantastic masterclass, Josephine gave a talk about her charity J.O.M, which focuses on art therapy as a way to relieve stress and anxiety.

Residents and visiting local children were tasked with painting two big blank canvases with their favourite colours, giving everyone the chance to express themselves.

For home manager Susan McElhinney Leung it was great to show visitors the importance of art therapy.

“The work Josephine does with our residents is invaluable, and we’re always exploring new ways to boost the wellbeing of the people we care for,” she said. “I think it was a brilliant idea to celebrate the role of arts in care, and now we have a lovely community painting to hang on the wall to remind us of a very happy day here too!”

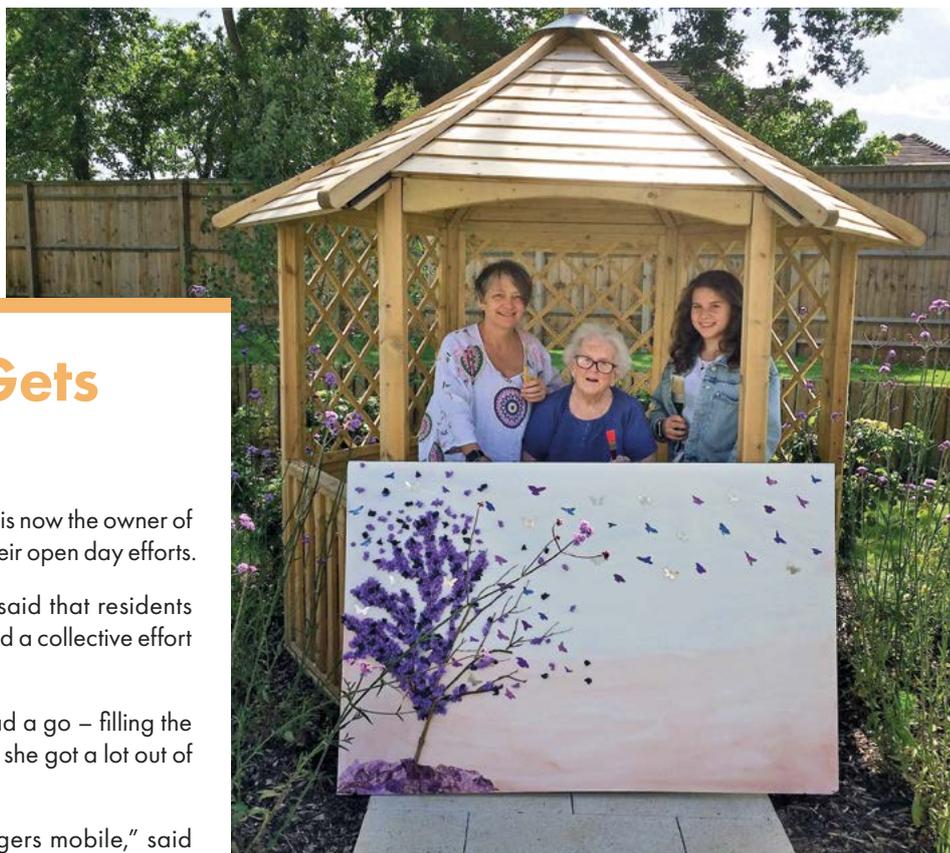
Chawley Grove Gets Creative!

Over in Oxfordshire, Chawley Grove care home is now the owner of a stunning lavender butterfly painting thanks to their open day efforts.

Wellbeing and Lifestyle Coach Jackie Smith said that residents warmed to the theme straight away and produced a collective effort to be proud of.

Jackie said that budding artists of all abilities had a go – filling the afternoon full of fun. Resident Audrey Ivory said she got a lot out of the experience.

“It was very relaxing – painting keeps the fingers mobile,” said Audrey. “We had a good chat – non-stop actually, a lovely way to spend a bit of time.”



Newton Novices Splash Out!

There were smiles all round at Newton House care home as a local nursery class arrived to help them paint their Care Home Open Day artwork.

Junior painters from the nearby Kirktonholme Mearnswood Nursery helped Newton House novices with their Jackson Pollock-esque creation.

Resident Eric Dodson thinks the messy masterpiece is a genuine crowd-pleaser.

“I’m glad the painting turned out so well – I can’t wait to see it on the wall,” he enthused. “Having worked in an art gallery, I enjoy being creative, and it helps keep my mind sharp. I think everyone who joined us was surprised by how much fun it was.”





LIFE'S A BEACH!

Visitors at this year's Caddington Grove summer fair were given a taste of the great British seaside as they enjoyed beach-themed fun and games.

As well as building their very own beach for children to make sandcastles, there were donkey rides, family games and fish & chips.

"We had such a lovely afternoon, our boys made lots of precious memories with their great grandparents," enthused visitor Leah Manton.

All funds raised went to Luton & Dunstable Hospital's Dementia Care Fund, Caddington Grove's charity of the year.



WALKING THE WALK

A new community walking project was launched at Newton House by Scottish health charity Paths For All.

Walkers of all abilities can now get active on the new walking route, which begins and ends at Newton House.

Paths For All is on a mission to get people walking regularly to improve their health and wellbeing, so it was great to see some Newton House staff and residents putting their best foot forward.



MAKING MEMORIES

Milngavie Manor hosted its first De Café in August, inviting people living with dementia and their families to join residents for a cuppa and a chat.

The focus of the De Café scheme is to provide local people with peer-to-peer support, information about dementia care and a chance to socialise.

After a successful first event, the De Café will run at Milngavie Manor on the first Wednesday of every month between 2-3.30pm.

OPEN HOUSE

More than 150 visitors joined Nesbit House in celebrating their Open Day, complete with live music, children's entertainment and a farmer's market where they could sample local produce.

Guests also enjoyed free Hamberley Hand Massages and hair treatments, fresh baking from our Chef, and cocktails were provided by our very own Community Relations Lead, Rob McLaughlin.



PICTURE PERFECT

Hawthorn Green residents took part in a six-week art project, working alongside local support charity, Eden Care.

The participants, including one resident who has macular degeneration, created beautiful and inspiring works of art, that are now proudly displayed in the home.



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.

IT'S A KIND OF MAGIC!

Introducing the interactive table
helping people living with dementia
to stay connected.



In the lounge of Caddington Grove care home, a group of residents are gathered around a table, moving their hands across its surface.

In front of them is a projection of an old-fashioned breakfast table, complete with sugar, bacon, jam, tea and a ration book. Eggs move across the screen and as the residents touch them, they crack open.

In the background, the song 'If I knew you were coming, I'd have baked a cake' merrily plays. When the last egg is successfully 'cracked' an image of a fully-baked cake appears – some of the group cheer.

This activity is one of the simple, but incredibly effective, activities provided by the Mobii table aka 'Magic Table', an award-winning design used to help people living with dementia to stay connected to the world around them.

Designed by multi-sensory tech pioneers OMI, the Mobii projector is an interactive tool that uses a myriad of games, music, visuals and other content to engage and stimulate the people who use it.

"It's moving to see the impact the Mobii table has. The therapeutic benefits are incredible, and we've seen families having a great time as they experience the table alongside their loved one."

MARTYN DAWES,
HOME MANAGER

"The Mobii table is a wonderful invention—it's been amazing to see our residents using it," says Martyn Dawes, manager of Caddington Grove care home. "Research shows that the table helps people living with dementia in many different ways, particularly in getting them to participate, instead of just watching others. This boosts their mood and gets them moving more – and that's vitally important to their mental and physical health."

HOW IT WORKS

The Mobii table is a portable projector that can be height-adjusted for use in different spaces. This design – which won OMI the 2018 National Dementia Care Outstanding Product Award – means that care homes can use it in communal areas, with residents who are bed-bound or in any space that has a suitable surface.

The activities and games stretch people living with dementia and challenge them to think, helping to connect them to memories through touch, sight and sound. The projections are also calming and help people to unwind and relax, improving their mood and emotional stability.

This combination of powerful visual and aural stimulation helps care homes provide meaningful person centred activities for residents to enjoy.

"It's moving to see the impact the Mobii table has," shares Martyn. "The therapeutic benefits are incredible, and we've seen families having a great time as they experience the table alongside their loved one."

Although it is known colloquially as a 'Magic Table', the Mobii projector can be used on the floor too. This versatility encourages a wider range of movement for the people using it, and also allows care teams to stage larger games for those with good mobility.



LOOKING TO THE FUTURE

In July, Caddington Grove care home held a launch event to showcase their Mobii table and invited Dunstable Mayor Sidney Abbott to come and see residents using it for the first time. The Mayor was pleased to hear that the home will hold weekly community sessions where local people living with dementia can come in and use the table too.

"I really enjoyed being part of the session – the interactive table is so innovative and such a great way to engage and stimulate," says Mayor Abbot. "I encourage more people in the local community to come along and get involved."

Amy Humphries, Wellbeing & Lifestyle Coach at Caddington Grove, says the benefit from the Mobii table works across all elements of wellbeing.

"The activities work on many different levels and can be personalised to create your own games using your own photos. When residents start connecting with the games, it encourages interaction and communication, it promotes movement and also helps boost mental activity because they become very engaged in what they are doing. It's wonderful to see our residents enjoying themselves like this."

For Martyn Dawes, the arrival of the Mobii table is demonstrative of Caddington Grove's commitment to providing the best dementia care they can, harnessing the latest tech to do so.

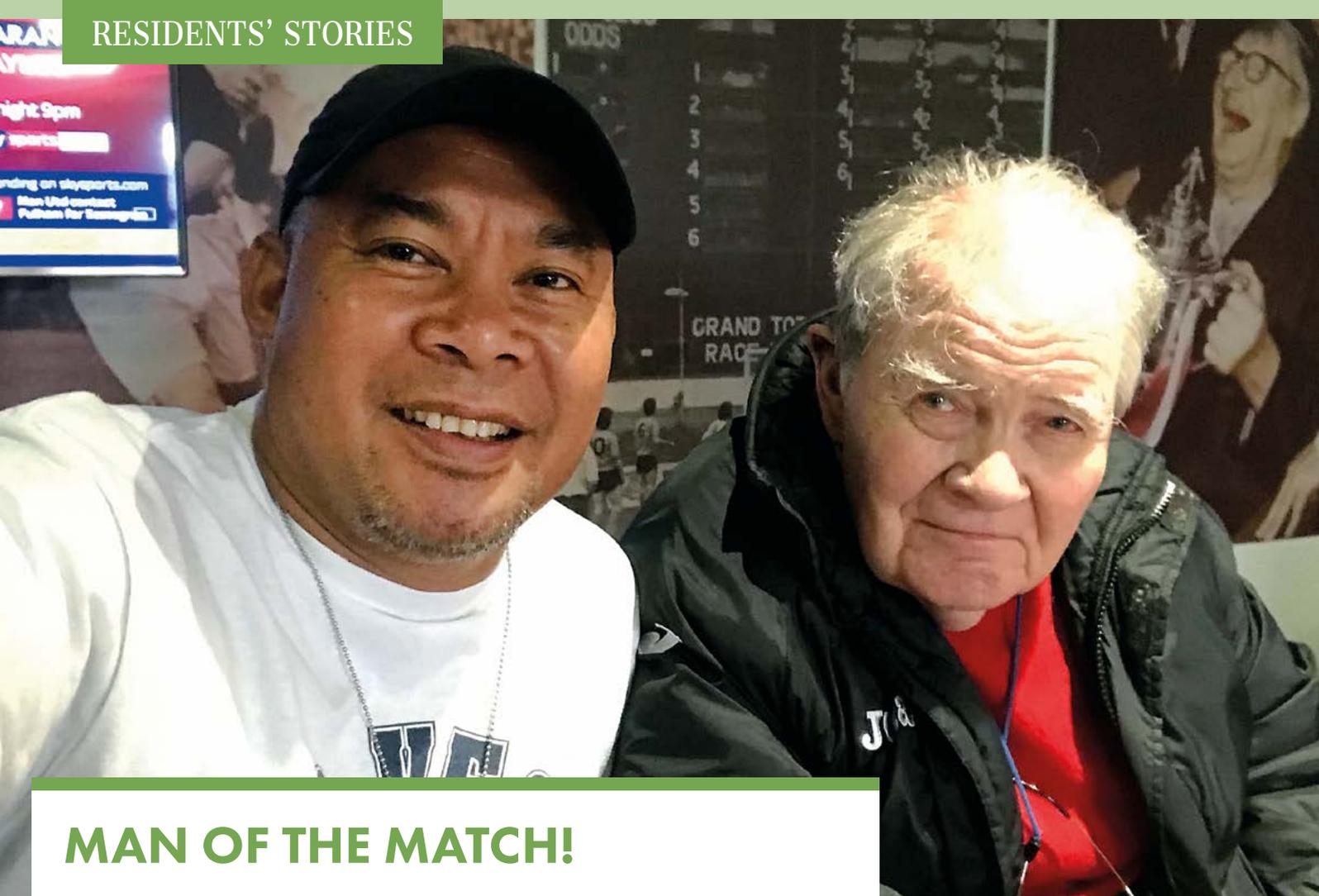
"We make it our business to know about innovation in dementia care because we want to improve the lives of the people we care for," explains Martyn. "There were lots of smiles and laughs as our residents used their Mobii table for the first time."

"I can't wait to see how it positively impacts them going forward. Everything we've seen so far leads us to believe that the 'Magic Table' is very aptly named."

"I really enjoyed being part of the session – the interactive table is so innovative and such a great way to engage and stimulate. I encourage more people in the local community to come along and get involved."

MAYOR SIDNEY ABBOT





MAN OF THE MATCH!

Thanks to Team Milngavie, football fanatic John Briggs can enjoy the beautiful game once more.

For Clyde FC fan John Briggs, football isn't just a game, it's a lifetime's passion. The 82-year-old was taken to his first match at the Scottish club's Broadwood Stadium in 1947 when he was just 10-years-old, and 72 years later, he's still the team's biggest fan.

Sadly for John, his health challenges meant he was unable to attend games in recent years, so he resigned himself to the fact he'd seen his last live match.

However, when John moved into Hamberley's Milngavie Manor in 2018, home manager Susan Mcelhinney Leung made it her mission to get him back to Broadwood Stadium.

"When John arrived with us, his wife Agnes told us he didn't enjoy socialising as much as he used to, so we wanted to find something that would truly make him happy," says Susan.

"I contacted Clyde FC's director Gordon Nesbit to ask if he could help us and he couldn't have been more generous. He told me that John was a 'well-kent face around here' after supporting the team for seven decades. He invited John to a match, booked him and his carer Roger in for a VIP lunch and then gave him a match-side seat to see all the action!"

Since his initial visit, John has been back to support Clyde FC several times, with Roger driving him the 15 miles to Broadwood Stadium and then remaining by his side throughout the visit. Gordon Nesbit lays on the VIP treatment each time, giving John the chance to cheer on the lads regularly in comfort and style. It's made a world of difference to John, who is delighted to be pitch-side again.



"I feel very fortunate that Gordon and the team at Clyde FC have been so kind, and it wouldn't be possible without Roger's help too," enthuses John. "I still get the same thrill out of watching the team play that I did when I was a wee boy. I couldn't be more grateful."

"I contacted Clyde FC's director Gordon Nesbit to ask if he could help us and he couldn't have been more generous. He told me that John was a 'well-kent face around here' after supporting the team for seven decades.

SUSAN MCELHINNEY LEUNG,
HOME MANAGER

OUR DEMENTIA HALLMARKS



Michelle Kudhail, our Clinical Director, provides an overview of Hamberley Care Home's approach to dementia care

With more than 850,000 people in the UK living with dementia, and 209,600 new cases diagnosed nationwide per year, there's never been a more critical time to provide outstanding person centred care for people living with the condition and their families.

Our approach to caring for people living with dementia has four hallmarks of excellence



1

We are a ... WELCOMING COMMUNITY

Our care homes are accessible, safe spaces where our residents, their families and loved ones, are welcomed and made to feel at ease through our unique non-hierarchical model of care.

Firmly embedded within their local communities, our homes are vibrant, social spaces, ensuring our residents can continue to feel connected and valued as members of their friendship groups and local neighbourhood.



2

We ... RECOGNISE INDIVIDUALITY

We recognise and celebrate what makes each of our residents unique. We appreciate the importance of each resident's life history, career and family achievements, and their past and present likes/dislikes, hobbies and interests.

We understand that our residents may experience changes in personality and interests as a result of living with dementia. Our teams are trained to adjust care plans to respond to these changes, supporting wellbeing and encouraging independence wherever possible.



3

We ... LISTEN AND EMPOWER

Homemakers work one-on-one with each resident, and our nurturing, homelike environments create a supportive space to listen and build genuine relationships with our residents – a cornerstone of truly person centred care.

Dementia can be a very worrying and frightening condition, and so we understand the challenges and emotions experienced by families or friends of someone who is living with dementia. Moving into a care home can sometimes be distressing and so our dedicated teams are on hand to make this transition as smooth as possible.



4

We ... MAKE MOMENTS MATTER

We believe that every encounter, no matter how brief, is an opportunity for positive engagement with our residents. Positive engagement varies from person to person. It could be laughter, a conversation or an activity, or a simple smile, or a non-verbal communication.

We are committed to this approach to care, regardless of whether our residents experience memory loss and may not be able to recall interactions.



STAFF LEADERSHIP & TRAINING

In order for us to provide an outstanding care experience our specialist dementia team are trained in supporting and valuing all our residents as individuals and responding to their unique needs.

We recognise that advances in dementia care are happening all the time and our staff are part of a continuous training programme that keeps them up to date with best practice and the latest innovations in care.

This training includes:

- Dementia awareness training for all staff.
- Staff 'Champions' who have enhanced training in supporting people who have challenges associated with cognitive and behaviour problems, and additional training in dementia.
- To increase understanding and provide practical guidance on how to support staff working with residents who have complex behaviours and cognitive difficulties.



THROUGH THE EYES OF A RELATIVE

All of our dementia care homes offer additional support for relatives or loved ones, and our teams receive specialised training, 'Through the Eyes of a Relative', to understand the journey and emotional experiences of the resident's wider family.

The training is comprised of the following parts:

- Understanding of the 'journey' that relatives experience throughout the progression of dementia their loved one is experiencing.
- Providing real examples and demonstrating situations that raise awareness and promote empathy, with practical ways that our teams can aid the relative's journey with their loved one and the care team.

This training also enables us to provide information for families using non-clinical jargon, to share experiences and talk through emotions and provide a sense of not being alone in their journey.

We aim for this understanding to encourage families to communicate and express their questions, concerns and emotions.



5 THINGS YOU NEED TO KNOW ABOUT THE HOMEMAKERS OF HAMBERLEY



**A carer,
housekeeper and
companion all in
one person**

We've reimagined the traditional role of a carer so the residents of our homes will experience a holistic care approach like no other.

Meet the Homemakers of Hamberley, care professionals offering a truly unique service to ensure our residents can lead the lives they choose.

Opposite are five things you can expect from their support:





Five areas of support

1

CLINICAL COLLABORATION

2

TRUE COMPANIONSHIP

3

HOUSEKEEPING HELP

4

INDEPENDENCE MATTERS

5

KEEPING LIFE INTERESTING



Our Homemakers work under the expert guidance of our nursing team, who are on site 24hrs a day to monitor, assess and oversee the care for our residents.

As our residents' needs change, we can adapt the level and type of care to suit them and maintain the feeling of a loving home. By identifying changing medical needs early, our team can take prompt action that can reduce hospital admissions, ensuring our residents receive continuity of care within a homely environment.

Families can rest easy knowing their loved ones are in safe hands at all times.

Loneliness is one of the most significant problems facing older people today, and it's an issue we have been determined to tackle within our homes.

The Homemakers of Hamberley offer more than just personal care and helping residents with their daily tasks, they also provide real companionship.

Residents can enjoy spending time with their Homemakers, chatting over a cuppa, doing activities or just sitting together quietly.

It gives people living in Hamberley homes the chance to strike up friendships that'll brighten their day, every day.

A crucial part of the Homemaker role is helping residents keep their living space shipshape.

We know it's a daily job to ensure rooms remain tidy and well-maintained, and not just during scheduled cleans, so the Homemakers are on hand to help.

Homemakers assist with chores within each living space, making sure it's a clean and comfortable surrounding for the people they care for.

We're told tidy rooms lift spirits – and that's all in a day's work for our Homemakers.

It's important to us that our residents get the most out of life, so the Homemakers are tasked with helping people get out and about.

We don't believe that mobility challenges should be a barrier for our residents, particularly since our Homemakers are on hand to help them get out and live the life they want to lead.

Sometimes it's as simple as having a Homemaker drive a resident somewhere, at other times an extra pair of hands to support mobility can make all the difference.

We know that hobbies and interests help people enjoy their lives, with many people having lifelong passions.

Homemakers spend time discovering what residents like to do and then finding ways to support them to continue doing those activities.

They can arrange things like day trips, shopping excursions, baking sessions, crafting activities or going to sporting events.

It's a wonderful way for our residents to embrace life and do the things that put a smile on their faces.



CHAWLEY GROVE OPENS ITS DOORS!

Hundreds of visitors attend a fun day launch event.

Visitors of all ages flocked to the opening of Oxfordshire's Chawley Grove care home in May, as staff put on a fun day for everyone to enjoy.

With a host of free activities for children, as well as food, music and beer tasting, the younger and older generations were able to celebrate together in style. At the event, the Acoustic Jass Dixie Band performed while guests enjoyed a hog roast, a beer tasting with Hook Norton Brewery and wine tasting with Brightwell Vineyards.

For Chawley Grove manager Theresa Whitford, it was an excellent opportunity to invite local people for a tour of the home's luxury facilities and to create a bond with the community.

"It's been fantastic to meet so many new families, and it was wonderful to see young and old enjoying the day together," says Theresa. "A huge thank you to all the local businesses that supported the day, you really helped the event go with a swing!"

During the guided tour, visitors were shown Chawley Grove's luxury rooms, wellbeing and beauty salon, the in-house deluxe cinema, private dining suite and their elegant café and bar.

Local resident Deirdre Cruden, who lives in Cumnor, said the new home had left quite an impression.

"It's very impressive – they've really thought of everything and you feel very much at home," said Deirdre. "Wonderful facilities and beautiful gardens too. I've been to many care homes and Chawley Grove really is in a league of its own."

Bob Nielsen from Brightwell Vineyard said that the day was a great success.

He said: "We're delighted to have been able to support the launch of Chawley Grove and it's been wonderful to see so many friendly people here today."

"It's nice to see a community-minded company focused on building long-term relationships, and we wish them every success."





“I really like the design and growth strategy, coupled with the disruptive way in which roles are being created that tear down traditional structures.”

HEALTHINVESTOR AWARD JUDGE

HAMBERLEY CARE HOMES ANNOUNCED AS RESIDENTIAL CARE PROVIDER OF THE YEAR 2019

We are proud and delighted to announce that Hamberley Care Homes has been chosen as the HealthInvestor Awards Residential Care Provider of the Year 2019.

The HealthInvestor Awards promote excellence and recognise outstanding performance in the independent healthcare sector. The winner was announced on the 12th June at the prestigious awards ceremony at JW Marriott Grosvenor House, London.

Hamberley Care Homes were recognised for exceptional innovation in care, in particular their Homemaker model, where the traditional care worker role has been replaced by Homemakers – a holistic, universal worker that looks after the many varied needs of each resident ranging from assisting with personal care to daily activities and social trips.

One judge said: “The resident is clearly at the centre of everything. Brilliantly innovative to create the role of the Homemaker. The feedback from the residents and families says it all.”

Another judge said: “I really like the design and growth strategy, coupled with the disruptive way in which roles are being created that tear down traditional structures. This makes more interesting roles for carers that inevitably creates a stronger bond with the resident, and ultimately will improve the experience for the care receiver”

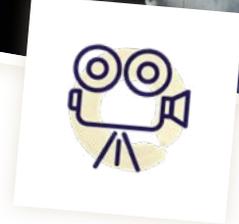
We are delighted to have been chosen for this award. Hamberley Care Homes is committed to delivering an outstanding resident experience, and this is testament to the hard work and dedication of our staff.

To find out more about Hamberley Care Homes, or to arrange a visit to your local Hamberley Care Home contact us: enquiries@hamberleycarehomes.co.uk



“Watching the movies really takes me back to my younger years”

SILVER SCREEN SMILES!



It's official – the Hamberley Dementia Friendly Cinema Club is a box office smash hit across our homes.

Our cinematic initiative is designed to give local people living with dementia and their carers the chance to enjoy films on the big screen. It's a safe space where members of the community can come into Hamberley Homes to enjoy movies, sing along and feel comfortable in a dementia-friendly environment.

Spoiler alert: the crowds love it.

Films screened so far include *Singin' in the Rain*, *Oliver!*, *Mary Poppins*, *West Side Story*, *Chitty Chitty Bang Bang*, *La La Land* and *The Sound of Music*.

“I find the Dementia Friendly Cinema Club to be very emotive,” says Kelly Cox, the Community Relations Lead at Caddington Grove. “Seeing the engagement with the movie and hearing the audience singing along is very moving.”

The Hamberley Homes cinemas are deluxe screening rooms where our residents can enjoy silver screen entertainment in plush

surroundings. As part of our commitment to the communities we live in, it's a great treat to be able to invite local people to enjoy our cinema facilities too.

“Watching the movies really takes me back to my younger years,” says one film fan. “It makes me feel young again!”





HAMBERLEY

CARE HOMES

NEW CARE HOME IN HAILSHAM DUE TO OPEN IN EARLY 2021



Due to open in Spring 2021, our new care home in Hailsham, East Sussex will feature:

- Spacious en-suite bedrooms, beautifully appointed in a range of themes for comfortable and stylish living
- Our wellbeing and beauty salon which includes hairdressing and a nail bar for manicures, pedicures and hand massages
 - A bar and an elegant café to enjoy a cappuccino with family and friends, and bright living spaces for socialising across all floors
- A deluxe cinema where residents can enjoy their favourite films or the latest releases in classic style
- A library and internet café to allow our residents to surf the internet, and keep in touch with family and friends

NEW CARE HOME IN WIXAMS

Due to open in
Spring 2021

NEW CARE HOME IN WEST BYFLEET

Coming soon

A stunning new care home in the picturesque village of
West Byfleet – due to open in 2021

NEW CARE HOME IN ENFIELD

Due to open in
Winter 2021

For more information email our team, or visit our website:

enquiries@hamberleycarehomes.co.uk | www.hamberleycarehomes.co.uk



HAMBERLEY

CARE HOMES



COMING SOON

HAMBERLEY CARE HOME'S SECOND
LUXURY CARE HOME IN BEDFORDSHIRE

Situated in the picturesque town of Ampthill, our new luxury care home will offer all the superb features you'd expect from a Hamberley Care Home, with an exceptional level of care.

Due to open in Spring 2020, our new care home in Ampthill, Bedfordshire will feature:

- Spacious en-suite bedrooms, beautifully appointed in a range of themes for comfortable and stylish living
- Our wellbeing and beauty salon which includes hairdressing and a nail bar for manicures, pedicures and hand massages
 - A bar and an elegant café to enjoy a cappuccino with family and friends, and bright living spaces for socialising across all floors
- A deluxe cinema where residents can enjoy their favourite films or the latest releases in classic style

For more information email our team, or visit our website:

enquiries@hamberleycarehomes.co.uk | www.hamberleycarehomes.co.uk