

HAWTHORN HERALD



THE ART OF GIVING

Our residents help teach youngsters the importance of volunteering.

A new volunteering initiative is helping east Londoners build friendships across the generation divide, with benevolent youngsters making weekly visits to Hawthorn Green.

Our care home has been chosen as the place where students from Sir John Cass Secondary School and employees from law firm DAC Beachcroft come to complete volunteering work.

The youngsters make weekly visits to spend time helping our residents complete a diverse range of engaging and stimulating activities, designed to help improve their wellbeing.

For Lois Duguid, the Head of Responsible Business at DAC Beachcroft, the impact on the students and residents has been very moving to witness.

"Our first week of volunteering at Hawthorn Green truly exceeded all my expectations," enthuses Lois.

"It was wonderful to see so many of the residents arriving into the day room to join in, and we were quite bowled over by how much they evidently enjoyed it.

"One of the pupils from Sir John Cass told me that the gentleman she'd been chatting to had said he had really enjoyed himself and was already looking forward to the following week. She was really touched by that, and it obviously boosted her confidence to know that she had made a difference to him in that way."

For residents, the opportunity to socialise with members of the local community is fantastic.

"Having extra support from the volunteers has been great for the team", says Rob McLaughlin, our Regional Community Relations Lead.

"Our residents light up when the volunteers arrive, they love having youngsters around," says Rob. "The sessions are lively and full of fun. It's been very moving to watch the students chatting away to the residents and sharing stories.

"Each session focuses on something different so the volunteers can get a good idea of how they can make an impact on the lives of elderly people. It's lovely that these young people are already committed to giving something back to their community."



**"WE'RE SO EXCITED
ABOUT THE FUTURE!"**

Welcome to the first-ever Hawthorn Herald, I'm excited for you to read about our busy autumn and all the wonderful things going on at the home.

As many of you know, Hawthorn Green is undergoing a refurbishment at the moment, and things are progressing fantastically so far. The work on the ground floor is near completion, and once everything is ready, we'll be opening the doors of our first neurological units.

While the work has been going on, we've been focussed on activities and inviting the community in to spend time with our residents. It's been wonderful to meet the student volunteers, to take part in the Eden Care Art Project and to try out some new health tech that's helping boost wellbeing for people living with dementia.

My team have been brilliant as ever, finding ways every day to add joy to the lives of the residents, including learning new therapeutic treatments.

As we approach 2020, we're all so excited for the future and seeing how the all-new Hawthorn Green looks. Drop in and have a peek for yourself sometime.

Natasha Shillingford

Home Manager

TOP STORIES FROM TEAM HAWTHORN

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



TEAM THERAPY

Residents at Hawthorn Green will now be able to enjoy new therapeutic treatments at the home after our team of carers completed a massage treatment course.

Our care team were also joined by our Activity Co-ordinator, Kay Wilson, who undertook the Gateway Workshops Hand, Arm, Foot and Leg Massage Diploma Course in November, under the guidance of tutor Karen Hastings.

Always on the look-out to find new ways to improve residents' wellbeing, the group enjoyed learning the techniques and working out how best to adapt them to the needs of each resident. They are now excited about putting their new skills into practice.

"I loved how enthusiastic each carer was in learning the sequence, and each one put 100% effort into perfecting the routine," shares Karen, who led the class through the practical learning session.

"As the day progressed, it was wonderful to see the carers thinking about how they could adapt the routine for different residents, put the sequence in place, and how this would benefit the residents. It was a pleasure to come along and teach this routine."



MIND GAMES

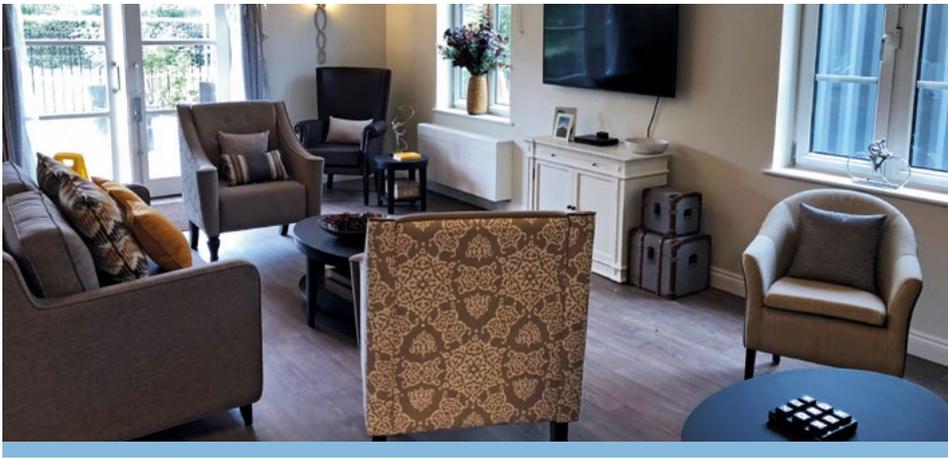
It's our mission to be on top of innovations in elderly care, so we were delighted to have a demonstration by virtual reality start-up Dancing Mind this autumn.

Dancing Mind's Tita Frizzo came to the home with the company's VR headset and allowed residents to test out the medical tech, designed to help with physiotherapy, cognitive development and meditation.

The programme, which contains a suite of 50 different applications and games, is designed primarily for people living with dementia, but it is also suitable for residents with other needs, including stroke patients and those who are bed-bound.

"It was extraordinary to watch the powerful impact of the virtual reality simulations," enthuses Kay Wilson, our Activities Co-ordinator.

"Tita explained how therapists could customise the software according to different needs and then track each person's progress. This type of innovation is a game changer for residents living with dementia or those confined to their beds, helping them to engage, connect and boost their wellbeing. Both our residents and staff agreed that it was a fantastic piece of kit."



COMING SOON!

The refurbishment of Hawthorn Green is well on its way, with work almost completed on our new neurological unit.

This will be the first unit of its type at the home, offering care to residents with neurological conditions. This is another crucial step in the evolution of Hawthorn Green's facilities, undertaken by the Hamberley Care Homes group to provide exceptional, person-centred care in luxury surroundings.

Resident Patrick was given a tour of the refurbishment so far and told us he was

impressed with the work and the standard of living he'll be able to enjoy.

"Now this is luxury!" enthuses Patrick. "It looks very nice."

With work nearing completion, the team are excited about being able to open the space and welcome in their first residents.

"The home looks amazing and completely different," says Mathias Ndamutsa, our Quality Service Manager. "The future for Hawthorn Green is bright."



TIME FOR TEA

The ladies of Hawthorn Green were treated to a special, girls-only tea party in October, complete with conversation and cake.

With sweet treats created by Angela in the kitchen, residents Dorothy, Rennie and Elizabeth settled in for a fun afternoon together. As well as putting the world to rights, the ladies swapped stories and enjoyed a sing-a-long with Activities Co-ordinator Kay Wilson.

"You can't beat a girlie afternoon and we wanted to make sure our girls had a great time," smiles Kay.



CREATIVE CALM

We were delighted to host a creative session in partnership with the Eden Care Art Project this year, giving our residents the chance to enjoy some art therapy.

Eden Care UK launched the initiative as a way to boost wellbeing in the community, encouraging the elderly, terminally ill and vulnerable to take part. The art therapy helps to reduce anxiety, stress and to increase self-esteem for participants.

"I enjoyed painting my picture and I was pleased with the results," shares resident Rennie. "It's nice to take part in these types of activities and to try something new."

As well as boosting mood, the sessions help residents with their manual dexterity and hand coordination.



ANIMAL MAGIC!

Residents went wild back in the early autumn thanks to some special visitors of the animal variety.

The team from Wild Science, who provide animal experiences, brought some furry friends into Hawthorn Green for a pet therapy session.

It was lovely to see residents including Yvonne and Ronald interacting with the animals, particularly the cute rabbits who were part of the Wild Science mobile petting zoo.

"I like the rabbit. I like how soft she is," smiles Yvonne, who was one of the residents who had the animals sitting on their lap. These pet therapy experiences are proven to have a positive impact on the mood of residents, and Wild Science's furry friends were no exception.



BENGALI: THE FACTS YOU NEED TO KNOW

- You'll find the Bengal region located at the top of the Bay of Bengal in the eastern part of the Indian subcontinent.
- Bangladesh constitutes two-thirds of the region, with the remaining third split between the Indian territories of West Bengal, Tripura and Assam's Barak Valley.
- There's a diverse landscape across the region, from the vast peaks of the Himalayas in the North, the Gangetic Plains of West Bengal and the low-lying lagoons, marshes and deltas of the southern coastline.
- The predominant religions are Islam and Hinduism, with Bangladesh comprising a majority of Bengali Muslims, while the Bengali Hindus are the largest religious faction in West Bengal and Tripura.

LOOKING EAST!

Our Bengali group helps residents retain their roots.

Situated in the bustling heart of East London, Hawthorn Green is part of a wonderfully multi-cultural community.

As such, we are home to residents from a diverse range of backgrounds, and it's our job to be as inclusive as possible to help them maintain their cultural connections.

For our Bengali residents, it's particularly important as many of them don't speak English and find it more challenging to communicate with non-Bengali speakers. So, to meet their needs, we have been running a Bengali Group where this group of residents can spend time together chatting and making material boxes to celebrate their South Asian heritage.

"We wanted to put a sensory activity at the heart of the Bengali Group, so the material box was the perfect craft," explains Home Manager Natasha Shillingford.

"The task was to find pictures, colours and decorations on the boxes that showcased the residents' Bengali roots."

"Inside the boxes, we put a variety of materials with different textures for the residents to touch. It was great to hear the group members chatting in Bengali about what to choose for their boxes and enjoying the shared experience."

Abdul (pictured) was one of the residents who was an active part of the Bengali Group and enjoyed the chance to spend time with other residents who hail from the community. By empowering the Bengali residents to spend time together in structured group sessions, they can build friendships and enjoy conversations in their first language.

What's been moving for Natasha and the other staff to witness is the impact that the Bengali Group has had on residents living with dementia.

"Dementia is a condition that can be incredibly isolating, so multi-sensory activities are vital to boost wellbeing and help stimulate movement," explains Natasha. "To be able to speak to fellow residents in their first language and then spend time looking at pictures from the Bengal region helps Bengali residents living with dementia start interacting with more confidence. That's lovely to see."

The Bengali Group is just one of the activity sessions devised by Hawthorn Green's team to improve the wellbeing of residents. By paying attention to the mental wellbeing of residents, as well as providing physical care, we hope to ensure the people who live here lead happy and enjoyable lives.