



THE CARD-MAKING CRAZE TAKES OFF!

Celebrating creativity, one card at a time.

At Hamberley we strive to keep our residents active and doing the things they love to do.

Joyce is a very creative resident at Caddington Grove who lives with Parkinson's.

"I have always enjoyed making my own cards, but I lost confidence when I was diagnosed with Parkinson's," says Joyce.

"With support from Amy the Wellbeing & Lifestyle Coach I started to make cards and have found love for it again! Now I sell my cards in Reception at Caddington Grove to raise money for Parkinson's UK charity."

Parkinson's UK provide all kinds of support for people who live with Parkinson's. As well as supporting people with information, they have been involved in loads of ground-breaking research projects to improve the lives of those living with Parkinson's.

Joyce felt obliged to help and contribute to the wonderful work Parkinson's UK do. After rekindling her passion, she received so many compliments about her cards that she started to sell them, raising money and awareness for the charity.

It wasn't long before Parkinson's UK found out about Joyce's valiant efforts. Julie Patterson, Regional Fundraising Manager at Parkinson's UK, said: "We want to say a huge thank you to Joyce for being so creative and continuing to support Parkinson's UK during these challenging times. Finding out you have

Parkinson's affects everyone differently but we know it can be incredibly overwhelming - so we are absolutely delighted that Joyce has started to rebuild her confidence following her diagnosis by channelling her creativity. Every penny raised by Joyce takes us a step closer to finding a cure for the condition and helps support those living with its effects."

So this home-made card stall was placed in reception, for everyone to look at as they walked past. Residents bought birthday cards for each other, staff bought Christmas cards for each other, and visiting families would buy cards for their children back home.

In fact, Joyce and her card-making created such a buzz around the Home that other residents wanted to get involved too!

Tina is another card-maker who has been able to express her creative streak at Caddington. "It has been so long since Mum has felt like making cards, she used to spend all day and night making them. This makes me so happy," said her daughter Helen upon hearing that Tina started a new hobby.

Card-making has definitely become the 'in thing' here at Caddington Grove, so Amy decided to host a regular card-making session. Every week, residents will get together and work on their latest masterpiece.

Take a look at some of the cards they've created. Thank you Joyce, Tina, Amy and everyone else for all your great work!

"We want to say a huge thank you to Joyce for being so creative and continuing to support Parkinson's UK during these challenging times."

**JULIE PATTERSON,
REGIONAL FUNDRAISING
MANAGER AT PARKINSON'S UK**

To donate to Parkinson's UK, please scan the code here.



SCAN ME

CADDINGTON HERALD



COMMUNION SERVICE GOES DIGITAL!

Nobody wanted to miss our monthly visit from COM Church, so we did it through Skype instead.

On the last Friday of every month, Caddington Grove are visited by Andrew Castle of COM Church in Dunstable.

Andrew comes into our Home to do a communion service for our residents. With his guitar in hand, he brings a word and two songs, and gives communion.

Residents from a Christian background love the service. With the nation-wide lockdown to prevent the spread of COVID-19, residents would have missed out, but Andrew kindly offered to lead the service over Skype.

So Amy Humphries, Wellbeing & Lifestyle Coach, put together a video of the event, which you can watch by scanning the code at the top of the page.

"I think it's wonderful we can do it together," says resident Derek Randall, who has been a regular attendee of the service.

"This event not only helps people become closer together, it gives them something to respect and talk about... and be better.

"Pastor's voice and words and music came through on a TV from outside, and it was very very good doing it that way."

The residents ate bread and drank wine together, prayed together, and sung songs in harmony. It was a source of comfort in uncertain times, and it had a really positive impact on residents.

According to Amy, bringing technology and tradition together was a real success. "I loved that we could follow our normal routine, but manage to overcome the limitations imposed on us by the COVID-19 pandemic.

"Andrew was great with the residents and we can't wait for next month's communion service - whether we do it digitally or in real life."

COM Church's communion service takes place on the last Friday of every month. For more information, families should contact Amy on the details below.



SCAN ME

"LET'S BEAT THIS THING TOGETHER!"

Caddington's Home Manager Martyn Dawes reflects on the last few months here.

We are living in uncertain times. The global coronavirus pandemic has changed how we live our lives, and for now we must adapt and overcome this disease.

We are caring for some of the most vulnerable people in the country at Caddington Grove, and that means our Homemakers and care team are being extra careful to completely minimise the risk of infection in the Home.

We will continue to do our very best to ensure the safety of everyone here. So I must take this opportunity to express my deepest gratitude to my brilliant team, who are doing everything they can so that residents can continue to live meaningful and happy lives.

As we're all on lockdown, please take advantage of our efforts to facilitate communication between families and residents by arranging video-calls with your loved ones. As I write this, we've made over 100 Skype calls, with many more already booked.

Please remember to self-isolate if you show any symptoms. Let's beat this thing together.



Martyn Dawes
Home Manager

TOP STORIES FROM TEAM CADDINGTON!

Take a look at what we've been up to so far in 2020.



ART SPA DAY BRINGS US TO LIFE

In February, residents had an end-of-month visit by Claire from Art Spa for an Artistic Wellbeing Session.

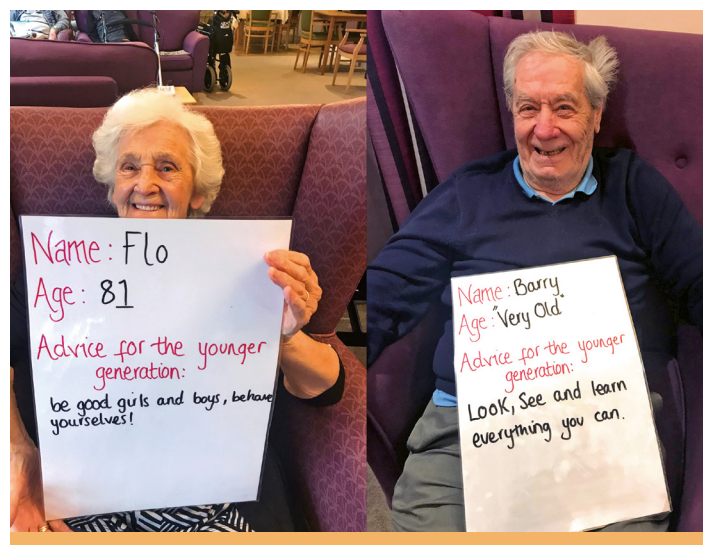
According to Art Spa's Facebook page, "Art Spa offers a wide range of community arts in and around Dunstable. The workshops will be for people of all ages and will specialise in mindfulness and wellbeing." The sessions are designed to de-stress and build confidence.

Using all kinds of beads, buttons and colourful trinkets, residents created necklaces and other types of jewellery entirely from scratch.

Caddington Grove resident Irene Atkinson enjoyed the day immensely. "Us girls had a laugh together, we made things together, and we got to know each other better. It was a great day and we all kept our souvenirs from it."

This kind of activity can have all kinds of benefits in a dementia care environment. It's engaging, it evoked all kinds of emotions and nostalgia, and helped some of our residents focus on completing a task. Not to mention, it's also really fun!

Our residents loved getting creative together, and we're looking forward to welcoming them back for another session as soon as we can. Thank you to Claire for helping us to nurture creativity.



RESIDENTS OFFER ADVICE

The kind-hearted residents at Caddington Grove have been sharing their pearls of wisdom to help youngsters live their best lives.

For Patricia Turner, aged 89, it was important for younger generations to "work together through all the hard times."

Whilst resident Betty Hemmings, aged 94, focused on cooperation and thinking of others before oneself.

Betty wisely said: "Don't be selfish. Make sure you get along in life and don't argue over silly things that don't matter."

Much of the advice from residents was light hearted and upbeat. Resident Peter Hubbard, who joked that his age was 13, playfully said that the younger generation would be wise to listen to their parents, but then to ignore their advice!

He explained that life was all about following your own path and not taking everything so seriously.

Caddington Grove's Community Relations Lead, Kelly Cox, said it was wonderful to learn from the life experiences of residents who had so much wisdom to share.

Listen to your elders, folks – you'll get far.



VALENTINE'S LOVE STORY

This Valentine's Day, we focused on long-lasting love. Kathleen and Peter, residents at Caddington Grove, have kindly let us delve into the story of their marriage, which has lasted since 1958.

Their story starts in a factory just outside of London, where Peter was a supervisor. Kathleen was nervous to tell him that a friend of hers couldn't come to work that day, but she rustled up the courage and went over to him. He wasn't having any of it, and made her go and collect them!

Sparks flew, though, and soon enough they were married. Kathleen said, "They felt sorry for him where we worked, because we're completely different. We are! He's quiet, she's mad, they said. The marriage is never going to work!"

But it did. They have two daughters and a son together, and spend a lot of time together to this day.

Valentine's Day is all about celebrating love. Thank you Kathleen and Peter for sharing your story.



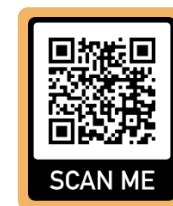
PUB NIGHT AT CADDINGTON

It's Pub Night every Monday at Caddington Grove, and our residents do what many of us are unable to do right now - have a drink at the bar.

Our residents caught up with each other, played dominoes, and danced the night away. As one resident said, "It's the highlight of my week!" To watch a video of the night, just scan the code at the bottom of the page.

Amy, Wellbeing & Lifestyle Coach, hosts the event every week. She says, "it's so nice to see everyone having a good evening together. Whether they're playing games, chatting over a beer or dancing, we know they're enjoying themselves."

We're so lucky to have a bar at our Home, so we've made sure to take advantage of it.



HEART STARS

Back in February, Community Relations Lead Kelly and her Amphil counterpart Jacqueline were in Flitwick Tesco to support the British Heart Foundation with their "Heart Stars Tesco Collections".

According to the BHF, there are around 7.4 million people living with heart and circulatory disease in the UK: 3.9 million men and 3.5 million women.

We're pleased to announce that Kelly and Jacqueline helped raise a whopping £316.99 for the British Heart Foundation!



ST. PATRICK'S DAY ACTIVITIES

This St. Patrick's Day, our residents celebrated the right way - dressing up in green with a nice cold Guinness.

They also created their own green St. Patrick's baskets and Irish shamrocks! It looks like they had a lot of fun making them, so thank you so much to the staff at Caddington Grove for organising it all.

Resident Kathleen Hubbard was very happy to be revelling the holiday. "I'm Irish and I celebrate that every day. It was even better to see everyone else celebrating too! Seeing the shamrocks, the green clothes and people laughing over a pint of Guinness... It was very fun for everyone."

Sláinte to all who got involved. Now we just have to find something to put in the baskets!