



Shedfield Lodge
Caring through Understanding

To mark the first
anniversary of the
Registered Manager
Alicia Taskis

Manager's Brief

Wives Club

The idea behind setting up the wives' club was to be able to provide peer support to those in the position of having a husband living with a dementia.

Every single person experiences dementia in their own unique way and so do those that love them.

This can be very impactful when it is a spouse, a life partner, a soul mate.

For some of the wives of those living here at the Lodge, this is all still very new and they often don't know what to do for the best, unsure of how they can help support their loved one and be being able to speak to wives that have already walked this path, can empower them, help them have a better understanding and generally improve their wellbeing.



Our 3rd meeting will be on
Thursday 26th July 2018.



In this Special Newsletter I would like to share with you some of the things we have done & the changes that we have introduced at Shedfield Lodge during my 1st year as the Registered Manager

The Future of Care Conference 2018

On Tuesday 13th March 2018, The Future of Care conference was held in Cavendish Square, London. We sent our delegation to see what was in store, how are things going to move forward, how can we improve things.

We went with open minds, had no pre-conceptions, we just wanted to walk away with some knowledge that would improve how we care about those living with us here, at Shedfield Lodge.

The conference was opened by the Chair, Broadcaster, Columnist, Alzheimer's Society Ambassador & Campaigner, Fiona Phillips. It was obvious that Fiona had a real passion for care sector not least because both her parents had lived with Alzheimer's but also for those, now in our society, that we are privileged and blessed to have entrusted into our care.

There was a packed schedule of speakers, leaders in their field, that encompassed many topics including:

- The quality of care, what good practice looks like & how it can be achieved.
- New care models & how they will help shape the future of care.
- Sustaining an Adult Social Care sector that serves older people well.
- A social care system fit for the future.
- Understanding current trends & the future challenges of Alzheimer's.
- Does outstanding training lead to outstanding care.
- What is next for the care home sector.
- Nutrition & person-centred dementia care.
- An outcomes-based approach to social care.

We will look at each topic in depth and disclose our findings in an article that we will publish on our website in due course but for this blog, we will just give an overview of our opinions.

The topic of nutrition leads us to think about what we are doing here at the Lodge. Using technology, we can see instantly fluid intakes, what food has been eaten and we know the nutritional values of all the food that is served. The Nourish Care Management system will create graphs to clearly show each individuals statistic regarding hydration, nutrition, as well as all other information. The meals we provide can be tailored to each individual's specific requirements while still offering choice and catering for dietary and cultural needs.

To sum up, we did learn a lot and we have brought some really good ideas/plans back with us, that will be implemented as required/necessary. But we also learned that we, as a whole team, are doing amazing things for those we care about but also for the wider community. We must not become complacent though and must realise that we need to strive to always provide the best quality person-centred care for everyone living at Shedfield Lodge.



Connecting with our community

Our aim is to make our community Dementia Aware. To achieve this, we need the help of local businesses. We would like every individual living with dementia in our community to feel valued, understood and supported in an environment that enables them to lead a normal a life as possible.

To achieve this, we feel that it is important that local businesses have an understanding of different dementias and the effects it has on individuals living with them.

We have offered a Dementia Awareness Course for local businesses and their staff to participate in. This will be at no cost to them and we will provide them with a window sticker to display to show their customers that their staff are dementia aware.

We will also provide opportunities to attend other training sessions, such as, First Aid, Health & Safety, Moving & Handling, again at no cost. This is part of our aim to help our community.



Our Caribbean Connection..

We met Mary Yearwood at Charmay Nursing Service in Golden Grove, Antigua

It was on our holiday to Antigua where we met the most amazing lady. Miss Mary Yearwood, owns and manages, the Charmay Nursing Centre in Golden Grove, Antigua. This small dilapidated building is home to some of the happiest people we have ever had the pleasure to meet.



We were given a very warm welcome and were immediately made to feel part of the family. We were introduced to all the residents and shown around the home where we also met staff and volunteers.

Funds are very tight and a lot of the residents are unable to make any financial contribution to their care at Charmay. There is no social funding, there are no regulatory bodies and very little in any form of guidance.



The cost to live at Charmay is approximately £18 per day. The minimum wage in Antigua is around £2.20 per hour. all in all, it is a struggle for Miss Mary to operate Charmay effectively.

Our intention is to work with Charmay to help with training, documentation & record keeping, equipment, supplies, furniture and anything else that will help make life easier and improve the conditions for the residents.

Miss Mary's main concern for the future of Charmay is that, at 70 herself, she will not be able to continue indefinitely and as it stands, there is no one who will be able to take over from her.

Our mission is to make sure that she has a fully trained team around her that can support and enable her to continue offering the amazing care, love and respect she gives the residents.

Our Charity, Winnie's Hope

The inspiration for our charity, Winnie's Hope, is a previous resident, Winnie Westbrook.

With her daughter, Leonie's blessing we have founded Winnie's Hope to help us raise awareness of dementia, help offer support to those living with a dementia & their informal carers in our community.

Our aim is to promote inclusion in our local area that will enable those living with a dementia the support they need to stay living in their own homes for as long as possible. This may mean by supporting their families in a variety of ways.

For those that do not have close family to help them on a day to day basis we hope to have an independent Advocacy service that will assist with ensuring their rights are upheld and they can access services that they may not otherwise known about.

The reason we decided to name it after Winnie was simply because she had touched our hearts in such an indelible way.

Winnie was the first person we tried doll therapy with. This is a controversial technique that some are opposed to as they think it is wrong to give an elderly person a toy to play with. This is a view that we do not hold in with. Our experience has shown us that caring about a baby gives an enormous sense of purpose and focuses on the feeling of being valued and needed by the baby. It may also offer a comfort to the individual that hasn't been felt for many years.

Winnie took her baby with her everywhere and as her daughter Leonie explained in a recent podcast, it gave her something to talk about on family visits.

Leonie also goes on to tell us that her mum loved her doll so much that she had it with her in her coffin.



This type of therapy doesn't work for everyone, every individual is unique and some people will have no interest in it, but it proved highly successful for Winnie.

It is our hope that Winnie's Hope will be able to provide support for many people in our community.



Care Quality Commission & introduction of new KLOE's

CQC inspection teams use a standard set of key lines of enquiry (KLOEs) to help them ensure that their inspections consistently look at what matters most. The KLOEs directly relate to five key questions that they ask of all services: are they safe, effective, caring, responsive and well-led?

Over 50 changes were made to the KLOE's in November 2017, but we had already implemented necessary changes to policies and practices prior to our own inspection in October 2017. As a result, we received 'Good' ratings in all areas and overall. If you have not yet seen our latest inspection report, it is available to download from a link on our website or directly from CQC's website

Research Assisting Richard Warner with his PhD



We have been assisting Richard Warner with his PhD studies into the effect of hypoglycemic load in meals on people's mood. This entailed volunteers answer some pre-defined questions on various days and observing how their answers varied depending on what foods they had eaten. Results will be published soon.

Alzheimer's Society Memory Walk

On a very hot, sunny day, we walked 10 miles for charity

Last September, eight of us and two dogs walked 10 miles around the country side to raise funds for the Alzheimer's Society. Our aim was to raise £300 but we managed an incredible £585!

We started out from the Lodge and headed up to Winchester Road where we turned right in the direction of Wickham. Once at the square, we were greeted by shop keepers and the dogs were watered!

From there we walked down to the old railway bridge by Chesapeake Mill where we picked the Meon Valley trail. We continued along the muddy path until we reached refreshments at the Roe Buck Inn.

After a long rest, we headed Back the way we came, chatting to fellow walkers that crossed our paths. It was a great day & we are planning a similar event later in the year.





Professional Development

We embrace technology at The Lodge and that is no different when it comes to our team's development. We have already introduced Bright HR, an online HR management software system that allows for more efficient, more secure personnel record keeping, saving time, money and effort. We are also currently trialing a training monitoring system that allows us to keep all our teams training and development constantly up to date and evaluated, so any areas of improvement can be immediately identified and addressed.



Earlier this year, Carole, Nikki & I celebrated World Women's Day!



On Saturday 16th June 2018, we donned our War Time uniforms and took part in the Watercress Line's 'War On The Line' event. It was meant to be a day out on a steam train to celebrate the 100th birthday of Mr. Arthur Thomas but he sadly passed away a few months before. A truly amazing gentleman whom we are sure was smiling down on us.

I try and spend as much time as possible with our residents, nothing gives me more pleasure than to sit and have a chat with everyone. This also gives me a chance to make sure that everything is alright and that everyone is happy but most importantly to get some great hugs! Everything we do at Shedfield Lodge is to ensure that everyone living here gets to have the best quality of life as possible, feels loved, cared about and valued.



Upcoming Events

- **Our 'Grease' themed Summer Fete.**

This year we've decided to theme our Summer Fete on the musical 'Grease' This will be held on Sunday 19th August 2018. You don't have to dress for the occasion, but we would love it if you did!

- **A Taste of Wickham.**

This year, for the first time, we will be taking part in 'A Taste of Wickham'.

- **Our 1st Remembrance Ramble.**

Last year we had great fun raising funds for the Alzheimer's Society with our very own Memory Walk. This year we aim to do a 'Ramble' for our own charity 'Winnie's Hope'

- **More Podcasts in the pipeline.**

After the amazing response we have had from our podcasts, we are planning to do them on a regular basis covering a wide range of topics.