HOLBROOK HALL NEWSLETTER

SPRING 2010

Welcome to our Spring edition of the Holbrook Hall Newsletter. The purpose of this publication is to provide you with news, views and up to date information. Please do feel free to contribute to future issues, indeed your ideas or articles would be much appreciated.

Staff News

Fortunately, no members of staff have left us since our last newsletter. However, we decided to recruit a laundry assistant to free up Carers' time which is now spent on additional activities with residents. The new member of staff is Charlotte Hayes (Joyce's daughter) and whilst she is mainly lurking in the laundry, she has expressed a desire to train as a Carer, so you will see more of her in the future.

Many congratulations to Jackie Bowler who succeeded in obtaining her NVQ3 in Care, after a lot of hard work. Very well done!

Sadly, Tom Walsh (our very handyman) has been off sick since November when he was diagnosed with an embolism in his leg. He is waiting for an operation to put in a stent, after which we hope he will enjoy a full recovery. Our very best wishes go to him…and of course his poor wife who is having to look after him!

Joy Parker has been employed at Holbrook Hall since 1988, and recently celebrated her 65th birthday, but fortunately she has no plans to retire just yet! Similarly, Sue Munn has reached the big 60, however we have persuaded her not to abandon us - the Hall would be much too quiet without her!

Charlotte got engaged to Pete, and also celebrates her 21st birthday this month. Congratulations!

Barbara is on tenterhooks as she awaits the immanent arrival of her second grandson, **and** the Care Quality Commission Inspector……no wonder she is looking peaky!

Training remains a priority and staff have recently undertaken courses on Moving and Handling, Safeguarding, Food Hygiene and Infection Control, Fire Safety, First Aid, Nutritional Screening and even Computing! Later in the Spring we hope to welcome the charity 'Thrive' to Holbrook Hall, to run a course on Gardening as a Therapeutic Activity for the Elderly.

Residents News

Sadly, over recent months, our much loved residents Marjorie Foulks, Myra Wragg and Ivy Bunning have passed away.

Marjorie was a staggering 101 years 'young' when she died peacefully here at Holbrook Hall after a short illness. She was a spinster, with a strong will and a sharp mind, and she loved to march up and down our drive on a daily basis, for exercise. We will also remember her for the interview she gave to Derbyshire Life when she regaled stories of her childhood memories of Holbrook and the Hall. She was delighted to be able to remain in the village in her old age and close to St Michaels church which was an important part of her life. She is greatly missed by us all.

Myra Wragg spent three happy years with us before she died peacefully, here at Holbrook Hall. We will all remember her as a little lady with a big attitude! As a former primary school teacher, she loved children and was never happier than when we were visited by the Brownies, Guides, Ecclesbourne students or her own great grandchildren.

Finally, Ivy Bunning moved to a nearby nursing home in December, and sadly died earlier this month. She was a lady with enormous inner strength, and whilst her mobility was extremely poor, she continued to move around - at a snail's pace and **never** gave up. She was an inspiration to us all. Her nephew, Bob and his wife Dorothy visited her regularly and became firm favourites with residents and staff alike – we hope they will keep in touch.

On a brighter note, we would like to extend a very warm welcome to our new residents, Betty Benfield, Mim Westbridge and Olive Porter. Betty and

Mim feed the hungry birds, and squirrels, of Holbrook every morning and enjoy watching their antics on the bird table! Olive is very artistic and has taken over the dining table flower arranging – thank you Olive! We hope all three ladies will be very happy here.

Encore!!

We took a party of 19 residents and staff to Derby Assembly Rooms for the production entitled "Roll Out the Barrel". It was a resounding success - a winning combination of golden oldies, glitz n glamour, union jack waving and goodie bags (supplied by Lisa and Sue). We will definitely book up for the next similar show.

Wildlife in our lounge! We had huge snakes, tarantulas, frogs, gerbils, chinchillas, rats, scorpions, lizards and guinea pigs….something for everyone! This was an extremely popular event and a talking point for weeks, so we have rebooked it for Monday 3rd May.

'Music for Health Workshops'……residents were encouraged to sing, play instruments and shake pom poms! Participation levels were high and no-one fell asleep (probably because it was so noisy!). Everyone agreed that it should be a regular feature.

Trips Out ……

Every second Thursday we arrange for a Community Transport bus to whisk us away somewhere exotic and exciting……usually a garden centre! It is time to start being a little more adventurous and so far we have received the following suggestions for trips out:-

- National Memorial Arboretum (a memorial to the armed forces)
- West Midlands Safari Park (bound to be a roaring success)
- Lea Gardens (unique collection of rhododendrons and azaleas)
- Canal Boat (cruise on a specially converted canal boat along the waterways of the Trent.)

Let us know what you think of these ideas, and any others you may have.

Finally, this poem encapsulates how many of our residents feel from time to time, and sometimes our staff too!!! Hope you enjoy it.

Just A Line

Just a Line to say I'm living
That I'm not among the dead,
Though I'm getting more forgetful,
And mixed up in my head,

I've got used to my arthritis,
To my dentures I'm resigned,
I can manage my bifocals,
But oh God I miss my mind!

For sometimes I can't remember.
When I stand at the foot of the stair,
If I'd gone up for something,
Or I've just come down from there,

And before the fridge so often,
My poor mind is filled with doubt,
Have I just put food in, or
Did I come to take some out?

So if it's my turn to write you,
There's no need for getting sore,
I may think that I have written
And don't want to be a bore,

So remember that I love you,
And wish that you were near,
But now it's nearly post time,
So must say2Bye Bye dear",

Here I stand beside the post box,
With my face now very red,
Instead of posting you my letter,
I opened it instead!