



carebase

*Exceptional Care, No Exceptions*

*Danson Road  
Nursing Home Proposal*

# Danson Road Nursing Home Proposal – At a Glance

## Overview of the proposal

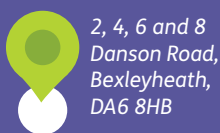
### What would the nursing home provide?

It would provide specialist nursing, dementia and residential care and would be a final home for life – it would not be a ‘lifestyle’ choice but a necessity. Residents would have complex, and in some cases, life-limiting conditions, whose acute care needs

require the specialist care of nurses and support staff. They would be unable to continue living safely in their own homes – even with intensive community care support.

### Supply and shortfall within Bexley

Current shortfall within a 2-mile radius from Danson Road.



2 mile radius  
**376 beds**



### Life expectancy and funding

The current average life expectancy for residents requiring nursing care is just **16 months\***.

With an average Bexleyheath house price of £402,000 (Zoopla Dec 19), and an average weekly fee of £1,300 budgeted for the new nursing home, this equates to **5.5 years of self-funding funds**.

\*LaingBuisson Care Homes for Older People UK Market Report Twenty-Ninth Edition. Figure for UK independent sector care homes for older people and physically disabled people.

### Reducing the burden on community services

The new nursing home would reduce the burden on the key community and hospital services including district nurses, GPs and hospital discharges.

**1** Skilled registered nurses caring for residents 24/7

**2** Retained GP paid for by Carebase

**3** Additional nursing provision within the borough to help reduce delayed discharges

### Exceptional care, no exceptions

“I am writing in praise and thanks for the care of my late mother. The decision to place our Mum into a nursing facility was a difficult and painful one to have to make when we could no longer meet her nursing and healthcare needs at home. As a nurse myself I found it very hard to entrust my mother to anyone else’s care, but once we had moved Mum I finally had peace of mind that she was safe and receiving the care she deserved.

The respect and dignified care given during the last stage of her life has left us with something priceless: an enduring final image of our Mum, beautifully dressed and cared for, pampered, at peace and looking beautiful. That image will stay with us and has helped us to recover and find peace and healing in what has been a very long and painful journey. We as a family are certainly forever thankful.”

Daughter of former resident, Heathfield Court, Bexley





carebase

*Exceptional Care, No Exceptions*

*Danson Road Nursing Home  
Proposal - In Detail*

# Why This Nursing Home Is Needed

The following relate specifically to the London Borough of Bexley.

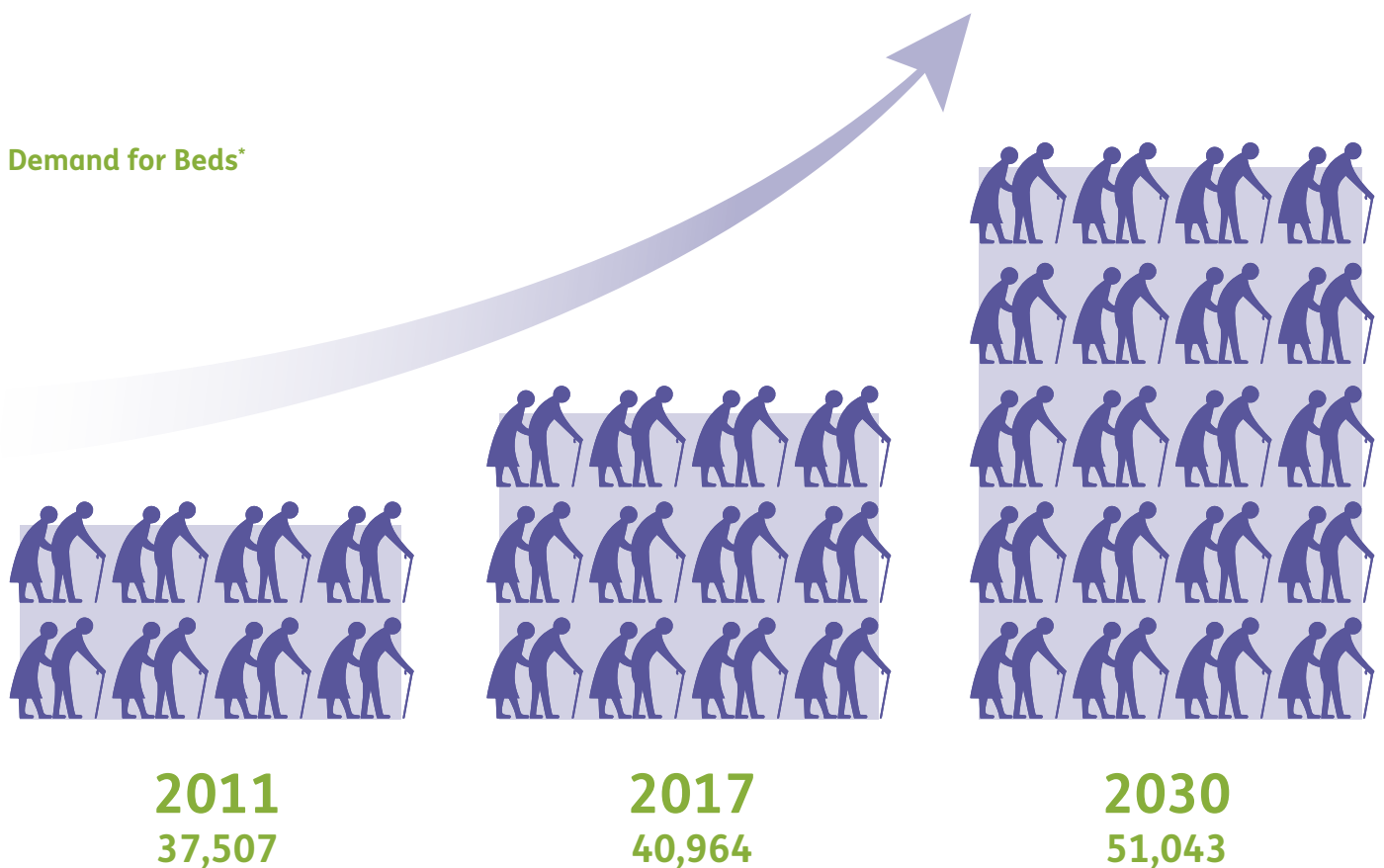
## Older population and demand for registered care setting beds

In 2018, the London Borough of Bexley published their report “Ageing Well” setting out the partnership approach to the care of older people.

The report recognised Bexley had the third largest population of older people of all the London boroughs with those over 65 years making up **16% of the population** (JSNA Bexley).

London Borough of Bexley population for the over 65s estimation which shows a **24.6% increase** on the older population – a more rapid increase in the older age groups (75+) is also projected. The latter being an increased risk of requiring care within a registered setting.

## Demand for Beds\*



Source – Within the analysis, we have determined the following bed demand based on the national likelihood of requirement for some form of care in either a care home or long stay hospital bed (source: Laing and Buisson, Care of Older People), we have then forecast figures against the projected ageing population for the next five and ten years assuming the current bed supply remains the same

# Catchment Supply\*

London Borough of Bexley

	Homes	Registered Beds	Average Registered Beds Per Home	Registered Beds - Largest Home	Registered Beds - Smallest Home	Rooms	Single Rooms	En-Suite
Care Home	10	571	57.1	131	4	525	91.2%	93.1%
Nursing Home	12	764	63.7	120	16	743	97.2%	96.2%
<b>Grand Total</b>	<b>22</b>	<b>1335</b>	<b>60.7</b>	<b>131</b>	<b>4</b>	<b>1268</b>	<b>94.7%</b>	<b>95.0%</b>

There are 1,335 registered beds (764 nursing and 571 residential) within the Borough.

As per the catchment, we have set out below the forecast bed demand against the current supply.

Age	Risk of living in a care home	2018	2023	2028
65 - 74	0.57%	130	131	151
75 - 84	3.60%	512	579	622
85+	14.70%	974	1067	1153
<b>Total demand</b>		<b>1616</b>	<b>1777</b>	<b>1926</b>
<b>Existing supply</b>		<b>1335</b>	<b>1335</b>	<b>1335</b>
<b>New beds required</b>		<b>281</b>	<b>442</b>	<b>591</b>

Assuming the supply remains the same, it would result in a **shortfall of 591 beds by 2028** and, assuming a steady year-on-year increase between 2018 and 2023, the likely demand in 2021 (when the proposed nursing home would open) **will be a circa shortfall of 378 beds.**

This means to meet the demand in 2023, the current stock would **need to increase by 33%.**

Of the 1,335 beds within the existing supply in the borough, **28% are unlikely to meet the Care Standards Act 2000** having been built more than 20 years ago and **only 11% are in care homes built within the last 5 years.**

**This leads to a very limited supply of modern accommodation for self-funders who, in particular, are likely to demand quality accommodation.**

\*Source - Within the analysis, we have determined the following bed demand based on the national likelihood of requirement for some form of care in either a care home or long stay hospital bed (source: Laing and Buisson, Care of Older People), we have then forecast figures against the projected ageing population for the next five and ten years assuming the current bed supply remains the same



# Elderly population distribution

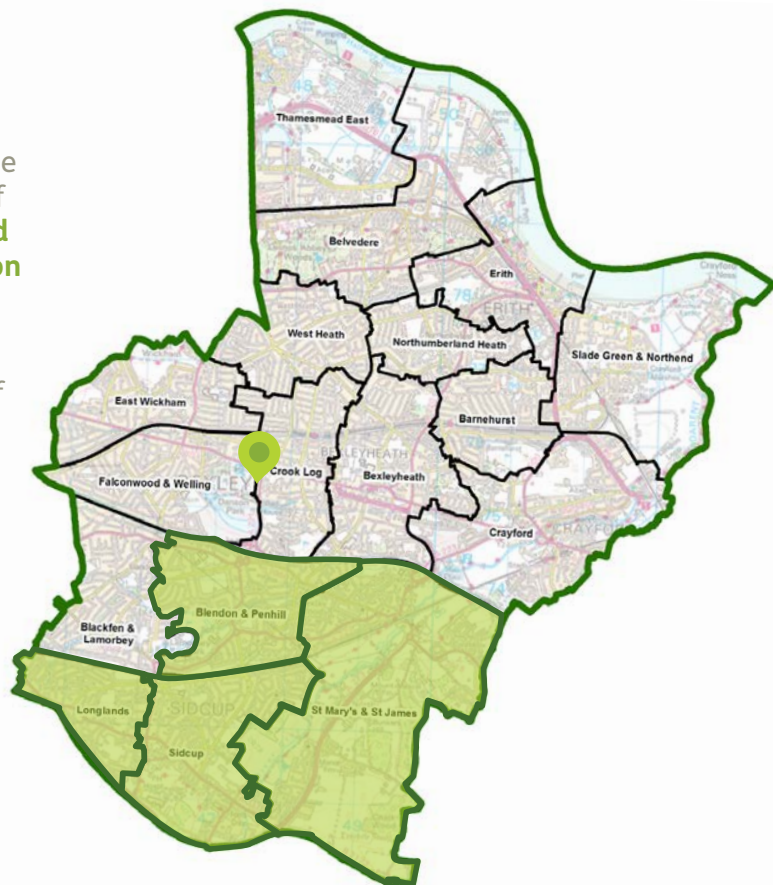
## London Borough of Bexley

The elderly population is not evenly distributed across Bexley wards.

The wards with the highest numbers of older people are predominantly clustered in the southern half of the borough with **Sidcup, Longlands, St Mary's and Blendon & Penhill wards, and the former Brampton ward**, having **20%** or more of their population aged 65+.

The proposed development located in the centre of the ward is well placed to service these wards.

 2, 4, 6 and 8 Danson Road, Bexleyheath, DA6 8HB



## Funding of future residents

The current average life expectancy for residents requiring nursing care, in UK independent sector care homes for older people and physically disabled people, is just **16 months\***.

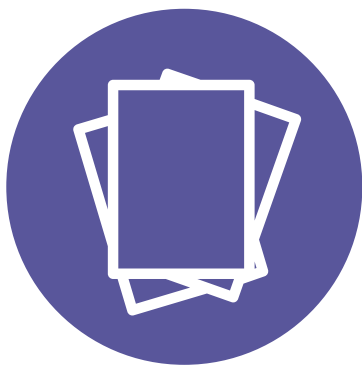
Based on the average house price within Bexleyheath being **£402,000** (Zoopla Dec 19) with an average weekly fee of £1,300 budgeted for the Danson Road Nursing Home, this would equate to more than **5.5 years of self-funding funds**.

\*LaingBuisson Care Homes for Older People UK Market Report Twenty-Ninth Edition.

# Focussed borough marketing

London Borough of Bexley

Should the application be successful, Carebase will only market to residents living within the borough through a variety of channels including:



## Leaflets

A targeted leaflet through the doors of houses in the Bexley postcodes with an ABC1 demographic.



## Pharmacy Bags

Pharmacy bag adverts to pharmacies within the Bexley borough.



## Social Media

A targeted social media campaign.



## Supermarkets

Supermarket board advertising.



## GP Surgery Screens

GP surgery screens within the Bexley borough.



## Roadside and bus stop

Roadside and bus stop panels along the main routes within the Bexley borough.

# How the provision would support the local community, and ease the burden on local hospitals

London Borough of Bexley

With a skilled team, which includes registered nurses, and a retained GP whose services would be paid for directly by Carebase, the service would not need to pull on community resources such as district nurses or local GPs.

It is expected instead to bring benefits to the wider community supporting with hospital discharges and lightening the burden on the local authority and CCG.

## Supporting a reduction in emergency admissions to hospitals

Emergency hospital admissions and A&E visits are lower from residents living in nursing homes compared to residential homes. (source Emergency Admissions to Hospitals from Care Homes report – Health Foundation 2019). With nurses providing care 24/7, and a retained GP, Carebase will be able to monitor residents’ complex medical conditions and provide early intervention – using hospital as a last resort thus supporting the borough’s drive to reduce admissions to local hospitals and improving patient care.

## Supporting a reduction in delayed transfers of care

With delayed transfer of care days due to care home placements or availability reaching more than 1,200 in the last 12 months (to Sept 19), the additional provision of a 70-bedded nursing home would support the borough to reduce this figure.



Also, as a Gold Standards Framework provider in the provision of specialist end of life care, Carebase works with residents and their loved ones to support them to spend the end of their life within the home, not in an acute hospital setting.

That's a total of  
**1,202 days**  
at a cost of  
**£415,892**

Month	Di) Awaiting residential home placement or availability	Dii) Awaiting nursing home placement or availability
Sep-19	56	158
Aug-19	8	123
Jul-19	7	141
Jun-19	4	73
May-19	0	123
Apr-19	0	53
Mar-19	2	3
Feb-19	27	61
Jan-19	3	125
Dec-18	0	22
Nov-18	70	34
Oct-18	75	34
	<b>252</b>	<b>950</b>

[[i]] Excess bed days are estimated to cost the NHS £346 pounds per day (As noted in the report: Reference costs 2017/18: highlights, analysis and introduction to the data, NHS Improvement. Published November 2018, accessible via: <https://improvement.nhs.uk/resources/reference-costs/#rc1718>).





### **Heathfield Court, Bexley**

“I feel the team at Heathfield Court have been well selected and trained – this is evident in the delivery of care to my Mum and the support given to me and my family. They are a credit to the managers, who continue to be visibly setting high standards of care whilst showing that the team is valued. From my observations in the past this standard of management and leadership will ensure that Heathfield Court keeps its pledge – ‘exceptional care, no exceptions’.”

Patricia, Relative of resident





carebase

*Exceptional Care, No Exceptions*

Our Company





## Bringing Communities Together

Established in 1990, Carebase is a leading operator of 13 care homes for older people in London, the South East and East Anglia. We provide high quality residential, nursing and dementia care for over 700 residents and employ over 1,000 team members. Our vision is to improve and make a difference to the lives we touch through the delivery of high quality healthcare and a deep sense of compassion.

We have been recognised by the care industry for our exceptional care and engaging team culture by winning over 25 awards, including Care Employer of the Year, which we are proud to have won four times and we are in the Top 20 recommended care homes on Carehome.co.uk.







## Our Homes

We design and build our homes in areas where there is a deficit supply of care and nursing beds for older people to ensure people can receive the care and support they need, whilst improving their quality of life and overall wellbeing.

Our current portfolio includes:

### Our Nursing Homes

- Acorn Court Care Home – Redhill, Surrey
- Alderwood Care Home – Colchester, Essex
- Ashbrook Court Care Home – Sewardstone, London
- Bramley Court Care Home – Histon, Cambridgeshire
- Bridge House Care Home – Abingdon, Oxfordshire
- Brooklands Care Home – Drayton, Norfolk
- Cherry Wood Grange Care Home – Chelmsford, Essex
- Claremont Court Care Home – Guildford, Surrey
- Heathfield Court Care Home – Bexley, Kent
- Queen Elizabeth Park Care Home – Guildford, Surrey
- Water Mill House Care Home – Hemel Hempstead, Hertfordshire

### Our Residential Homes

- Honey Lane Care Home – Waltham Abbey, Essex
- The Spinney Care Home – Chingford, Essex

Our homes have been designed to support our team members to provide exceptional care, and feature specific equipment such as profile beds and mattresses which aid comfort and independence, as well as various types of hoists and chairs which enable people to get out of bed and socialise with fellow residents in one of our beautiful shared spaces.





### **Heathfield Court, Bexley**

“I am afraid I don’t remember all of the names but Eunice, Hope and Lilian were so reassuring, calm and professional and always available to answer our questions. Other nurses and night staff were kind and helpful and we can’t express our thanks to the nursing team. Without exception and from walking through the door at Heathfield Court the atmosphere was one of peacefulness but with an abundance of smiling faces.”

Sharon, Relative of resident





## Our Care

Carebase is a trusted and reputable care home provider having worked with many families over the last 29 years. We provide a range of high quality care services including residential care, nursing care and specialist dementia care.

Our approach to care is to treat every resident as an individual and this is an integral part of our care planning process, ensuring that we truly understand not just an individual's medical history, but their hobbies, interests and preferences. Our team members are all highly trained and receive on-going development to ensure our residents receive the best possible care that is tailored to meet their individual needs. This focused approach to providing exception care is reflected in our homes' dedication and accreditation with the Gold Standards Framework (GSF) - a marker for excellence in end of life.

We work closely with families to ensure they have the information, guidance and support they need to make the right decisions about long term care and feel supported throughout their journey.

Our average rating on the rate and review website: [www.carehome.co.uk](http://www.carehome.co.uk) is 9.5+ demonstrating the quality of our care and the value it provides families.







## Our Teams

**Our teams are the vital link that ensure we are able to provide the high quality care our residents and their families should expect.**

We invest in our teams by recognising and rewarding their contribution in making a difference to our residents' lives. Our teams undertake a comprehensive induction training programme and then receive on-going training and professional development.

Each home is managed by an experienced manager who provides coaching, mentoring and support to our teams so the care they provide is of the highest standard.

We run yearly recognition and team engagement initiatives including an annual award ceremony, a yearly 'Making a Difference' challenge, an Ambassadors Day and a celebration of Carers Week.







## Our Community Engagement

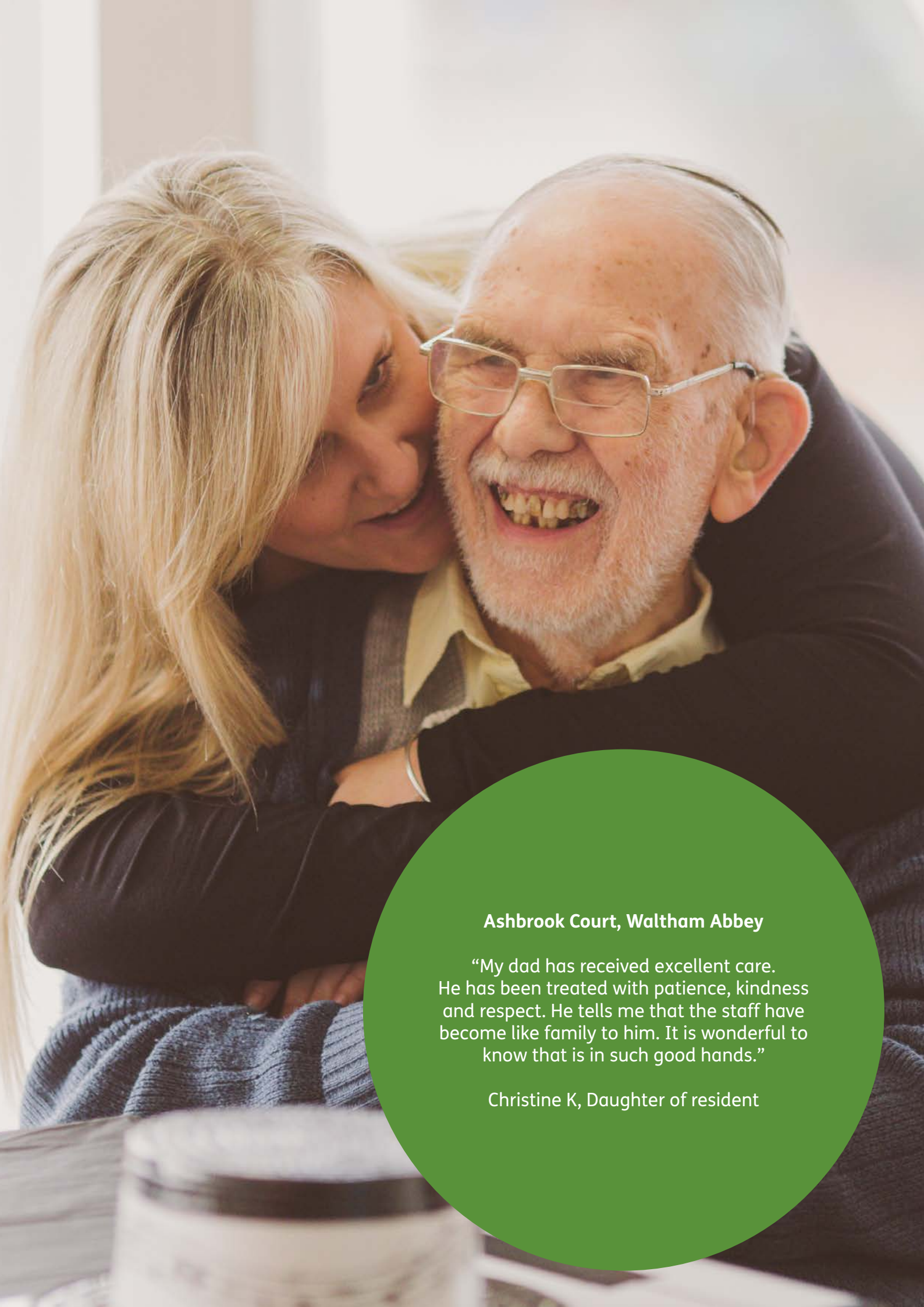
At Carebase we take our Corporate Social Responsibility very seriously, it is integral to our culture, character and personality of our business.

By working together, we are able to ensure our residents remain an active part of their local communities whilst our teams and residents raise much-needed funds for local charities, support friends and families of elderly people through information events and run extremely successful intergenerational projects where residents, children and their parents all benefit from one another's company. Local CSR initiatives include:

- Nursery groups are held in our homes where pre-school children and their parents can attend fun sessions and spend time together with our residents.
- A Charity of the Year initiative is run at all our homes, where team members and the community come together to fundraise for local causes.
- Family information events for the community are held about all aspects of planning care working with local experts.
- A comprehensive event programme is run each year at all our homes, where we open up the home and invite the local community.
- We engage local schools and colleges, who regularly attend our homes to support learning goals.







**Ashbrook Court, Waltham Abbey**

“My dad has received excellent care. He has been treated with patience, kindness and respect. He tells me that the staff have become like family to him. It is wonderful to know that is in such good hands.”

Christine K, Daughter of resident





carebase

Exceptional Care, No Exceptions

*Case Studies*



## Case Study: Heathfield Court resident Jean

Jean, who has lived with vascular dementia, moved into Heathfield Court in 2018.

As her dementia worsened and her care needs increased, it became clear to her brother Reg that it was unsafe for her to continue living in her own home alone. After a period of hallucinations, four falls and a hospital stay, Jean and Reg made the decision to begin looking for a suitable local care home which could meet her needs.

Despite visiting a number of care homes, on visiting Heathfield Court, Jean was very determined that it was the place she wanted to make her new home after 71 years living in Bexley.

Whilst Jean was still hallucinating when she first arrived at Heathfield Court, within two weeks of her arrival, she started to feel safe, and her condition improved.

She now enjoys showing off her en-suite bedroom, where she spends some of her time, and relaxing in the accessible bath, safe in the knowledge that there is always someone around to help her.

Jean also loves reminiscing with other residents and looks forward to taking part in some of the activities at the home, particularly visits from local school children through the home's intergenerational partnership.

Commenting on Jean's time at Heathfield Court, Reg said it has been such a relief to know that she's safe and has people on-hand at all times when she needs them.

"The team at Heathfield Court are very helpful. My wife and I have been shown great hospitality every time we visited, they always have time for us."

"We attended the dementia seminars at Heathfield, which helped us to understand and communicate with Jean better. I took her shopping yesterday, and we had a lovely day. We are pleased with the exceptional care Jean is provided with at Heathfield Court."

  
**Heathfield Court**  
— Care Home —  
*Exceptional Care, No Exceptions*





## Case Study: Triggers to a happy past

From Sarah, daughter of Richard, a resident at Bridge House Care Home

My happy, content father Richard, slipped into depression. My brother and I made a real effort to see him as much as possible and we engaged a part time carer. It worked for a few months, but it became clear that my father's absent mindedness was turning into something more difficult – and his safety was in doubt. Most worryingly, he stopped taking medication for diabetes and blood pressure. Once convinced he must take them, it was impossible to work out if he had taken too many pills or none at all.

Then his dementia was confirmed. He could no longer live alone. My brother and I had assumed that he would one day live with one of us – but we hadn't realised how difficult it would be for our families with someone who needed full time care. We felt really dreadful that we couldn't take this on, but we didn't like the idea of a full-time carer at home. It would mean him seeing so few people and getting so little stimulation.

So, we set about looking for a care home. We saw nine. Some had a real sense of caring, others lovely surroundings, but no apparent 'heart'. We loved Bridge House straight away. June the manager had a good understanding of dementia and great empathy with the residents. Whilst she showed us the airy, bright, well-kept rooms, all the residents' eyes lit up as they saw her passing! I was convinced that my dad would love the ambience – surroundings really matter to him and this was elegant and spacious.

He moved in. I had thought that he would love all the activities on offer, but his confidence was low and he wasn't sure how to communicate.

Now really confused – his dementia seemed to set in. His past became the here and now.

All the team at Bridge are first class – endlessly patient and calm. But it was the outstanding activities co-ordinator, who made the breakthrough. She took the time to read an autobiography my father had written. She found the triggers – music and sport – to win him over. She arranged a trip to watch a cricket game (with a pint of beer added in!) and one day I received a photos showing him on a Bournemouth beach enjoying an ice cream – a broad grin on his face!

As a family we are also totally supported by the team at Bridge House. I also have total peace of mind and reassurance that my father is taking his medication as he should and it is managed effectively.

My dad has been at Bridge House for a year. He has dementia, but he is living a full, happy life. There is no sign of the depression that had gripped him before and his overall wellbeing and general health has improved dramatically. What more could I wish for?







## Case Study: A new lease of life for John at Claremont Court Care Home

John (85) was living in Scotland with his partner – his wife having died a number of years ago. John was in the early stages of dementia, but was well supported by his partner and by the small village community he was part of. But he was admitted to hospital and whilst he was there his partner became very ill and couldn't cope with him coming home.

His two daughters, Linda and Angela who live in Surrey, approached Claremont Court, a specialist nursing dementia care home to see if a place could be found and John moved in.

When John first arrived, he was very confused and lost. The key challenge for the care team at Claremont Court was to help him settle in and gain his confidence. Above all, the team needed to really get to know him well and to be able to “read his signals”. “It's all about managing his needs and expectations and us as a team adapting to them,” says home manager, Karen Byres. “When a new resident moves in we do spend a great deal of time with them - and this was particularly so in John's case - the change was massive for him”.

John now has a ground floor room with his own terrace and his daughters have planted flowers in pots for him – which he loves. He goes outside, either on his terrace, or to get involved in activities in the home's secure garden, whenever he has the chance.

“Dad is now very settled and happy” says Angela. “A real transformation from how he was when he moved in in March. The home encourages us to spend as much time with him as possible, and my sister and I bring our children in to see him often. It's wonderful to see him smiling and relaxed. The team have really bought him back to himself – such a weight off our minds”.

  
**Claremont Court**  
— Care Home —  
*Exceptional Care, No Exceptions*



**Ashbrook Court, Waltham Abbey**

“During my Dad’s time with you I, as a nurse, instinctively listened and observed the kindest and thoughtful way you communicated and interacted with dad and others who find themselves at Ashbrook Court. Your jobs are not the easiest but you managed to always give a smile, hold his hand and make him smile.”

Daughter of resident



# Case Study: Supporting local charities

## Bridge House Care Home raise £12,000 for charity

The team and residents at Bridge House Care Home, near Oxford, were celebrating after exceeding their fundraising target by raising £12,000 for their chosen charity, Sobell House Hospice.

Sobell House is one of the first NHS hospices to be established and provides palliative care, specialist advice and support to patients, families and professionals through a community service, in hospitals across the county and at their purpose-built hospice in Oxford. The Bridge House team and the hospice have been working together to provide palliative care and support to a number of families in the local area.

The Bridge House team completed many challenges in order to raise the amount of £12,000 including a moonlight 10k walk, a skydive from 13,000 feet and one team member even did Europe's longest and fastest Zip Wire, followed by climbing to the summit of Mount Snowdon by one of the hardest routes.

The residents of the home were also a huge part of the fundraising – taking part in a range of events such as charity bingo, a quiz, a barn dance night, a sewathon and a fashion show! Everyone was thrilled to have smashed their original target of £10,000.

Tim Wraith from Sobell House said: “Bridge House have jumped out of planes, walked the Pennine Way, made a mile of bunting in their epic sewathon, had fashion shows and many more other fun events to help us raise the money. Whatever they do, they always give 100% and do it with a smile. The whole team have always gone out of their way to include the residents of Bridge House too. We are grateful to each and every one connected to Bridge House Care Home; it is an exceptional place.”



*The Bridge House team taking part in the charities 11th Moonlight Stroll – walking over 10 miles through the night! The event raised over £25,000 for the charity.*



*Chantelle Merrit and Katie Marshall, Lifestyle Co-ordinators at Bridge House undertaking a 13,000 feet sky dive to raise funds for the charity - they raised over £1,000.*





**Queen Elizabeth Park, Guildford**

“Thank you to the nurses, carers, cleaners and other staff who came into contact with us. For the care, compassion, respect and kindness show to all the family, but especially mum. It helped us enormously to know that she was so well looked after.

Queen Elizabeth Park is clearly an exceptional place to work; the staff would not be as cheerful and helpful if not. I worked in Cardiology in both the NHS and private sector for forty years and know the value of team work and great leadership.”

Jean, Daughter of resident





carebase

Exceptional Care, No Exceptions

*Our Awards*



## Award-winning care provider

We are proud of all the care industry accolades we have been awarded through the care and compassion our teams demonstrate to our residents each and every day.

### 2019

 London Borough of Bexley - Caring at its Best Awards

Care Organisation  
Heathfield Court

Awarded based on nominations by members of the public, for the hard work and dedication shown by the home's team in delivering excellent care to residents.

National Winner - Great British Care Awards  
Care Home Team  
Bramley Court

Awarded to the team who are able to best demonstrate a shared vision and agreed goals. The team has a leader whose role is known and accepted and who takes personal responsibility for their tasks. Teams have an excellent communication process and each member's skills is recognised within the team. Demonstrating a commitment to dignity and privacy for clients and also respect for team members is paramount.

Regional Winners - Great British Care Awards  
Care Home Activity Organiser  
Ashbrook Court

Awarded to the Care Home Activity Organiser who has demonstrated they can provide a 'needs led', varied and appropriate programme for care home residents. Organisers who show exceptional skills, creativity and responsibilities in arranging activities either alone or in conjunction with a senior.

### 2018

National Winner - Great British Care Awards  
Care Innovator  
Acorn Court

Recognises the person who has shown exceptional entrepreneurial skills in identifying, developing, implementing and establishing a new service; or a new administrative system; or the launch of a new product. This new innovation must demonstrate benefits for staff, the business and users of the service.

Putting People First  
Bridge House

This award recognises a team who have embraced the 'Putting People First'/Personalisation agenda and can demonstrate an innovative approach to empowering people to have more control over the support they need in their lives.

Regional Winners - Great British Care Awards 

Palliative Care  
Acorn Court

This award will be given to the person who demonstrates how special and professional they have to be to be able to support someone who is at the end of their life. They should be able to explain the training they have had to take on this role and how important dignity and respect is at this time. They should also explain how they can support the family and friends during this difficult time.

Putting People First  
Alderwood

This award recognises a team who have embraced the 'Putting People First'/Personalisation agenda and can demonstrate an innovative approach to empowering people to have more control over the support they need in their lives.



**Care Home Team  
Bramley Court**

Awarded to the team who are able to best demonstrate a shared vision and agreed goals. The team has a leader whose role is known and accepted and who takes personal responsibility for their tasks. Teams have an excellent communication process and each member's skills is recognised within the team. Demonstrating a commitment to dignity and privacy for clients and also respect for team members is paramount.

**Norfolk Care Awards  
Care Home Team  
Brooklands**

The awards celebrate excellence, inspiration and innovation across Norfolk with care settings and demonstrate a commitment to delivering excellence and quality care and support services across the area.

## 2017

**Great British Care Awards  
Outstanding Contribution to Social Care  
Carebase**

This special award is presented to the individual whom the judges believe has made a long-term outstanding contribution to social care. Nominations are welcomed from across the care sector.

**Great British Care Awards - Regional Winners.  
Putting People First  
Bridge House**

This award recognises a team who have embraced the 'Putting People First'/ Personalisation agenda and can demonstrate an innovative approach to empowering people to have more control over the support they need in their lives.

**Care Innovator  
Acorn Court**

Recognises the person who has shown exceptional entrepreneurial skills in identifying, developing, implementing and establishing a new service; or a new administrative system; or the launch of a new product. This new innovation must demonstrate benefits for staff, the business and users of the service.

**Surrey Care Awards  
Care Provider of the Year  
Claremont Court**

This award recognises an outstanding provider which has shown enthusiasm and determination in identifying and meeting the needs of service users, carers, staff and the wider community and is based on evidence of what marks the provider as exceptional.

**Most Innovative Activities Programme  
Claremont Court**

For an individual or team that devises and delivers a needs-led, varied, appropriate and innovative activity programme that makes a positive difference to service users with evidence of tailored programmes to suit individual service user needs as well as interaction and involvement in the wider local community to enhance the lives of service users.



## 2016

### Regional Winners – Great British Care Awards Care Home Team Brooklands

Awarded to the team who are able to best demonstrate a shared vision and agreed goals. The team has a leader whose role is known and accepted and who takes personal responsibility for their tasks. Teams have an excellent communication process and each member's skills is recognised within the team. Demonstrating a commitment to dignity and privacy for clients and also respect for team members is paramount.

### Activities Co-ordinator Bramley Court/Brooklands

Awarded to the Care Home Activity Co-Ordinator who has demonstrated they can provide a 'needs led', varied and appropriate programme for care home residents. Organisers who show exceptional skills, creativity and responsibilities in arranging activities either alone or in conjunction with a senior.

### Care Home Team Alderwood

Awarded to the team who are able to best demonstrate a shared vision and agreed goals. The team has a leader whose role is known and accepted and who takes personal responsibility for their tasks. Teams have an excellent communication process and each member's skills is recognised within the team. Demonstrating a commitment to dignity and privacy for clients and also respect for team members is paramount.

### Oxfordshire Care Awards Care Home Worker Bridge House

Recognising the significant role the Care Home Worker plays in consistently providing a high-quality standard, for people living in residential or nursing care. Awarded based on evidence involving family and friends where appropriate, dedication, awareness of colleagues and career development through training.

### Surrey Care Awards Beyond the Call of Duty Acorn Court

For a care worker working in a residential care home/care home with nursing who consistently exceeds the requirements of the post, who demonstrates empathy and understanding for residents and their families/carers and whose actions make a significant difference to the care residents receive.

## 2015

### National Winners – Great British Care Awards Care Employer of the Year Carebase

This award acknowledges and celebrates employers' commitment to care and how this is achieving success in delivering an excellent service. Employers need to demonstrate considerable acumen and entrepreneurial flair whilst at the same time having a sustained track record of delivering high quality care and managing improvement.

### Regional Winners – Great British Care Awards Good Nurse Ashbrook

This award acknowledges the important role that specialist nurses working in the Care Sector have in promoting the emotional, physical, psychological and social health of the people who they support. The individual demonstrates how nursing skills integrate with social care.







### **Bramley Court, Cambridge**

“My husband moved from home to Bramley Court in April 2017 and has been well cared for during this time. His dementia is complex and undiagnosed. His state is that no two days are the same. The home organises so many activities... singers, minibus outings, church services and exercise classes of varying intensity. Walks to the local duck pond and around Bramley’s garden to visit the Bramley Village shops within the grounds.”

Cicely S, Wife of resident





carebase

Exceptional Care, No Exceptions

Carebase in the news



# Children thrilled to hear military tales from Second World War veteran

News

1st November

Dartford mum bringing old and young together through phonics classes

By Euan O'Byrne Mulligan | @euanobm

**Children arrived at a care home to visit a group of ex-servicemen and were amazed to hear some of their old stories.**

**Heathfield** Court care home in Colyers Lane, Northumberland Heath, played host to 10 children from Belmont Primary School, Erith, and their headteacher Thomas Lynch.

The children, who are studying the First World War, came to chat with ex-servicemen living in the home and read a poem they had written about Remembrance. The poem was attached to a poppy wreath made by the children.

One of those they visited was 94-year-old Dennis Kirby who served in the Navy during the Second World War and was aboard HMS Glasgow for the D-Day landings.

**CHRIS MURPHY**  
Chris.Murphy@archant.co.uk

He showed the children a cutting from a newspaper that pictured his ship in action in the waters off Normandy.

He said: "I am overwhelmed at the respect everyone showed and so pleased the children enjoyed seeing my medals."

Other veterans the children met included William Heywood, 93, who served on HMS Vengeance, ex-RAF Colin Woolgar, 87, soldier Bernard Bellamy, 94, and Raymond Hudson, 88, who was in the RAF during the Cold War.

The children sang hymns with the residents, listened to a talk about the military and chatted to the ex-servicemen.



**A Dartford mum is bringing old and young together through an intergenerational phonics class at an Erith care home.**

Jo Broadey is starting weekly classes at Heathfield Court where residents will be invited to take part alongside children.

A former English teacher, Jo has been running Sounds Right Phonics classes in Dartford and Erith since April, having bought one of the fifty franchises currently operating throughout the country.

She said: "I am so excited and proud to be launching these intergenerational classes for Sounds Right, as I think they will do so much good for children, parents and the care home residents."

"Our sessions are so much fun, and it is wonderful to be able to share this with members of the community who may not otherwise experience them."

Research shows that the residents thrive on the social interaction with the children, allowing them to make meaningful connections beyond the care home.

The children develop a greater sense of empathy, and learn to see the elderly members of their community in a new light.

Alex Burnside, founder of Sounds Right, said: "I am so proud that our Sounds Right Phonics Classes in Dartford are launching intergenerational classes, our classes are about, and so much fun and we know the residents at Heathfield care home will absolutely love them!"



The children from Belmont School with veterans  
Inset, Dennis Kirby as an 18-year-old embarking on military service

Picture: HEATHFIELD COURT  
Picture: DENNIS KIRBY

Veteran Raymond Hudson said later: "It was an absolute honour to say the prayers and take the reading for the residents and the children."

"It is so import for us to remember all our servicemen and women wherever they are in the world."

Home manager Gina

Kitchenham added: "This is always a very poignant time for us as we have so many ex-servicemen living here."

And this year was especially sad as we have recently lost Ivy Hermitage who was with us for many years and who served in the RAF. But it was made very special by the children from Belmont

Primary School and all our residents appreciated the poem they had written and the wreath they had made.

"It was lovely to see them interacting with our brave ex-servicemen too."

The care home was a recent winner of the Caring at its Best award run by Bexley Council.

St Cedds joined forces with Cherry Wood Grange care home



**A PRIMARY school have launched a poetry initiative with a care home.**

St Cedds, New London Road, recently launched the 'Poetry Together' project with Cherry Wood Grange care home, in conjunction with writer, actor, and former Tory MP, Gyles Brandreth.

Poetry Together, which started on National Poetry Day on October 3, encourages schools to connect with care homes by learning the same poem and performing it together.

St Cedds Junior School and Cherry Wood Grange will receive a certificate from 'Poetry Together' marking their achievements and an anthology of poems - Dancing by the Light of the Moon signed by Gyles Brandreth.

Gyles Brandreth, said: "There is a great deal of evidence that shows the benefits of learning poetry by heart."

"In infants and young children, engaging with poetry can improve the speed at which they learn to speak, read and write."

"Studies have shown that learning poetry by heart improves performance academically at school, improving concentration and even supporting better sleep."

"For adults, evidence shows that learning poetry by heart improves the ability to communicate and strengthens relationships, improves memory, increases brain capacity and keeps dementia at bay."

Rebekah Allan, home manager at Cherry Wood Grange, said: "This has been so engaging for our residents."

"They rehearsed the poem regularly before the children joined them for their joint performance."

"They are all keen to get involved again next year".

CHILD'S PLAY



Jane McGowan  
@jane.surrey  
editguid@sheenigate.co.uk

## THE PLAY'S the thing...

*Guildford Shakespeare Company's latest outreach programme brings a love of the Bard to young and old*

**B**ack in 2017, Channel 4 documentary *Old People's Home for 4 Year Olds* became the breakout TV hit of the year. The BAFTA-nominated show focused on a group of Bristol based care home residents who were paired with a set of nursery aged children. And the result was nothing short of life-affirming, as the octogenarians sprang from their chairs to become 'sleeping lions', wildlife instructors and nursery rhyme singers.

Among the many viewers moved by the intergenerational experiment was Sarah Gobran, co-founder of Guildford Shakespeare Company, who began racking her brains to see just how GSC could replicate the exercise.

"It got me thinking about the many skills that we have as theatre practitioners, and how we should be constantly developing them so as to reach out beyond what we are trained to do - to try new things, to extend our community reach and to help more people get involved and feel less isolated," she explains.

Her solution? A Shakespearean production featuring a cast of schoolchildren and elderly people that could be staged in a care home setting. Entitled *Spirit of Youth*, the project made its debut at **Queen Elizabeth Park** Care Home in Guildford - and, to everyone's delight, it was a tremendous success.

"To be honest, we were absolutely blown away," enthuses GSC head of education, Ant Stones. "We approached Wyfield Primary Academy in Guildford

essentialsurrey.co.uk

and were amazed at just how quickly both the children and the residents got stuck in. There were a few nerves on either side initially, but after a few minutes it was clear that it was going to work."

With the plot of *A Midsummer Night's Dream* as an outline, the children were encouraged to tell the story in their own words. The older people were on hand to explain and encourage, while the children's energy and evident enthusiasm clearly lifted the spirits of the residents at Queen Elizabeth Park.

According to a subsequent study, the impact on both generations was almost instantly apparent. Among residents aged between 69 and 97, nearly 50% of those who took part displayed greater confidence, with 26% experiencing a positive change in mood and wellbeing. Over a third said they felt their mobility and physical strength had improved, while more than a quarter enjoyed the increased social interaction.

Teachers, meanwhile, reported a series of pupil positives. The children, all aged seven or eight, were twice as likely to listen to instructions in class, more likely to work well with others (91%) and better motivated to learn independently (71%).

According to Ant, Shakespeare's plays constitute the perfect foundation for a love of theatre, enabling the group to interpret and consider the characters in a variety of ways. The children frequently found that their initial, often negative views were challenged, giving them a greater understanding and appreciation of the Bard.

"Everyone has to study Shakespeare at secondary school," says Ant. "Hopefully this project gives children, who may not get to see his work performed, an insight into the plays and a love of the stories that will stay with them."

Unsurprisingly the scheme, funded by the Community Foundation for Surrey, is currently enjoying a second run at the care home, this time with Shakespeare's final play, *The Tempest*, centre stage.

"We liked the themes of the passing on of wisdom and the promise of youth that the play explores," explains Ant. "The fun and enthusiasm is infectious," he says. "Children and older people often feel like no one is listening, but with this project they are the only voices we hear. It's brilliant."

The GSC has no doubt that both residents and pupils will get as much out of the experience as last year's cohort and Ant is already looking forward to the grand finale performance.

To find out more about GSC's current productions and outreach programme visit: [guildford-shakespeare-company.co.uk](http://guildford-shakespeare-company.co.uk)

October 55



# Little Cherubs Nursery Group brings together new mums and Ashbrook Court care home residents in Waltham Abbey a huge hit

By Hannah Hastings



Sahmida Choudhury with her son Ismaeel have formed a close bond 82-year-old Sara Boston

f t in e comment

**A new nursery group which allows new mothers and their children to spend time with elderly residents living in care homes has proven to be a hit with the community.**

Little Cherubs Toddler Group is a free bi-monthly event that first launched in June 2019 in the Ashbrook Court care home in Waltham Abbey.

The sessions are attended by babies and children from three months to five years old with their parents alongside pensioners aged from 74 to 99.

The nursery was set up in recognition of how often new mums suffer a sense of isolation and post baby blues, providing an area to socialise and make new friends.

Debbin Park footballer Max Halcrow first victim named in fatal Ashbrook Court fire who attends the twice monthly group sessions with her

10-month-old son Ismaeel, said: "Little Cherubs provides a valuable service to the local community of young mums and their children, many of whom suffer from post baby blues and feelings of isolation after their babies are born.

"For me, the enjoyment has always been the interaction of the elderly

residents with the children. Both generations benefit and it is heart-warming to be part of such a special group".

The Ashbrook Court residents enjoy interacting with the children by playing games, singing and taking care of the home's pet rabbits together.

One resident, 82-year-old Sara Bostoff has developed a close bond with Sahmida and Ismaeel.

Her daughter, Tina Finn, says: "Mum loves playing with Ismaeel and participates actively. She attends every session and we have seen such a positive difference in her since the group started".

Home manager Clare O'Neill says: "We started the group because we knew our residents would enjoy being with young children and it's been a huge success.

"I've seen quite a few of our residents get down and play on the mats with the children. We hadn't realised though what a positive impact it would have on young mothers like Sahmida.

"We do hope that any other mothers in the community who would like to join the group will get in touch".

## Celebrating the Charles Russell Speechlys Community Fund

PUBLISHED: 15:35 27 September 2019 | UPDATED: 15:35 27 September 2019



**A recent report by the Charities Aid Foundation shows that the number of people in the UK regularly giving to charity has declined for the third year running. Equally worryingly, the report also finds that the number of people taking part in charitable activity or social action, has also fallen**

As we celebrate entering the fourth year of the Charles Russell Speechlys Community Fund, we are keen to share the positive effect that the Fund has had, not just on the recipients of the grants we have made but also on the staff and those involved in the decision making process within the firm. It has really helped us to connect with our local community and build long lasting relationships with the charities and organisations working within it, whilst at the same time having fun!

### Guildford Shakespeare



Guildford Shakespeare

Ant Stones, Head of Education for Guildford Shakespeare comments "We were lucky enough to run a programme called Spirit of Youth at the Queen Elizabeth Park Care Home, which began in the Autumn of 2018. Children from the local Weyfield Primary Academy worked with the residents to create their own versions of Shakespeare's plays. In the first year, the group rehearsed A Midsummer Night's Dream and Romeo and Juliet, which were performed in the care home to friends and family. We were absolutely thrilled with the results. The residents involved, aged between 69 and 97, showed great improvements in their confidence, sociability, mobility and physical strength. The children from Weyfield School, aged 7-8, were twice as likely to listen to instructions in class and more likely to work well with others. We are extremely grateful for the support from Charles Russell Speechlys LLP. Without them, the programme would simply never have happened."



### Guildford Shakespeare Company's latest outreach programme

by Jane McGowan

Like Share RSS Print

Guildford Shakespeare Company's latest outreach programme brings a love of the Bard to young and old...

Back in 2017, Channel 4 documentary *Old People's Home for 4 Year Olds* became the breakout TV hit of the year. The BAFTA-nominated show focused on a group of Bristol-based care home residents who were paired with a set of nursery aged children. And the result was nothing short of life-affirming, as the octogenarians sprang from their chairs to become 'sleeping lions', wildlife instructors and nursery rhyme singers.

Among the many viewers moved by the intergenerational experiment was Sarah Gobran, co-founder of Guildford Shakespeare Company, who began racking her brains to see just how GSC could replicate the exercise.

"It got me thinking about the many skills that we have as theatre practitioners, and how we should be constantly developing them so as to reach out beyond what we are trained to do – to try new things, to extend our community reach and to help more people get involved and feel less isolated," she explains.

Her solution? A Shakespearean production featuring a cast of schoolchildren and elderly people that could be staged in a care home setting. Entitled *Spirit of Youth*, the project made its debut at Queen Elizabeth Park Care Home in Guildford – and, to everyone's delight, it was a tremendous success.

"To be honest, we were absolutely blown away," enthuses GSC head of education, Ant Stones. "We approached Weyfield Primary Academy in Guildford and were amazed at just how quickly both the children and the residents got stuck in. There were a few nerves on either side initially, but after a few minutes it was clear that it was going to work."

With the plot of *A Midsummer Night's Dream* as an outline, the children were encouraged to tell the story in their own words. The older people were on hand to explain and encourage, while the children's energy and evident enthusiasm clearly lifted the spirits of the residents at Queen Elizabeth Park.

According to a subsequent study, the impact on both generations was almost instantly apparent. Among residents aged between 69 and 97, nearly 50% of those who took part displayed greater confidence, with 26% experiencing a positive change in mood and wellbeing. Over a third said they felt their mobility and physical strength had improved, while more than a quarter enjoyed the increased social interaction.

Teachers, meanwhile, reported a series of pupil positives. The children, all aged seven or eight, were twice as likely to listen to instructions in class, more likely to work well with others (91%) and better motivated to learn independently (71%).

According to Ant, Shakespeare's plays constitute the perfect foundation for a love of theatre, enabling the group to interpret and consider the characters in a variety of ways. The children frequently found that their initial, often negative views were challenged, giving them a greater understanding and appreciation of the Bard.

"Everyone has to study Shakespeare at secondary school," says Ant. "Hopefully this project gives children, who may not get to see his work performed, an insight into the plays and a love of the stories that will stay with them."

Unsurprisingly the scheme, funded by the Community Foundation for Surrey, is currently enjoying a second run at the care home, this time with Shakespeare's final play, *The Tempest*, centre stage.

"We liked the themes of the passing on of wisdom and the promise of youth that the play explores," explains Ant.

The GSC has no doubt that both residents and pupils will get as much out of the experience as last year's cohort and Ant is already looking forward to the grand finale performance.

"The fun and enthusiasm is infectious," he says. "Children and older people often feel like no one is listening, but with this project, they are the only voices we hear. It's brilliant."

To find out more about GSC's current productions and outreach programme visit: [guildford-shakespeare-company.co.uk](http://guildford-shakespeare-company.co.uk)

## Young and old share their favourite books to read

CHILDREN brought the world of reading to the residents of Ashbrook Court care home in Waltham Abbey.

They were polled in advance to find their favourite books and authors topping the list were: *Horrid Henry* by Francesca Simon; *Gangsta Granny* by David Walliams; *Jo Jo by Jo Jo Siwa* and *Matilda* by Roald Dahl.

In turn, to prepare for the event, the home held a reminiscence session with their residents to get them thinking about their favourite books from childhood.

The top four were: *Black Beauty* by Anna Sewell; *The Famous Five* by Enid Blyton; *Betty and the Brownies*

by Ethel Talbot and *Wind and the Willows* by Kenneth Grahame.

Marion Golding, 83, read an extract from *Black Beauty* to the children.

She said: "I thoroughly enjoyed reading to the children, it brought back happy memories. I think reading brought the age gap together and I would love to do this regularly".

Nicola Coveney, MD of Ashbrook Court said: "It was wonderful to see the residents and the children interacting so well. And with everyone enthusiastically discussing books.

"Encouraging children to read is so important and events like this help enormously."



Charlie, 9, Harvey, 10, Stephanie, 11, resident Marion Golding, 83, Sarafena, 5, Frankie, 7 and Tillie, 6 enjoy Children's Book Week at Ashbrook Court care home



L to R: Carolyn, Beata, Audrey and Charlene with children from Normanhurst Primary School

## Storybook day brought back memories

CHILDREN dressed as their favourite storybook characters when they read to elderly people at a care home. Pupils from Normanhurst Primary School visited the Spinney care home in Chingford on Saturday, May 4 as part of celebrations to mark the 100th anniversary of

Children's Book Week - an annual celebration of books designed to help foster the joy of reading. Pupils read extracts from their favourite books and staff from the school joined in by dressing up too. Children also voted for their favourite book - won by

The *Gruffalo*, while a poll of care home residents after a 'reminiscence' session was won by Alice in Wonderland by Lewis Carroll. Senior carer Lisa made a fabulous replica of the famous tarts from the book and 91-year-old resident Audrey read an extract.



# Generation gap is a positive

## New mums and elderly meet to combat loneliness and isolation

By Hannah Hastings

AN INITIATIVE that spreads joy across the generations also aims to tackle loneliness and isolation for new mums and the elderly.

A new nursery group allows mothers and their children to spend time with residents living in care homes and it has proven to be a hit with the community.

Little Cherubs Toddler Group is a free bi-monthly event that first launched in June in the Ashbrook Court care home in Waltham Abbey.

The sessions are attended by babies and children from three months to five years old with their parents alongside pensioners aged from 74 to 99.

The nursery was set up in recognition of how often new mums suffer a sense of isolation after they have given birth, providing an area to socialise and make new friends.

Sahmida Choudhury, who attends the twice monthly group sessions with her 10-month-old son Ismaeel, said: "Little Cherubs provides a valuable service to the local community of young mums and their children, many of whom suffer from post baby blues and feelings of isolation after their babies are born."

"For me, the enjoyment has al-

ways been the interaction of the elderly residents with the children. Both generations benefit and it is heart-warming to be part of such a special group."

The Ashbrook Court residents enjoy interacting with the children by playing games, singing and taking care of the home's pet rabbits together.

One resident, 82-year-old Sara Bostoff, has developed a close bond with Sahmida and Ismaeel.

Her daughter, Tina Finn, says: "Mum loves playing with Ismaeel and participates actively. She attends every session and we have seen such a positive difference in her since the group started."

Home manager Clare O'Neill said: "We started the group because we knew our residents would enjoy being with young children and it's been a huge success."

"I've seen quite a few of our residents get down and play on the mats with the children. We hadn't realised though what a positive impact it would have on young mothers like Sahmida."

"We do hope that any other mothers in the community who would like to join the group will get in touch."

For further information about Little Cherubs, contact Janyce Hand at [Ashbrook Court care home](mailto:AshbrookCourt@carehome.co.uk) on 020 8524 5530.



Sahmida Choudhury and her son Ismaeel have formed a close bond with 82-year-old Sara Bostoff

Children's Book Week: Colchester care home and primary school join the fun

By Vicky Goble | @VickyGoble



Colchester mayor Peter Chillingworth with James Tollant, B. Kappan Kool, S. and Margaret Frost, 90

Facebook icon, Twitter icon, Email icon

CHILDREN'S Book Week brought together an author, elderly care home residents and primary schoolers for an intergenerational workshop.

Author D J Cattrell was the catalyst for 20 children from Colchester North Primary School and residents of Alderwood care home to indulge in their shared love of popular fiction.

After being polled on their favourite childhood books, the interactive workshop saw children reading passages from their favourite Roald Dahl books - Matilda, the BFG and the Twits - and residents reliving their childhoods with Alice in Wonderland.

The theme of the annual initiative this year was Read Now, Read Forever.



DJ Cattrell looks at a book with Leo Tota, 8, and Joan Evans, 93

Ron Spencer, 94, read Alice in Wonderland over and over again as a child.

He had very few books and remembers saving coupons from a daily newspaper.

"When you had collected 100, you could trade for a book," he said, which is how he acquired his copy.

Wyn Upton, 90, recalled a book called Struwwelpeter that scared her.

It was a German book written in 1845 and described as cautionary tales for children.

Another resident said: "It used to cost half a crown to buy books which was a lot of money, so we didn't get new books too often."



Eileen Gunnell, 88, with Eddy Birsan, 8, and Jayden Ayres, 8

Cattrell, who is the author behind two children's favourites the Bucket and the Bag, also taught the group how to structure and write their own stories.

Colchester mayor and mayores Peter and Ann Chillingworth also exercised their creative muscles.

Nikki Leaney, manager of Alderwood said: "Preparing for this workshop and running the poll in the home has really stimulated some interesting discussion and memories."

The 100th year of Children's Book Week runs until today at book shops, libraries and schools across the country.

Facebook icon, Twitter icon, Email icon

## Guildford Shakespeare Company brings school children into local care home for second year.

6th August 2019



Spirit of Youth, the intergenerational drama project from Guildford Shakespeare Company (GSC), unites local school children and care home residents to create their own version of a Shakespeare play.

Spirit of Youth first began last year when children from Weyfield Primary Academy began working with residents of the Queen Elizabeth Park Care Home in Guildford. Over two terms, the group created their own magical versions of *A Midsummer Night's Dream* and *Romeo and Juliet*, which were performed in the care home to friends and family. The programme will return in September as the group explore Shakespeare's magical classic, *The Tempest*.

"We are all delighted to be part of the Spirit of Youth programme once again," says Heather de-Niis, Home Manager of Queen Elizabeth Park care home. "The benefits of the interaction between the elderly and the children are considerable, not least the wonderful relationships that developed between the different generations as a result of the project."

The impact on both generations was evident throughout the first two terms. The residents involved, aged between 69 and 97, showed great improvements in their confidence (a 47% increase), mood and well-being (50% sociability (26%) as well as mobility and physical strength (33%). The children from Weyfield School, aged 7-8, were twice as likely to listen to instructions in class (a 112% increase), more likely to work well with others (91%) and learn independently (71%). "Shakespeare's stories are the perfect building block, allowing the group to play games and work together, as they become an array of classic characters. The residents become more and more confident with each week and revel in the chance to work with the enthusiastic and energetic children. In turn, the children benefit from the new relationships, making connections they might not otherwise have made, while learning about Shakespeare in preparation for secondary school."

"We were absolutely thrilled with the results from our first term. The children and residents bonded in a way we could only dream of and Spirit of Youth was clearly a highlight of their own accord." Explains Ane Stones, GSC's Head of Education. "Since our last session, they have organised their own visits to meet each other, maintaining their relationships of their own accord. We are over the moon that we can return in September and strengthen these ties, while creating new ones."

Spirit of Youth is part of *Brave New World*, GSC's on-going programme of outreach projects, which seeks to reduce social isolation and assist disadvantaged schools and individuals across Surrey. Spirit of Youth has been made possible by the generous funding of The Community Foundation for Surrey (<https://www.communityfoundation.org.uk/>). We use cookies to ensure that we give you the best experience on our website. If you continue to use this site we will assume that you are happy with it.

## Guildford Shakespeare Company's intergenerational project.

21st January 2019



Guildford Shakespeare Company's intergenerational project that transforms lives by 300% returns for second term.

Spirit of Youth, the intergenerational drama project from Guildford Shakespeare Company (GSC), returns for a second term, further tackling social isolation within their local community.

Launched in Autumn last year, GSC's Spirit of Youth project brought together children from Weyfield Primary School and residents of the Queen Elizabeth Park Care Home in Guildford. Over the course of ten-weeks, the children joined the care-home residents to explore Shakespeare's *A Midsummer Night's Dream*. Under GSC's guidance they created a 20-minute version of the play which was performed in the care-home in December.

"At the beginning of the project, the residents were very nervous," remembers Francesca Mchally, GSC's lead facilitator. "When a party of ten 7-8-year-olds arrived, brimming with youth, energy and excitement, new friendships were forged within minutes. The residents and children discovered they had lots in common - like the colour red and football - and were soon placing prop-crowns on each other's heads."

The benefits of diverse age groups working together was obvious from the first week. The elderly residents relished watching the enthusiasm of the children and helping them to read words they might not have come across before. Young children love attention, so they thrived from their captive audience within the care home and helped the residents, in turn.

"The children and the residents helped each other to follow the script and the pronunciation of any difficult words," continues Francesca Mchally. "I was very proud when one of the children stood straight up to help one of the residents, who was confused. He held her script and followed it carefully with his fingers to help her keep her place. After all, she had very important fairy business to do with her hands."

After the success of the first term, GSC are delighted to be running the project again in 2019. For a further ten weeks, the participants will form new bonds and relationships, as they work towards a common goal in a risk-free environment. A new group of children will join the residents to explore another Shakespeare play, the classic love-story of *Romeo and Juliet*. If you would like further details of how the sessions worked please contact the GSC Office.

"We have run countless drama projects over the years and there are numerous advantages to running repeat projects," explains Ane Stones, GSC's Head of Education. "Returning for another term of Spirit of Youth will allow us to grow on the success of the first. The participants can take the confidence they gained during the first term into the second, which will allow them to access the project from the very first session. Meanwhile, we will use our increased knowledge of their abilities to tailor the process, so it suits their strengths and encourages them to develop further."

Home Manager of Queen Elizabeth Park, Heather De-Niis, adds: "This has been and continues to be a fantastic opportunity for our residents. The performance of *A Midsummer Night's Dream* in December was lovely and our thesian residents are now working happily with Weyfield Primary School on *Romeo and Juliet*."

Participants were monitored throughout the first term to measure the impact Spirit of Youth had on their well-being. The results were staggering, with the 10 residents who participated aged between 69 and 97, showing exceptional improvements in various areas, including their confidence (a 47% increase), mood and well-being (26%) and sociability (26%). The impact on individuals was even more remarkable, with one resident improving their confidence by 300%, their mood and well-being by 300% and their sociability by 150%.

"One of the quietest residents, came into her own, when playing the role of Puck, from her wheelchair," described a care-home worker. "She became engaged and alert, popping her fairy wings for all the children to enjoy, as she cast her magic spells. I couldn't believe the change in her."

Progress was equally staggering in the 10 participating children from Weyfield School, aged 7-8. They all showed remarkable advances in various academic areas, with all children twice as likely to listen to instructions in class (a 112% increase) and express their ideas in the classroom (144%). The children were also more likely to work well with others (91%) and learn independently (71%). The biggest area of improvement was in their confidence with Shakespeare and his text, with children nearly four times as confident at the end of the course (275%).

"It has been wonderful having the children around. I enjoy their company and it brightens my day," says resident May Mills, aged 97. Her daughter, Pamela Hunt, who attended the performance, said: "It was so good to see the young children working alongside the residents. New friendships were built and confidence seemed to grow in both the young and old, along with the enthusiasm of the GSC, which was very contagious. Shakespeare's play was brought alive for them in a way that could be understood. Although my mother has difficulty in remembering sometimes, she found it good to have something to work towards and be part of a group production. I must admit I had great fun watching the performance and hope there will be more in the future."

Spirit of Youth is part of *Brave New World*, GSC's year-long programme of outreach projects, which seeks to reduce social isolation and assist disadvantaged schools and individuals across Surrey. Many of the projects are free-to-access pilot programmes and GSC will be able to share their experiences with local authorities and charities to encourage further projects and continued provision in Surrey and across the UK.

"Our aim is to gain further funding, so we can continue Spirit of Youth, indefinitely," states Ane Stones. "In an ideal world, we would create new partnerships between all schools and care-homes in Surrey. We also hope that other organisations will follow this example and create their own projects across the UK."

Queen Elizabeth Park is a residential, nursing and dementia care home in Guildford, Surrey dedicated to enhancing the quality of life of older people. The team are dedicated to ensuring residents maintain as much independence as possible, whilst receiving tailored care and support. They have a wealth of experience in nursing and dementia care and undertake regular on-going accredited professional training to ensure that the care provided to residents is of the very highest standard. Every resident is treated as an individual at Queen Elizabeth Park and activities are planned that are meaningful and promote overall health and wellbeing. Please visit: [www.carebase.org.uk/homes/queen-elizabeth-park](http://www.carebase.org.uk/homes/queen-elizabeth-park)

**KIDS' CORNER**  
Jo Dates picks this month's things to do with the little ones. Tweet your suggestions for this page to @joalates

Room on a Broom is the latest edition to rides for youngsters at Chessington World of Adventures

### WELLBEING WITH THE WEE ONES

Little Treo Yoga caters for all the family, from two years right up to 'wise oaks' and those with special needs. They have many different yoga courses including family sessions. Held at QE Park Community Centre, Stoughton, and Café Milla, in Godalming, on Tuesdays, Wednesdays and Friday's, they use creative yoga exercises, imaginative games, calming techniques and partner work to help reinforce wellbeing. You can also get handy Yoga at-home-cards, which is a fun way to introduce yoga and relaxation into your household. [Web: littletreoyoga.co.uk](http://www.littletreoyoga.co.uk)

### EASTER COOKING

This Easter holiday, why not venture to the kitchen with the kids and enjoy a range of cooking sessions with Grow Cook Enjoy? Easter courses cater for kids up to the age of 11 (under 5s must be accompanied by an adult), who can choose from Chocolate Fun on April 11 or Hot Cross Bunnies on April 18 from 10am to noon at Concorde Hall, Epsom. Outside of school holidays a term-time class runs for 2-5 year olds in Epsom on a Thursday at 9.30am, 11am and 1.30pm or for 5-11 year olds at Walton on the Hill at 4pm. [Web: growcookejoy.co.uk](http://www.growcookejoy.co.uk)

### SPRING SHOWS

If, like in our household, you have Zog-obsessed little ones, head down to Glive where on April 8 and 9, the live stage production will be performing its mesmerizing tale. For tickets, visit: [glive.co.uk](http://glive.co.uk)

co.uk. Or, if you're looking for something educational to entertain the kids then TV presenter, author and all-round dinosaur aficionado, Dr Ben Garrod, brings *So Dorking Halls* on April 9. The show takes audiences back 65 million years on an exciting prehistoric adventure as Ben talks about the deadliest predators that ever roamed the planet. [Tickets: dorkinghalls.co.uk](http://tickets.dorkinghalls.co.uk)

### ROOM ON A BROOM

The children's classic *Room on a Broom* arrives at Chessington World of Adventures. Visitors will be invited to embark on a spellbinding adventure. The new addition to the park will also be accompanied by two new themed suites in the resort hotel. [Web: chessington.com](http://www.chessington.com)

### PSSSSST! FREE TODDLER GROUP

Head over to the [Queen Elizabeth Park](http://www.queen-elizabeth-park.co.uk) Care Home for the Little Lambs toddler group, which runs every second Monday of the month from 10-11.30am. This session is absolutely free but pre-booking is essential. Each session has craft and games and the aim is to encourage interactions between children and the elderly residents. The group has occasional guest hosts and this month will see the popular Mea and Chris the Caterpillar from Caterpillar Music. Guildford host a music session. FYI - Caterpillar Music sessions are sold out and have a waiting list as long as your arm, so hurry and get your place!



# Charity says thank you with a welcoming brew

ROYAL Surrey County Hospital staff and the local community raised cups in celebration of 71 years of the NHS earlier this month.

The staff were invited to join Royal Surrey County Hospital Charity at its NHS Big Tea, an annual fundraising and awareness initiative run by NHS Charities Together, to thank them for the care they help deliver.

Free hot drinks and sweet treats were kindly provided by Rapid Relief Team UK, a global charitable organisation which offers catering support to emergency services.

Staff on the wards who were not able to head out for a cuppa on the hospital's helipad received their own tea party cups to celebrate with their teams, which included tea and biscuits provided by Costco in Farnborough.

The event also featured a raffle and prizes included a unicorn layer cake, donated by Butter and Cream Cakes, cupcakes baked by chef Claudia Nocerri, an NHS Big Tea cake made by a member of staff and tickets for Tipson Racecourse donated by The Jockey Club.

Companies, community groups and individuals across Surrey joined in the celebrations by buying their own tea parties.

Mummies Club Guildford, BIV Solicitors, Vantage Point Magazine,

From left: Holly Birt, Anaisle Doctrove and Sally Jochims from Royal Surrey County Hospital Charity



time to get involved, whether you'd like to host a tea party for friends or a free Big Tea pack, visit www.nhscharity.org.uk or call the team on 01483 46146.

For more about Royal Surrey County Hospital Charity or to register for a free Big Tea pack, visit www.nhscharity.org.uk or call the team on 01483 46146.

# Record number of cans is donated at harvest festival



From left to right Back Row: Ian Wilkins, Monica Prosser, home manager of Acorn Court care home, (front) Deputy mayor of Reigate and Banstead Rosemary Absalom with Acorn Court head chef, Mark Johnson.

Staff reporter  
crawleyobserver@pimmedia.co.uk

A record number of cans was donated to Crawley Open House during a Harvest Festival event.

Ian Wilkins from the 'Open House' charity based in Crawley attended a Harvest Festival event from nearby Acorn Court care home.

He received a record number of more than 100 cans of food donated by the community and residents of Acorn Court which will be distributed to the homeless in Crawley.

The deputy mayor of Reigate and Banstead, Rosemary Absalom, also attended the home's Harvest Festival celebrations.

The highlight was a special Harvest Festival tea organised by head chef, Mark Johnson, from Crawley to mark British Food Fortnight.

Ian said: "We are very grateful to Acorn Court for its continued support of our charity.

All of the food collected will go straight to those who need it most, via our Kitchen and the food parcels we distribute. Thank you so much to everyone involved - young and old alike."

As the home's Charity of the Year for the last eight years, Acorn Court's residents and their families and friends in the local Crawley and Horley community, have all been involved in donating cans for the cause.

The project first opened in 1982 with the aim of providing an advice and resource centre for those suffering from the effects of homelessness, unemployment, loneliness and discrimination.

Its goal is to ensure that no-one goes hungry by offering meals in our day centre and food parcels to the community. It also offers support with money, debt, housing, physical and mental health, drug and alcohol issues as well as life skill classes.

# Hospice attracts big new fundraisers

FIVE local organisations have chosen an end-of-life hospice as their charity of the year.

St Clare Hospice has entered 2019 with a new circle of community partners after five businesses and individuals chose the West Essex organisation as the target of their fundraising.

Such organisations generated £30,000 for St Clare last year, with Harlow's Co-op collecting £19,000 through the donation of one per cent of own-brand product sales since 2017.

New recruits from the area include Sainsbury's in Debden, Sainsbury's in Ongar, Ashbrook

Court Care Home in Waltham Abbey, Loughton Town Mayor Stephen Murray and Dummow Town Mayor Barry Easter.

Dani De'ath, community fundraising lead at the hospice, said: "We are humbled by the support we receive from local organisations."

# Didcot daredevils brave Europe's longest zip wire Sobell House



Michael Slatford, front right, with the Didcot daredevils

f t in e 0 comment

DAREDEVILS from Didcot have taken on Europe's longest and fastest zip wire to raise money for Sobell House.

The group of 10 men braved the adrenaline-fuelled challenge on behalf of Bridge House Care Home in Abingdon.

They were led by Michael Slatford, who works at the care home, and followed it up by climbing to the summit of Mount Snowdon.

Fundraisers took on the zip wire, which is at Penrhyn Slate Quarry, located near Bethesda in North Wales, last month.

ALSO READ: Care home celebrates Easter with bun throwing



They have managed to collect £3,600 in sponsorship, which has brought the total raised for the hospice by the care home to £10,960.

Tim Wraith from Sobell praised the fundraiser and said it was latest in a long list of money-generating antics.

He said: "Bridge House Care Home was one of the first members of our 40 Club, when they joined in 2016."

"Since then they have formed an incredible partnership with Sobell House and raised a substantial amount of money over that period."

ALSO READ: Sewers at care home making 10,000 bunting flags for hospice

He added: "They have jumped out of planes, walked the Pennine Way, made a mile of bunting in their epic Sewathon last year and had fashion shows and lots of other fun things.

"Whatever they do they give 100 per cent and do it with a smile and a great sense of fun.

"They have also always gone out of their way to include the residents of Bridge House in many of their activities.

"It was great when some of the residents came to watch the skydive."

# Heathfield Ladies Residential Home hosts hen party

By Jessica Farrington | @JessicaFWG Reporter



f t in e 2 comments

RESIDENTS at a ladies residential home have celebrated their carer's wedding by throwing her a hen party.

More than 20 women at Heathfield Ladies Residential Home held a party complete with decorations, cake and quizzes for carer Noreen Flaherty, who is getting married next week.

The home, found in Alexandra Road, Grappenhall, has 24 residents and is rated outstanding by the Care Quality Commission.

Noreen, who has been a carer at the home for two years, said: "The hen party has got everybody together reminiscing about their own wedding days.



"They are excited - they keep telling me 'it's not long now!'"

Joan Peace, who was born in 1933, is originally from Yorkshire and became a resident at the home last year.

She said Heathfield enjoys any excuse for bringing people together for a party.

As part of the day, residents shared stories and photographs from their weddings and Joan remembered getting married when she was 21 years old.

She recalled: "My wedding day was nothing like they are now.

"We had new clothes and it was mainly family.

"Now people invite their work colleagues but it wasn't like that then."

Heathfield offers residential care, dementia care or respite and day care with an open door policy for friends and family of residents.

f t in e 2 comments



Lisa O'Farrell who donated cans with her children Emma and Laura





**Honey Lane, Waltham Abbey**

“My Mum moved here in October and she is very happy and very well looked after. The staff are amazing and really seem to genuinely care for the residents and the activities are a huge success, which is one of the things that was high on my list when I chose Honey Lane. It is so important for the residents to get this regular stimulation. The Christmas period was celebrated with many different activities and I love the days when children come to visit - the faces on the residents just light up!”

Julia H, Daughter of resident



 0208 879 6550  [www.carebase.org.uk](http://www.carebase.org.uk)  /carebase  @CarebaseUK  
 Carebase Ltd, 3rd Floor, The Courtyard, 7 Francis Grove, London, SW19 4DW