



ELDERBERRY CHAT

Newsletter

1st November 2019 – 31st January 2020

Dear Friends,

Please let me start by wishing you all a very Happy New Year! 2020 has arrived, bringing with it a few sniffles from staff and residents but also a chance to take stock and recharge our batteries after what was a busy but fun filled festive period.

And what a wonderful time we had! December got off to a fun start with a visit to Chamberlain by the Therapy Ponies, Wilson and Flicker, who spent the afternoon visiting residents, dressed up in their festive reindeer antlers and Christmas bells. Then Christmas celebrations began, as always, in earnest with both Cluny Lodge and Chamberlain being decorated within an inch of their life's, adorned with no less than fifteen Christmas trees between them, and it has to be said they looked as spectacular as ever, thanks to the very talented Bogdan Amaicei who also just happens to be our gardener. The Elder Homes Annual Christmas Fair was held on Saturday 9th December, which was a great success as always raising a whopping ££1,000.20 for Alzheimer's Scotland thanks to the support of family, friends and staff of Elder Homes. Over the month of December residents enjoyed the annual trips to the Pantomime and ballet, and for the residents of Chamberlain, another tradition enjoyed over the last few years is attending the annual "Harps of Gold" Christmas concert at the Queens Halls, performed by the students of George Watson College. Evening and afternoon carol concerts echoed throughout the houses, residents enjoyed mulled wine and mince pies. Dressed in our finery we sang and danced our way through our Christmas parties; what fun we had! Christmas Day itself also went like a fair as always. The day began with us coming together for a sherry party and opening of presents with friends, family and staff followed by a wonderful traditional lunch prepared by our chefs. We were also delighted to welcome some family and friends in joining us for lunch. You would have thought we would have had enough by now but no! Hogmanay was full of fun too; residents were entertained by "Theater Presto" who performed their pantomime interpretation of "Handsome & Gretel". This is the second year we have had the pantomime here in Cluny Lodge, giving those who cannot go to the theatre the opportunity to enjoy this fun filled Christmas tradition.

As we wished “Au revoir” to 2019, we welcomed 2020 with - you guessed - it a few more party afternoons... and why not?

January began quietly but ended with us celebrating “Rabbie Burns” in true style, starting with the haggis being piped in by our guest pipers, James Goodbrand (Chamberlain) & Hamish Aitkin (Cluny Lodge) both George Watsons students; the toasts to the haggis were then very ably recited by Mr. Ken Ballantine, who addressed the haggis at Cluny Lodge and Chamberlain. We were serenaded throughout both evenings by Sara Laing with traditional Burn’s songs as well as some Scottish favorites and ending with a rendition of “Auld Lang Syne”. Sarah herself has become a tradition in her own right as this was the sixth year she has performed at our Burn’s suppers. A big thank you to everyone who helped make the evening a great success.

Care Inspectorates visits/Report

Cluny Lodges most recent inspection took place over 3 days and the report was finalized on 23rd January. The grades range from 1 to 6 - 6 being the highest grade that can be given.

Two “Focus Areas” were inspected:

1. How well do we support people’s wellbeing?
 - 1.1 People experience compassion, dignity and respect 6 EXCELLENT
 - 1.2 People get the most out of life 6 EXCELLENT
 - 1.3 Peoples health benefits from their care and support 6 EXCELLENT
2. How well is our care and support planned? 5 VERY GOOD

We are so delighted with this outcome. Well done to all the team at Cluny Lodge for their hard work and dedication, also a big thank you to the residents, relatives and friends whose contribution and support is invaluable. Hard copies of the report are available at Cluny Lodge, alternatively, it can also be accessed online either on Elder Homes Website or through the Care Inspection Website. At the time of writing this, Chamberlain are still awaiting their inspection. As these are unannounced visits you never know when that will happen – what I do you know is that they will also have an EXCELLENT report as well.

Staff News

With another year starting, 2020 sees us commencing our in-house training and development programme afresh. Whilst this is a vital part of our staff's development to provide this training, did you know that both visitors and residents are welcome to attend any of the training sessions? Although we recognise that many people will not be able to attend training, we at Elder Homes feel strongly that it should be available to all. This can be within a group setting or on a one to one basis at a time to suit you

Let me re-introduce you to:



RN Cheryl Henderson, Dementia Specialist and Education Co-ordinator for Elder Homes

For those of you who have not met Cheryl Henderson and are not aware of her role, she would be more than happy to speak to you about dementia and the training staff receive, at any time. Either ask reception to contact her or email c.henderson@elder-homes.co.uk

We here in Elder Homes know only too well how very talented Cheryl is but she has exceeded even our expectations by becoming a qualified butcher! Yes you read it right a butcher! Not sure how this new qualification will fit in with her role here in Elder Homes but it will come in very handy at her family owned butchers shop.

WHO IS WHO in Elder homes?

With so many different uniforms in Elder Homes its easy to be a little confused as to who is who - below is a guide to some of the uniforms worn by the staff who care for your relatives:

Unit Manager - Navy blue with red piping- red epaulettes

Staff Nurse - Grey

Senior carer/Team Leader - blue with navy piping -navy epaulettes

Carers - White with yellow brading

Phsyio Team - White with navy Piping

Social and Leisure team - Pale blue tunics

Nutritional Support – Lilac tunics

Dining room Assistants – Blue & Black Polo shirts

Housekeeping - (Female) Maroon (Male) Navy Blue with White Piping

Student Nurses - Pale grey tunic



And finally we heard that Mrs. Rees is partial to little Prada! or is it Hugo `BOSS'? (My apologies, some of may have read this before but its to good to leave out) !

Building Alterations & Decorating

Cluny Lodge

The main lift was working for 5 minutes ... Hooray!!! On a more serious note thank you for your patience and understanding over the last couple of months as we waited for replacement parts, and now we await further advice from the provider.

The refurbishment of the rooms in the East wings of both Balmoral and Argyll suites have now been completed and are being enjoyed by new residents.

Wall mounted monitor screens are now fitted on the East and West wings of both units to display what activities are on at any given time; these have replaced the old white boards.

Chamberlain

The upgrade and refurbishment of the laundry facilities in Chamberlain has been completed and it's business as usual once again.

There is no major work planned for the next few months for either building, it will just be the usual maintenance work, if and when required.

As always Elder Homes and Charlie Wright, the Maintenance manager, continue to appreciate the co-operation that the Residents, Staff and Visitors have shown during the unavoidable disruptions that can occur from time to time. Remember, if any resident or relative has any questions regarding work being undertaken, please do not hesitate to speak to the relevant Unit Manager.

Dates for your diary

February

Dine Around The world Evening **Cluny Lodge**, Wednesday 19th February

Dine Around The world Evening **Chamberlain**, Thursday 20th February

Tuesday 25th February -Pancake Day, Afternoon Tea

Cluny Lodge , residents meeting Thursday 27th February 2020 at 2pm



Dine around The world Evening – *Italy* is our destination for February 2020

I know we have been to Italy before, but we now have a wonderful Italian chef who is very keen to prepare a wonderful Italian feast!

As always, family and friends are welcome.

March

Chamberlains residents meeting Thursday 19th March 2020 at 2pm

Welcome to All New Residents at Cluny Lodge & Chamberlain

November 2019 – January 2020

Mrs. Joan Imlach (Argyll)

Mr. Donald Macaulay (Argyll)

Mrs. Rona Steel (Argyll)

Mrs. Margaret Dewar (Argyll)

Mr. Michael Dodd (Argyll)

Mrs. Christine Peterson (Balmoral)
Mrs. Anne Cunningham (Balmoral)
Mrs. Marianne Suslak (Balmoral)
Mrs. Martha (Marie) Morris (Balmoral)
Mrs. Anne English (Balmoral)
Mrs. Helen (Lena) Whytock (Chamberlain)
Mr. John Hay (Chamberlain)
Mrs. Juliana Duncan (Chamberlain)

**Happy Birthday to the following who celebrated birthdays during
November 2019 – January 2020**

Argyll Residents

Mrs. Margaret (Margo) Whitelaw
Mrs. Betty Snell
Mrs. Sally Murry Usher

Balmoral Residents

Mr. Thomas Cunningham
Mrs. Verona Simpson
Mr. Hugh Campbell
Mrs. Anna Trail
Mrs. Deirdre (Margaret) Caughy
Mrs. Helen Buchan
Mrs. Margaret White

Chamberlain Residents

Mrs. Sheila Rae
Mrs. Betty (Elizabeth) Aitkenhead
Mrs. Netta (Janet) Mercer
Mrs. Anne Valle



Our Special birthday wishes go to ***Professor Mary Smallwood*** (Argyll Suite) who celebrated her **100th** birthday on the 8th December 2019

Please remember to check out our fortnightly Social and Leisure Programme on-line at www.carehomeedinburgh.co.uk, www.elder-homes.co.uk then select activities. This will allow you to access the current fortnightly Social and Leisure Programme, allowing residents and relatives to view the programme and plan ahead for any activities they wish to take part in. This element is password protected; please ask the Nurse in charge of the Unit or Receptionist at Cluny for further details on how to access.

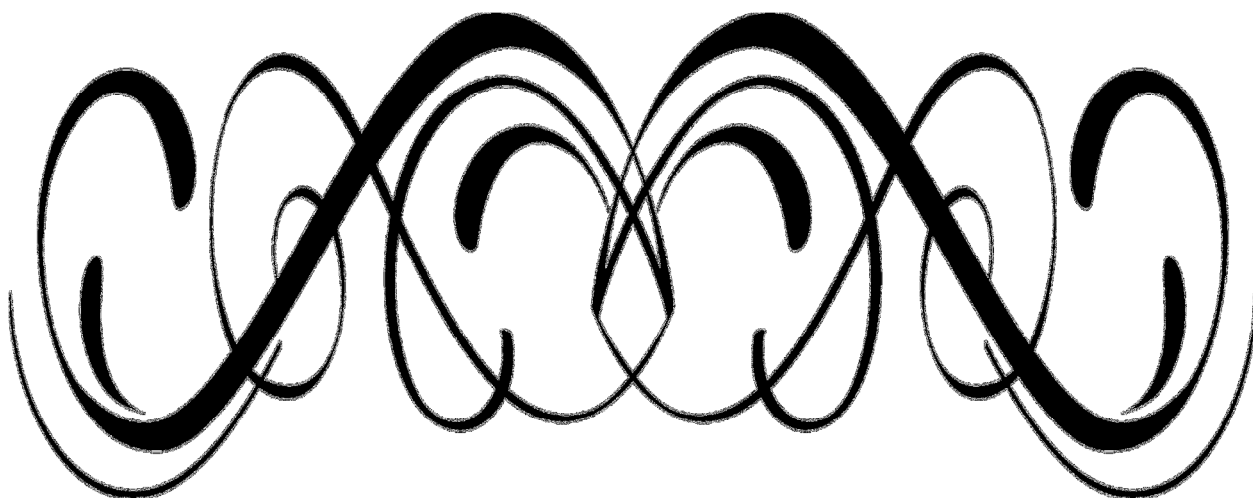
The website also hosts our 'News' feed. This shows highlights of life at Chamberlain and Cluny, a great way to see new photographs and to keeping up to date with what's new with us.

Complaints Procedure

Our procedure is posted in the entry vestibules at both Cluny Lodge and Chamberlain Care Homes with copies also available in every resident's room, should it be required.

Please remember, Elder Homes operates an "open door" policy, and if any issues do arise, we would actively encourage you to contact the appropriate Unit Manager in the first instance, to allow us to the opportunity to address the issue.

If, however there was an issue you felt unable to raise it directly with us, there are independent bodies for you to contact and they would approach us on your behalf: for example www.earsadvocacy.org.uk is a free, confidential, independent advocacy service which is based locally.



Recently passed away
Mr. Cedric (Sid) Heal (Argyll)
Miss. May Smith (Argyll)
Mrs. Elizabeth (Betty) Watson (Argyll)
Mrs. Janet Ross (Argyll)
Mrs. Julia Campbell (Argyll)
Dr. Austen Gardiner (Argyll)
Dr. Neil Johnstone (Balmoral)
Madam Rejane Heron (Balmoral)
Mr. David Candlin (Balmoral)
Mrs. Muriel Dickson (Chamberlain)
Mrs. Ann Robb (Chamberlain)

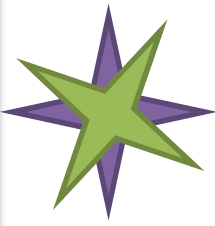


To the families and friends of these residents, we would like to express our sincere condolences, and we thank you for allowing us to be part of their lives





MERRY CHRISTMAS

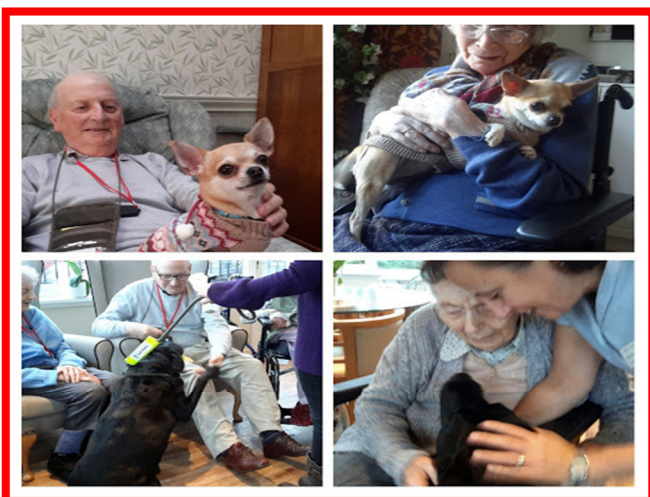


THERAPY PONIES VISIT CHAMBERLAIN



RESIDENTS MEET WILSON AND FLICKER, WITH THEIR OWNERS JOHN & ELAINE

CUDDLES &
SMILES ALL
ROUND



MEANWHILE POPPET AND
FLORENCE THE THERAPY
DOGS ENJOY THEIR WEEKLY
VISIT TO CLUNY LODGE



*Burns Night
At
Chamberlain & Cluny Lodge*

