



April 2015

Introduction

Welcome to the first edition of the Eden UK CIC newsletter for 2015. As you will see from the stories, homes that have adopted the Eden philosophy have been very busy enhancing the wellbeing of their residents and staff and we here at the home office have also been engaged in several projects to grow Eden and to update all our training materials. We now have seven Eden Educators who have been involved in developing and updating our Eden Associate courses for residential and community staff. The latter group are becoming a significant part of Eden in the UK.

Wellbeing is very much on the current care agenda and Eden is no exception. The seven Eden domains of **identity, growth, security, connectedness, autonomy, meaning and joy** are now included in the training along with exercises to recognise how to enhance and measure them.

With the new Care Act coming into operation many of you have asked for help in explaining how Eden helps to meet the regulatory standards. We are on to it; a matrix has been developed aligning Eden with KLOE and a draft is out for consultation after which it will be available for all those implementing the Eden Alternative. Our final piece of work, which is explained in detail below has been obtaining recognition by Skills for care for the Associate course for which we are very proud and thank all of you who have helped us to reach this milestone.

Eden UK and Ireland is now in its tenth year and several homes are approaching their third validation. Are your staff and residents/clients ready to become part of our growing Eden Registry? If so we want to hear from you.

Finally, Care Homes Open Day is on June 19th. Is your home registered and are you putting on something special? If so, remember the Eden Newsletter and send us a picture and tell us what you've been doing. For more information visit www.nationalcarehomeopenday.org.uk. This is now an international event with homes across the world Involved. Be a part of it!

Eden Associate Courses

There are a small number of places available on an Eden Associate course in Dublin on the 25th to 27th May 2015 and in Kent on the 15th to 17th June 2015. If you are interested in a place on either of these courses please call 01225 309 238. If you would like to be contacted regarding other courses as they arise please let us know.

4th European Eden Alternative Networking Event

The fourth Eden Alternative Europe Networking event will be held in Dusseldorf on the 17th and 18th September 2015. Come and see what your Eden colleagues in Europe are doing. Full details of the programme are in the attachment that came with this newsletter. We are promised simultaneous translation into English, so a lack of German is no excuse.

If you have any questions please call June on 01225 309 238.

Eden Alternative UK CIC a Skills for Care Recognised Training Provider

In the last Eden UK Newsletter we announced a major step forward for Eden Alternative UK & Ireland in the formation of a Community Interest Company. We are now even happier to announce that Eden Alternative UK CIC is now a Skills for Care Recognised Training Provider.

Gaining endorsement is important to us as it demonstrates our commitment to quality training. Accreditation is mentioned in both the CQC essential standards outcome 14 and the Cavendish Report recommendations. CQC Outcome 14 states: *"Where learning and development is delivered by a trainer, that person has demonstrated that they are competent to do so and, where an accreditation scheme applies, are accredited to act as a trainer for the course being provided"*.

The Cavendish report, recommendation 5, *"recommends a rigorous system of quality assurance for training, which links funding to outcomes, so that money is not wasted on ineffective courses."*



Vista

New Wycliffe

Margaret Manschott used to go sailing with her husband many years ago and now, even though she is 102 years old, she has not lost her enthusiasm. This week she was called upon to perform the honours of unveiling a sailing dinghy as part of a special project which takes elderly people and those with learning disabilities sailing on the John Merrick's Lake, at Watermead Park.



Mrs. Manschott described the honour as "a real feather in my cap, at my age."

She now lives at the New Wycliffe Home in Rushey Mead run by the Leicestershire charity Vista, which supports people with sight loss. Mrs. Manschott is one of the residents who now enjoys regular sailing sessions thanks to the partnership between the home and the local charity Mosaic and was chosen to launch the new dinghy called Liberty. She said: "I used to go sailing with my husband many years ago and it is wonderful to be doing it again."

Four residents take it in turns to take part in the fortnightly sessions which began last year.

Susan Hough, activities coordinator at the home, said: "It has been just amazing. We take people with sight loss and dementia and it is just incredible how much they enjoy the activity. There is one man with dementia who cannot speak but once he is out on the water he is just at peace.

You can see the joy in his eyes. The sailing has given so many of them courage

The new dinghy has been donated by **Rutland Sailability** and means more residents can get out on the water. Suzy Smalley, project coordinator for **Mosaic: shaping disability services**, said the dinghy is the fifth in the charity's "fleet." She added: "The transformation in people when they are out on the water is unbelievable and having an extra dinghy means we will be able to take more people out."

<http://www.leicestermercury.co.uk/Margaret-sailing-water-enjoying-forgotten-pastime/story-26338728-detail/story.html>

www.eden-alternative.co.uk

Kathleen Rutland

King Richard III Drive-Past

There was great excitement at Kathleen Rutland Home in Leicester as it is located on the route of the funeral cortege for Richard III. The estimated time of the passing of the King and the entourage was estimated at 16.30 so the residents were ready with their banners and flags.



Although the drive-past lasted barely a blink the residents said that “the atmosphere was tremendous” and that “this is something we will never see again”. Although King Richard did not seem particularly impressed the residents had lots of attention from the police on motor bikes. “We waved our flags and they waved back at us.”

Accord Group

Cartlidge House

Cartlidge House is a residential home in Telford.

“In aid of the British Heart Foundation, on the 6th of Feb, we held a Big Red Breakfast as a means of recognising the charity and its efforts. At Cartlidge House, we are always keen to include ourselves in nationwide campaigns, including the Guinness Book of Records World’s longest pom-pom chain event and Innocent Smoothies ‘knit-a-hat’ challenge.

The breakfast began at 8.30am with an array of food on offer, most of which was red, in keeping with the theme! Food available included tomatoes on wholemeal toast, strawberry jam with croissants and chopped red apple with raspberry yoghurt. Our kitchen staff had also rustled up a fantastic, healthy, full English breakfast option, which lots of residents tucked in to! As residents chatted over their cup of tea, it was obvious what a great opportunity a breakfast of this nature is for them to socialise with one another.

Aside from the obvious social benefits of the breakfast, it was also a great chance to speak with residents in a relaxed atmosphere, about the benefits of a balanced diet and hydration and as physically fit as possible. In particular, it was interesting to discuss the links between a healthy lifestyle and a healthy heart, as a way of highlighting the work that the British Heart Foundation does. During the breakfast, some residents said that they did not feel they did



enough exercise, and this was because they were too old, and the damage was already done. But, staff explained that small changes can make a big difference, and as a result, some residents have decided to attend, not only the weekly exercise class at Cartlidge House, but, also the exercise classes held at Margaret Court in Lawley.

Also from Cartlidge House, the following story demonstrates how simple ideas can help put meaning and purpose in people's lives

BM is a very independent gentleman and often likes to help out within the home. It was felt that giving him responsibility for collecting the papers daily from the paper shop in Oakengates would give him a sense of purpose and independence. BM only gave up work a year before moving to Cartlidge house.

BM was more than happy to take on the job and he now collects the papers every day and delivers them to residents on Treetops. It is such a help and the other residents are grateful as the papers are delivered every morning where previously they were not delivered until the afternoon.

Sophie.meredith@accordgroup.org.uk.

Showell Court

Forget Me Not Garden

Showell Court is a very sheltered housing scheme providing care and support to adults aged 55 and over.

The tenants at the scheme are in the process of creating a 'Forget me not' garden. They will each be able to choose, and plant, their own flower and tend to it. Each individual flower/plant will mean something personal to that person – it may be in memory of a special person on their life, that is no longer with them, or just a favourite type of flower.

Looking after their flower will have meaning for the individual for different reasons. We have many keen gardeners here at Showell Court and one tenant in particular has taken the lead in ensuring all the communal plants are watered, on a regular basis. This tenant has really embraced this role and is extremely dedicated to the task in hand.

The 'Forget me not' garden is located in the communal area, in the back garden and can be enjoyed by all our tenants. Everyone will be able to enjoy the beautiful flowers and plants, once they have blossomed and bloomed.

The tenants have really come on board with the idea, which came from one of the staff team (an Eden Associate). They are excited about getting involved and taking part. Between the tenants and the staff they have gathered together all of the items needed. One of the tenant's grandsons volunteered his time and helped to prepare the soil for planting. We are extremely grateful for people contributing to this project and giving up their own time to help. It will be so beneficial to the tenants, reducing isolation and creating a beautiful communal garden for everyone to enjoy.

Caroline Treanor

Avante Care & Support

Willows Day Care Centre

Twiddle blankets for active hands at the Willows Day Care Centre

The Willows Day Care Centre is located in the grounds of Court Regis, an Avante Care & Support care home and one of the first day care centres to be included on the Eden Alternative UK Register of Homes.

Family members from the Willows Day Care Centre have been busy making twiddle blankets for the clients that use the centre. The blankets are knitted with different types of wool and material and accessorised with zips, buttons, bells and ribbons for the Willows clients, most of whom are living with dementia, to twiddle and hold.



Jeannette Spooner, Day Care Officer said 'The twiddle blankets are brilliant, and our clients love them. The blanket provides a simple stimulation activity for active hands or restless hands, particularly for people living with dementia. The blankets are great for twiddling but are also used as hand muffs to warm their hands when they come in from the cold'.

The Willows day care centre would like to say a big thank you to all the family members who have made a twiddle blanket for the clients at the day care centre they are proving to be extremely popular.

Greensleeves Kingston House

Derry Hill care worker shaves head for charity

CARE worker Susan Carr completed a charity double on Friday night as she had her head shaved for Kingston House care home and Dorothy House hospice care. In addition to raising money towards the running of the Derry Hill care home's minibus by having her head shaved, Susan has donated her lost locks to Dorothy House so they can be used to make a wig for cancer sufferers. The eight-seater bus, which costs around £5000 a year to run, is a vital part of the care homes' work transporting residents to the shops or on day trips to places like Butterfly World or Weston-Super-Mare.

Susan said: "It's all to help the residents who enjoy going out in the minibus. "If people are stuck indoors they can get depressed. If they go out and have a normal life, even just shopping, it boosts morale they are a lot happier. "I am going to donate my hair to Dorothy House to make a wig for someone with cancer, it makes me feel a bit better and this way I am doing a bit for cancer as well."



Staff and residents of Kingston House made an occasion of Ms Carr's effort by holding a barn dance, hog roast and raffle to raise more money and push the overall total towards the £1000 target. Manager Carol Grainger said: "The minibus is a big part of getting out into the community so obviously we need to keep it up together." Donations can be made by sending cheques to Kingston House or by visiting El Pradas Hair Salon, who helped



with the head shave, on Lodge Road in Pewsham.

Kingston House, which recently scored 956 out of 1000 on www.yourcarerating.org, has also recently been re-accredited by Eden Alternative UK for improving the lives of the elderly and their carers by eliminating loneliness, helplessness and boredom. Ms Grainger said: "We were one of the first homes in Wiltshire to be validated. "It gives a name to what we do; it makes sure we give people a good life."

Pelsall Hall

Pelsall Hall 'captures' the spirit of Christmas

THE residents and staff at Pelsall Hall, Greensleeves Homes Trust care home, joined in the fun of having their Christmas photos taken. Much fun and joy was had by all, in a true spirit of Christmas.

The photos were taken with equipment which Pelsall Hall bought thanks to the funding received from the Big Lottery Fund as well as the prize money from the NAPA Best Photograph Award which the



care home won in August 2014.

The funding enabled Pelsall Hall to commission the service of a professional photographer, Ming de Nasty, who advised the care home on what photo

equipment to purchase and instructed the staff and residents in taking photographs so they will be able to take photographs throughout the year.



"I felt like a supermodel" said Resident Rosa Ewen.

Fiona McCracken, the Activity Coordinator at Pelsall Hall, said "This was a really relevant initiative to a lot of residents who wanted to give their families a Christmas present with a difference, a beautiful framed photo. They really enjoyed the whole experience and we can replicate it on lots of different occasions, such as Easter and Mother's Day".

"We always try to ensure that residents have lots of interesting events and activities to stimulate them and this was one of the best. The residents, as well as the staff who came in on their days off to help, had a brilliant time" – said Steve Brookes, the Home Manager.

Photographer Ming De Nasty commented "Following on from the digital photography workshops I ran last year as part of their Big Lottery funding, it was a pleasure to be involved with another successful and fun initiative at Pelsall Hall".

<http://www.charitytoday.co.uk/pelsall-hall-captures-the-spirit-of-christmas/>

In Conclusion

Thanks to everyone who sent material for this newsletter. We just sorry we couldn't get everything in. We are sure that many of you will be involved in the National Care Home Open Day. Please remember to send us a story and a photo and share what you've been doing with the Eden Community.

Of course, if you had a special event or even something that was special for just one person, we'd still like to hear about it. A paragraph or two would be good, a photo to go with it would be excellent.

June Burgess
Eden Alternative Regional Coordinator,
UK and Ireland

Paul Bailey
Eden Mentor and Trainer