



April 2012

Spring has arrived in the Eden garden. It is time to sow more seeds and reassess where we are on our Eden journey. Principle 9 tells us it is a never ending journey and that frost may happen so it is important every now and then to take a reality check. Are we still putting our resident first or have we slipped back to being task driven; have we managed to make our residents feel less lonely, helpless and bored; does our home feel like a home; is there plenty happening to make life worth living for our residents and are we still enjoying coming to work? Staff in homes on the Eden UK Register have all successfully completed their own evaluation of how their culture change is progressing and have joined the Register including our first Edenising home in Wales. It is the residents and staff who get the recognition not the building, which highlights how important people are in providing an environment where residents want to live and staff enjoy working. Many people think they have to have achieved great things before they can apply for registration but this is not the case. It is the accumulation of small changes that make the difference, not the big events. If you think you are ready for inclusion on the Register we are more than happy to help you identify the evidence to complete the self-assessment questions. We know from your stories how successful many of you have been so come and be recognised for all your hard work.

Logos and Facebook

You will see from the banner at the top of the page that we have a new logo. It was prompted by our friends in South Africa who sought permission to modify the existing Eden Logo and give it a South Africa flavour. As you can see below the inclusion of a baobab tree achieves that objective very nicely.



Existing logo



South African Logo

Unfortunately Eden UK does not have the option of a single emblem, covering as it does four distinct countries. Consequently we have chosen to go with a stylised flower where the petals pick up all the colours in the flags of the four countries. This has been approved and will progressively replace the existing, USA logo, over the next few months.

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After encouragement from a number of quarters Eden Alternative UK & Ireland is now on **Facebook** (www.facebook.com/edenaltuk). The page will include all the Eden news from our area and details of National Associate courses and conferences where Eden Alternative is on the programme (events). Check us out and take the opportunity to post your comments.

Hillside Care Home, Swansea, Wales

Congratulations to Hillside Care Home in Swansea, the very first home in Wales to be included on the Eden UK & Ireland Register of Homes. Hillside is a nursing and care home in a grade II listed building overlooking Swansea Bay. They have been on their Eden journey for several years and have created a vibrant environment where residents and staff enjoy living and working.



Taking advantage of the good weather – BBQ lunch



The Eden team at Hillside

The following statement is extracted from the Hillside entry on the Eden UK & Ireland Register of Homes.

“At Hillside, our aim is to enhance residents’ lives by encouraging everyone to lead a *life worth living*. We are proud of the fact that we were the first home in the whole of Wales to be registered under the Eden Alternative.

Hillside itself is located in the heart of Swansea with magnificent far reaching views across the bay and beyond. We have completed a large £2.5m upgrade which has seen the original Grade II Listed manor house expanded and enhanced into a medium sized state of the art care home. We are a dual registered home which means that we have the facilities and expertise within the staff team to meet the needs of individuals who have personal care and/or more complex nursing care needs.

With numerous smaller lounges people can enjoy quieter times either alone or with visitors. Whilst in the larger communal areas residents can participate in or simply experience the comings and goings of day to day life. We also have our own Activities Room & Cinema together with a fully equipped Hair Salon. There are readily accessible gardens on every level and our own mini bus enables people to enjoy trips to surrounding areas several times a week. We have lots of pets, entertainment and meaningful activities which combine to help create a welcoming, varied homely environment that enhances individuals’ lives.”

Gareth.bamsey@jupitercare.com

Networking – Accord Housing Association and South Africa

Maureen Bradley from Accord and Rayne Stroebel from Geratech in South Africa met at the last Associate course at Cumberwell Park in 2010. They found a lot of common ground and decided to keep in touch and explore ways of supporting each other. From this contact has emerged a truly exciting initiative. Last month two of Rayne's carers, Nandi and Kevin, arrived in England for a three week secondment at the Accord group's homes in the West Midlands. Most of their time was spent at Bennett and Cartlidge House in Telford but they also had opportunities to visit the extra care services provided by Accord, and Pelsall Hall, an Edenising home from The Greensleeves Trust group. By all accounts the whole exercise has been a great success. The two South Africans have learned a lot from homes that have been implementing the Eden philosophy for longer than anyone else in England and are going home with plenty of ideas to try out in their own homes. When asked what they would take back with them to South Africa Nandi said a different approach to caring for residents with dementia and Kevin said teamwork. He was very impressed with the way that staff supported each other and were focused on the main game, supporting their residents.



The Accord homes have enjoyed hosting the South Africans and their residents have particularly enjoyed having them around. Michelle Barker said 'I can't describe how wonderful it was having Nandi and Kevin visit us; each person they come into contact with, they have made a long lasting positive impact upon.'

It has worked so well that plans are already being developed to raise the funds necessary to send two carers from the Telford homes to South Africa.

Ruby – RBK Eden Pioneer at Murray House

Ruby passed away during the evening of the 12th April. She was the first resident Eden Champion in the UK and described herself as an RBK Eden Pioneer. She loved talking about her Eden experiences, which she did with all new residents, as well to those that needed reminders of the Eden Philosophy, to visitors from other homes and even to people from abroad. She was to have been a star guest at the Eden UK Conference in Chessington last November but was unwell and not able to make it. Instead Bill Thomas, our other star guest went to meet her.



We published an open letter from Ruby in the December 2010 Newsletter. In it she described her experience when she first arrived at Murray House and her increasing involvement as the Eden philosophy became established in the home. Ruby made a particular point about the opportunities to discuss with other residents what they wanted to do and to develop the ideas that came from everyone. She will be greatly missed.

The following extract is from an email was received by Murray House, Kingston, from Ruby's family.

After a rocky start in coming to Murray House, Mum soon settled in and made her presence known. In the years that Mum spent with you all, she was extremely happy and made many wonderful friends. She was always very proud of her involvement with all the activities at Murray House, especially the Eden Alternative.

Myself, Tony and the Family wish to thank everybody at Murray House for all the kindness and friendship they have shown Mum and us over the years and we hope to continue to pop in and see you all from time to time.

Many thanks,

Ann, Tony & Family

Liliana.stark@rbk.kingston.gov.uk

Pelsall Hall - Woodland Walkway Project

Pelsall Hall, a Greensleeves Trust home in Walsall, has a wooded area in its grounds which has been neglected for many years and is now an overgrown mess. The decision to do something with the area was taken for two reasons; firstly to try and encourage residents to use the outside space a bit more and to take more exercise. The walkway through the area will be accessible for not only those people who are mobile and able to make a choice to walk through it but also for those who are less mobile and can visit it with friends and family as it will be wheelchair accessible. Secondly, it will be a project that will last for the whole summer (and probably beyond). One of the residents has already volunteered to be the Photographer of the project and record all the works that go on, ready for a big display in the reception area that the residents will be involved in making.

When the residents were initially approached with the idea, most were keen on the idea and came up with ideas of their own which we have incorporated. For example, one resident wanted to have an allotment to grow vegetables with his family who visit so we are adding one onto the project and located it next to the woods.

The local community is involved in the project in two ways; the Community Team from the Mid-Counties Co-Op will be assisting in the project by enlisting some of their employees as volunteers to help clear the wooded area and also to lay the allotments. The Co-op does a lot of work for the Community and has agreed that this is a worthwhile project.

There will be a competition for local school children to design a small area of the woodland into something they think our residents would enjoy. The residents will be responsible for choosing the winning entry and the area will be recreated with the resident's favourite idea.

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The Woodland Area before starting



The Digger arrives

The residents will also be involved in designing things to go into the area, bird boxes will be made by some residents and painted by others, ladybird boxes, hedgehog habitats, etc. but also tree art and willow sculpture. There are also plans for a "wildlife" spotter group to keep track of what is living in the woods.

Other ideas have included installing a swing to encourage children to visit, etc. (and also for residents who may want to have a go!), and setting aside a small space for a memorial garden for quiet contemplation, where residents or families can donate benches, statues, bird tables, wind chimes, etc. in the name of their loved ones.

Residents are looking forward to watching the work start this month when the digger arrives to carve out the 480 foot path.

Fiona.mccracken@greensleeves.org.uk

Eden Associate Course

The next National Eden Associate course will be held in Chessington on the 1st, 2nd, 3rd May 2012 at the Holiday Inn, Chessington, which is 10 minutes north of Junction 9 on the M25.

Booking forms for the course are available through the website.

A discount of 20% of the full price of the course is available to organisations or homes sending three or more staff on the course. The cost per participant under these arrangements is therefore £400, a reduction of £100 from the full price.

In conclusion

We hope you have enjoyed this newsletter and will share it with your friends and colleagues and if you have a story about culture change in your home to share let us have it for the next edition we would love to hear from you. If you have photographs that illustrate your story, so much the better; a picture may or may not be worth a thousand words, but it does make for a more balanced newsletter.

June Burgess

Eden Alternative Regional Coordinator,
UK and Ireland

Paul Bailey

Eden Mentor and Trainer

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