



Merry Christmas from Eden UK & Ireland



December 2012

Introduction

Welcome to the final newsletter of 2012 and what a year it has been! There are now 616 Certified Eden Associates in the IUK & Ireland; 14 homes have been included the Eden UK and Ireland Register of Homes with staff and residents well established on their Eden journey. The Register includes five Homes which have completed their two year re-registration. There are many more homes with a successful Eden culture change journey and we hope to include them on the Register in 2013.

We held the 4th Eden UK & Ireland Annual Conference in October, which this year was open to all those interested in the Eden Alternative. We were privileged to have Dr Al Power, an Eden Mentor and Educator from the United States, as our keynote speaker, a role he repeated at the UK Dementia Congress in Brighton the following week. Dr Power is the author of 'Dementia Beyond Drugs' published in 2010 and definitely recommended as essential reading if you are caring for residents living with dementia. Besides all the wonderful presentations showcasing the great work being done by homes which have adopted the Eden philosophy we were able to introduce our first UK trained Eden Educator, Jennifer Dudley to the conference.

In November we did a series of workshops in conjunction with SHARP Records and Plans, an organisation predominantly operating in the in the West Country implementing care planning and documentation systems for use in care homes for older people. The purpose of the workshop was to demonstrate to participants how making care plans more person centred and less institutional would make them more useful and help in creating fulfilling lives for residents.

Things to look forward to in 2013 so far include; Eden Alternative guidance on measuring wellbeing, not just for residents but staff and relatives; taking the Eden philosophy on the 'Path to Mastery'; a series of Eden workshops in Ireland, for which we have a grant, leading, we hope, to the first national Eden Associate training in Ireland; projects taking the Eden Alternative philosophy beyond the doors of the long term care homes into many other community settings, and many more exciting innovations.

Thank you to all of you who have helped us along this journey over the past year and thank you for all the good wishes you have sent us. The work you are doing is fantastic and ensures those for whom you care are having the best possible chance of a life worth living.

Merry Christmas and a safe and prosperous New Year to you all!!!!

www.eden-alternative.co.uk

Eden UK Register of Homes

Two more Homes have joined the Eden UK Register of Homes since the last newsletter; Mavern House in Wiltshire and New Wycliffe Home in Leicestershire.

Mavern House Nursing Home is a family owned business in the village of Shaw on the outskirts of Melksham in Wiltshire. Formerly an Edwardian vicarage, the building has recently undergone complete renovation.



Jill James and her team



Dr Al Power presenting Mavern House with their Eden tree at the 2012 Eden UK Conference

Mavern House has been on its journey since 2007 and in that time has experienced two significant frosts, both following changes in senior staff. As these have been overcome the commitment to their Eden implementation has grown stronger. The last couple of years have seen a number of innovations including the Mavern Community Choir, which was featured in the September 2012 newsletter and a change in the role of nurses to emphasise their professional responsibilities. As an example nurses at the home have been providing falls prevention workshops for residents and staff.

Mavern House provides excellent end of life nursing care and has links with another local Eden Registered residential home, Kingston House in Derry Hill. Two residents so far have benefited by being transferred between homes which share the same excellent philosophy of care.

The New Wycliffe Home offers a home to 46 men and women, who are blind or partially sighted. They have also been on their Eden journey since 2007. Although there have been high and low points during that time a consistent thread has been their Eden training programme, which is now reaping its dividend.

A feature of the Home was the colourful themed decorations that had been chosen by the residents for each of their corridors. The different designs and the involvement of everyone including community groups, who did most of the painting, was very impressive. The new signage, which needed to be appropriate for those living with dementia as well as sight loss, demonstrated the challenges of caring for these residents and the success



of the approach. The atmosphere in the home was warm and inviting with residents and staff engaged in activities in large and small groups. There was a buzz about the place but no one was in a hurry and interactions between residents and staff and between residents demonstrated happy relationships.

A special mention must be made of the four Royal Borough of Kingston homes, **Amy Woodgate, Murray, Hobkirk and Newent Houses** and the Greensleeves Trust home on the Isle of Wight, **The Briars**, who all achieved their revalidation having completed two years on the Register.

Greensleeves Homes Trust

Greensleeves Homes have been particularly active over the last few months and particularly good at sending in stories and pictures. These are a few of them.

Pelsall Hall is a residential care home in Walsall providing accommodation for up to 39 residents. Like many other Homes they have tried to build meaning into their activity programme by including a fund raising component. This year the focus has been on the charity Support Our Soldiers which was set up in 2003 to support the armed forces in Iraq and subsequently Afghanistan. Each year they run a 'Christmas Parcel Appeal' for troops serving overseas. The residents of Pelsall Hall held a fundraising quiz night to raise funds to purchase the goods to go into their Christmas shoeboxes which were wrapped in Christmassy paper and collected by the charity in time to have them delivered to Afghanistan in time for Christmas.



As reported in an earlier newsletter the two South African carers who visited the UK as guests of Accord Housing Association visited Pelsall Hall during their stay. From that visit a pen pal initiative was set up by Nandi Payne from South Africa and Fiona McCracken the Activity Coordinator from Pelsall Hall between their two Eden homes. Recently they received their first letters from the home in VREDE, Free State. Six Pelsall Hall Residents have been put in touch with the Eden home in South Africa. They learnt a lot about their new pen pals, as well as seeing photos they sent. One of the residents, Bill Hill, is particularly interested in this scheme as he visited South Africa a while ago and has happy memories of the country.

As Fiona says, writing to pen pals was something that a lot of her residents used to do when they were younger. As well as making new friends, sharing experiences, and rekindling a hobby of their past, it is also excellent exercise for the residents; writing is a skill that can be lost as people grow older.

Mt Ephraim is a residential care home in Tunbridge Wells, Kent with accommodation for 38 residents. Recently a resident expressed a desire to see the London Eye. Initially this was difficult to sell to other residents as London is a fair way away from Tunbridge Wells, is big, busy and intimidating. Eventually eight residents together with some of the MEH team made the trip and had a wonderful time. The success of this trip has prompted more suggestions and the next trip is planned to be a visit to the Houses of Parliament, arranged with the help of the local MP.



Borovere is a residential care home in Alton, Hampshire with accommodation for 30 residents. Its Eden journey has recently gained impetus resulting in a number of initiatives. In spite of difficulties reported in some areas of the country, the local Sainsbury's regularly donates flowers to the Home. Tom Kaluzak reports that the flowers really make a big difference and are delivered



every Sunday, which has become a bit of a flower arranging day. All the residents who join in really enjoy this activity. It is really meaningful to them because the results are admired by all the other residents, staff and visitors and make huge difference to the way the home looks and smells!

Borovere has also taken the idea of a Wish Tree and given it their own particular slant. Activities co-ordinator Janice has done the most fantastic job of making the tree out of plaster and then painting it. Three dead leaves have been added at the bottom to represent loneliness, boredom and helplessness. Five living leaves represent 5 areas which they feel are really important and each leaf has a photo of an activity on it relating the 5 areas.



The idea was born during their first Eden Associates meeting at Borovere last month. The tree has been located in the main entrance porch where it is hoped that it will catch people's attention as soon as they come through the door and hopefully prompt them to ask about Eden and become interested and involved!

In Conclusion

Finally, as this is the last newsletter for 2012, we would like to thank all those individuals and their organisations who have supported us through the year and wish everyone, their families and their residents a very Merry Christmas and a happy and successful 2013.

June Burgess
Eden Alternative Regional Coordinator,
UK and Ireland

Paul Bailey
Eden Mentor and Trainer