



Merry Christmas from Eden UK & Ireland



December 2013

Introduction

Welcome to the Christmas edition of the Eden UK & Ireland Newsletter. Eden UK has had another successful year with 11 homes joining the UK & Ireland Register of Homes, bringing the total up to 24, and another 131 new Eden Associates for a total of 747. Even at this stage 2014 looks like being even busier.

One of our major achievements this year has been to adapt the Eden Alternative training for people requiring care and support outside nursing and residential homes; in other words those living in the community. **Eden in the Community** recognises that the people being supported and their families may also suffer from loneliness, helplessness and boredom. The main approach is the development of Care Partnerships, which includes the person being supported and where the wellbeing of all those concerned is maintained. Eden in the Community recognises that the Principles are universal and are appropriate wherever care or support is provided, irrespective of the age or needs of the individual. New Outlook is the first organisation to undertake this new approach and will be closely followed in the New Year by Accord Housing Association. If you are caring for or supporting people in the community this could also be for you.

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!!!!

Eden Associate Courses

There are a small number of places available on an Eden Associate course in Exmouth on the 14th to the 16th January and on a course in Golders Green on the 14th to the 16th May. If you are interested in a place on either of these courses please call 01225 309 238.

Eden UK Register of Homes

Since the last newsletter we have had two trips to Kent, one to Tunbridge Wells to revalidate Mt Ephraim the other to Bromley to validate Queen Elizabeth House.

Mt Ephraim, a Greensleeves home, has built on their excellent start to their implementation of the Eden Alternative and in the last two years has taken it to another level. Eden is at the heart of everything that they do with empowerment of staff and residents a major feature. Since the first validation they have built on their good relationships with local schools and now have a constant stream of teenage volunteers knocking on their door. A significant factor in this situation is the high profile that Mt Ephraim has in the town. The home is frequently in the local paper and the manager, Karen Cooper is the go-to person for comments on aged care matters for the local radio station.

As you can see from the photo they have a flexible approach to uniforms at Mt Ephraim. The day of our validation visit all the staff were dressed in their pyjamas to celebrate the Children in Need Appeal: an initiative from a junior staff member that delighted many of the residents.



Age is no barrier to being active and engaged at Mt Ephraim. One 100 year old has designed Mt Ephraim's Christmas cards and another 100 year old for her birthday treat was able to fulfil her dream of playing the drums. It's not just about doing what you've done but doing what you've always wanted to do.

Karen Cooper (Karen.cooper@greensleeves.org.uk)

Queen Elizabeth House is another Greensleeves home and is home to 28 residents in Bromley Kent. One of the many impressive features of this home is the involvement of residents in all areas, including two who take a shift answering the phone or the front door. Earlier this year the home lost its manager and activity coordinator and there was some concern within the home that it would lose momentum. However, the new manager and two other staff completed their Eden Associate training and the home barely missed a beat. One of their goals has been to introduce and educate everyone on the Principles and philosophy. Their major initiative has been to set up four Eden teams in the home made up of staff and residents. Each month one team will present to everyone in the home something that they have learned about Eden or are proposing to do. This has developed a healthy atmosphere of competition as they plan their presentations in secret.



The work of the home has been recognised by their local community. They received a Bromley Business Award for the Best Business for Customer Service and were a finalist in the Personalisation category. The home was also a finalist in the Great British Care Awards in two categories: Dignity in Care and Putting People First. They were also featured on a Radio 4 programme *Your and Yours* which focussed on meaningful activities. The programme and the making of it were enjoyed by residents and staff and resulted in several local people visiting the home.

Beverley Simms-Dick (Beverley.SimmsDick@Greensleeves.org.uk)

Vista

The following are two lovely stories from Stuart Smithers, Senior Residential Manager for Vista.

“A highpoint for Vista’s 2013 was their fantastic Halloween party. Friends and families of service users and staff joined in for an evening full of entertainment. Nearly all the residents took part and thought it was wonderful to see all the children dressed up.



There was a clown to entertain the children. Some of the residents took great pleasure in watching the children watching the clown, one lady said “what a tonic seeing the little ones laugh”. The home was full of love and laughter from the young to the old all singing and dancing together what a special evening it was and I know it will be spoken about for many weeks to come.

Also, I have introduced my nearly 6 month old nephew (Jace) to the home and the residents love him. He came in for his dinner last week and the response from some of the ladies was unreal and very touching; a definite tear to the eye moment. I sat with him at one of the dining tables at lunch time and after two of the ladies had finished their lunch one gave him his dinner and the other waited patiently to give him his pudding, she said “Am I allowed to do that. I don’t want to make a mess” my response was that all the mess will clean up and don’t worry, upon which the baby demanded his pudding leaning forward got the lady’s hand and pulled it towards his mouth. Both the ladies had tears of laughter. They did not want me to take him home and offered to babysit any time. What an amazing experience this was for all concerned. He is going to be coming in at least once a week to have lunch.”



Stuart Smithers (stuart.smithers@vistablind.org.uk)

Court Regis, Sittingbourne

The following story is from Ashley Roberts, Activity Coordinator for Court Regis. It's a good example of grabbing the opportunities as they arise.

“Regis Manor, a local primary school, is introducing a new scheme in which they are attempting to broaden their pupils' exposure to positive male role models in their lives and this began with several reading sessions in which I would read a story to the children at the end of the school day. I took it upon myself to bring along a resident or two to the sessions so that the children could meet and chat to them. Some of the residents also helped read to the children. This has led to another scheme where the school actually has the children attend the care home, a class at a time, to play games and socialize with the residents for an hour.



We held our first two sessions last week and they were a huge success; so much so that the children all wrote thank you Christmas cards to the residents, some of them were addressed personally.

Having chatted to the deputy head, we have decided that the sessions were hugely beneficial for both the children and the residents and will continue on a regular basis throughout next year. “

Ashley Roberts (ash-roberts@hotmail.co.uk)

In Conclusion

Finally, as this is the last newsletter for 2013, 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 2014.

June Burgess

Eden Alternative Regional Coordinator,
UK and Ireland

Paul Bailey

Eden Mentor and Trainer