



**March 2013**

## **Introduction**

The first three months of 2013 have seen a flurry of activity around the Eden Alternative UK & Ireland Register. In January Amherst Place was included, in February Ella & Ridley Jacobs House and in March, Borovere. All three homes are doing a wonderful job in helping their residents to enjoy happy and meaningful lives. We have two self-assessments awaiting validation and have been promised two more within the next month.

### **Eden Associate Course**

The next National Eden Associate course will be held in Chessington on the 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> April 2013 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 or by contacting June on 01225 309 238.

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.

## **Eden Associate Gathering**

On the 27<sup>th</sup> February nineteen Eden Associates came together to celebrate the first Eden Associate Gathering at Amélie House, Maurice and Vivienne Wohl Campus, Golders Green. The event was hosted by Jewish Care and organised by Fionnuala Baiden, their Dementia and Disability Specialist. Representative Associates from Jewish Care, the Royal Borough of Kingston and Greensleeves spent time swapping success stories, and ways in which barriers to the implementation of the Eden Alternative philosophy have been overcome in their homes.

Friendships were made and invitations to visit each other's homes were given and accepted but the most significant outcome was that Associates were re-invigorated when they realised how much they had all achieved on their Eden journey and that they were not alone but part of a network of Associates with whom they could connect for support and advice.

The date for next Associate Gathering was proposed for June and anyone interested in attending should contact Fionnuala at Jewish Care ([fbaiden@jcare.org](mailto:fbaiden@jcare.org)).



The good news also is that there will be another Eden Associate Gathering hosted by Greensleeves at their Pelsall Hall home in Walsall in the near future. For more details keep an eye on the Eden UK and Ireland website ([www.eden-alternative.co.uk](http://www.eden-alternative.co.uk)) and Facebook Page ([www.facebook.com/edenaltuk](http://www.facebook.com/edenaltuk)).

### **Caring for those living with Dementia**

Those of you who attended our Annual Eden Conference or the National Dementia Congress in Brighton last year will remember Dr. Al Power who gave key note speeches at both Conferences based on his book ***Dementia Beyond Drugs***. Dr Al has developed a 2 day training around the philosophy and practices he describes in his book and would like to offer it to the Eden Associates in this country who are caring for people living with dementia. Unlike most of the training in this country Dr Al offers a very different, practical approach that like Eden Alternative training builds on any good practice you are already giving.

Before we accept this offer we need to be sure we will be able to cover the costs and offer the training at a reasonable price so we will need expressions of interest from at least 20 Eden Associates. The dates proposed are in July or October 2013 and we would like to keep the cost below £300 per person. If you would like to take part please can you let me know as soon as possible by email [june@eden-alternative.co.uk](mailto:june@eden-alternative.co.uk) or phone 01225 309 238.

### **Amherst Court**

Amherst Court a modern, purpose-built care facility situated in historic town of Chatham, Kent managed by Avante Care Partnership was included in the Eden Alternative & Ireland Register of Homes on the 14<sup>th</sup> of January.

Community involvement is a big part of life for residents and staff at Amherst. Residents continue to attend events out of the home and local residents share facilities, like the café and hairdresser in the home. A recent initiative by the local B&Q store has seen residents being taught new carpentry skills in the store, a great example of how residents are encouraged to continue to grow and how to dispel the myths in the community around residential care and dementia. Amherst Court's philosophy is to support residents to develop and retain past hobbies and interests. Amherst Court provides 24-hour care and support for people living with dementia.



Residents' hopes and dreams are identified and have been enhanced by the introduction of a wishing well. Staff undertook a long journey with a resident to visit her sister who she had not seen in years. As a result her wellbeing was reported to have remarkably improved. (See story below)

### **It started with a wish**

The wishing well at Amherst court holds lots of wishes. Marjorie was delighted the day her wish was pulled out of the well. It read "I would like to visit my sister in Exeter"

The date was set for 13<sup>th</sup> November 2012. This incidentally was Marjorie's sister's birthday. Marjorie along with two staff from Amherst set out on their journey. The journey was long but filled with laughter. Refreshment stops were plentiful and surprisingly a lady who normally eats little amounts was enjoying a feast of new food experiences. Once we arrived at Marjorie's sister's house, it was obvious they were delighted to see each other again after 10 years. Marjorie presented her sister with a birthday cake, the candle on the cake was lit and Susie (Marjorie's sister) was asked to make a wish. She promptly said "I wish this day never ends"



Marjorie and her sister were left to have some privacy by the carers. After a while the carers went back to Susie's house and picked Marjorie up to take her to accommodation that was booked for an overnight stay. Again the evening was filled with laughter. The following morning the carers and Marjorie went back to Susie's house. Susie invited the carers to look around her garden and asked them to take cuttings from a plant called Myrtle. Susie then proceeded to tell them the story of how she came to have Myrtle in her garden.

The story is as follows:

Queen Victoria had this plant in her wedding bouquet when she married Albert because it has a wonderful aroma. After the wedding the lady in waiting asked the queen if she may take a piece of the Myrtle to grow and the Queen said she could. The cutting grew and after a time a piece of the same plant was given by the lady in waiting to a gentleman called Freddy who in turn gave a piece of the same plant to Susie, it is a cutting of this same plant that Susie was giving to us. She then went onto say it was a symbol of love and that every royal wedding has Myrtle in the bouquet. These cuttings were brought back to Amherst with Marjorie and the carers.

When they came back from their visit with Susie the carers Googled the plant Myrtle and sure enough the story relating to the royal bouquet was true.

Leaves of this delightful aromatic plant were in Queen Victoria's wedding flowers and have featured in royal bouquets ever since, including Kate Middleton's.

Amanda Odd ([aodd@greensleeves.org.uk](mailto:aodd@greensleeves.org.uk)) .

## **Ella & Ridley Jacobs House**

Located in the heart of Hendon, Ella & Ridley Jacobs House has been a Jewish care home for more than 30 years. As one of Jewish Care's most religious homes, it is known for its heimische atmosphere and the home benefits from close ties with the local Jewish community. Synagogue services, which are held on Friday evenings and Saturday mornings, are very popular with residents and non-residents alike. The home has been on its Eden Journey since 2011.

As well as its own synagogue, the home has two lounges, (one for people with greater needs) a reminiscence room, a hairdressing area and a pretty garden. The kitchen is fully supervised and licensed by the home's own shomer (religious supervisor).



The Eden Alternative philosophy is woven into the daily life of residents, relatives and staff in many different ways; education at handover sessions, staff who know a particular resident well advising other staff on successful techniques of care, staff empowered to try new ideas to enhance practice, reflective practice used to evaluate new ideas, and joint decisions made by managers, staff and residents were just a few examples given. Residents are listened to; for example, one resident who was particularly hard of hearing said staff were not knocking on his door before entering. When the problem was discussed with him he suggested a loud bell would be better. This was installed. Problem solved.

Margaret Ofori-Koree ([moforikoree@jcare.org](mailto:moforikoree@jcare.org))

## Borovere

Borovere is an attractive home set in beautiful grounds in Alton, Hampshire. It is situated near the town centre, a short distance from shops and amenities. The secluded and magnificent landscaped garden offers an ideal setting for relaxation. Manager Tomas Kaluzak says that their ultimate goal is to create smiles – a happy home for their residents. The home has an excellent team of staff who are not only carers by profession but also in their hearts. Tomas and his staff are proud to be able to say that they have a fantastic reputation in the local area and strive to be a true home from home to its residents. Borovere is very well known in the local community and articles about the resident's activities have regularly appeared in the local press. The local Brownies and preschool class are visitors to the home and a visit from staff at the Jane Austen museum resulted in an invitation to residents and staff for a return visit to the museum, which was originally Jane Austen's, home at Christmas time.



Since implementing the Eden Alternative the use of psychotropic medication has been significantly reduced and is only now only given to three residents, each with a psychiatric diagnosis. The need for analgesia disappeared for one resident when he developed a close relationship with a fellow resident (see below). The new medication system, with locked cabinets in each room, has enabled three residents to self-medicate safely and has reduced the margin for medication errors. The adopted cat has helped one resident to overcome her reluctance to leave her room and the cockatiel in the lounge has a repertoire that amuses both staff and residents alike.



Don and Joan – Valentine's Day

Several staff made the point that their Eden training had made them more aware of residents' needs and abilities and gave them permission to spend more quality time with them. All staff including kitchen staff, domestic staff and the handyman play an important role in the resident's lives and contribute to the ideas for changes in the home were listened to and adopted.

A special mention should go to Louise Whapshott, the Deputy Manager, who has just left Borovere. Staff and residents all paid tribute to her inspiration, drive and enthusiasm; evidence of which is all around you at Borovere.

Tomas Kaluzak ([tomas.kaluzak@greensleeves.org.uk](mailto:tomas.kaluzak@greensleeves.org.uk))

## Court Regis, Kent

The photo and story say it all really, which is why it is included intact. Please note that the home referred to is an Avante Partnership home, Court Regis, not Regis Court, in Sittingbourne. Court Regis has been on the Eden Alternative UK Register of Homes since April 2011.



Denice O'Hara and her mother Pat Read at Regis Court Care Home running a tombola stall

## Market memories for trader Pat

A FORMER market stallholder recalled what it was like to be a trader when she ran a stall at a care home's summer fete.

Pat Read once worked at Sheerness but is now a resident at Regis Court Care Home in Milton Regis.

She was joined for the fete by her daughter Denice O'Hara and together they ran a tombola.

Activities co-ordinator Ashley Roberts said: "Pat's been

with us five or six weeks and, although she has dementia, she helps out with the gardening and washing.

"The idea of her running a stall was to remind her of her days at Sheerness market."

The fete also featured traditional games, such as a coconut shy, and a cake stall courtesy of Janet Beake, who Ashley said had baked "enough to feed an army".

The event raised about £400

which will go towards days out for residents and the creation of a garden, designed for dementia sufferers.

Ashley explained: "It will have various elements to it, such as a path which has no end. Residents like to go walking and tend to walk with a purpose so the idea is if you go round in a circle, you never reach the end.

"We've got lots of grounds and it's going to be a massive project."

## **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