

# Larchwood Life

Winter Edition

## A WORD FROM LARCHWOOD'S MANAGING DIRECTOR, LYNN FEARN

Once again, the festive period is nearly upon us. Before we know it, we'll be saying goodbye to 2021, and welcoming the New Year.

I think everyone would agree the last couple of years have been tough. With Christmas fast approaching, we are focussed on how we can make Christmas as special as ever for those in our care. With the highly successful rollout of the vaccination programme, I'm confident that 2022 will be more positive.

There has been an incredible Blitz spirit across all our homes. While Covid19 has kept many of us apart, in many ways, it has helped bring us together, with everyone doing their part in keeping each other entertained, active and in good spirits.

I want to pay a special thanks to our care colleagues. I've heard stories, and seen myself first-hand, how so many of you have truly risen to the occasion. For many of you, being a carer is a calling – and it shows. It's so clear that many people become carers because they want to help people and make a positive difference to someone else's life.

2022 is a fresh start for us all, and we will be reflecting this across the business. We will be undertaking substantial work to update our homes, with refurbishments to make

improvements for residents and staff alike. We also want to ensure that being a member of Larchwood's team provides real opportunities for our staff, with chances to develop skills – and careers – available to everyone. You will be hearing a lot more about this next year. Once again, I thank everyone for your patience, understanding and flexibility during what has been a very difficult period. I would also like to take this opportunity to once again thank our teams for continually going above and beyond to keep our residents safe and for continuing to deliver the excellent, compassionate care that Larchwood is known for. On behalf of the senior team here at Larchwood Care, I would like to wish you and your families a very safe and happy Christmas and New Year.



## Under 14s Girls Football Team Secures the Support of Fareham Care Home

We're delighted that our Cams Ridge care home in Fareham has been able to support a group of budding young footballers

Cams Ridge is backing AFC Porchester Youth FC Under 14 girls' football team and is kitting them out with kit for 2021/22 season.

Michelle Shann, manager of Cams Ridge, said: "At Cams Ridge, we believe it is important to keep our residents connected with the wider community. "Some are footie fans and, particularly with the increasing popularity of women's football, we felt it would be good to help nurture future generations of female soccer players.

"As a Fareham-based business, we know what a significant contribution grassroots sports, such as youth football teams, make to local life in Porchester." Lee Cook, Coach for Porchester Youth FC, said: "We are extremely grateful to Cams Ridge for supporting our Under 14 Girls' football squad.

"Being involved in sport can help boost youngsters' self-esteem, mental and physical wellbeing and teach them lessons that stand them in good stead for the rest of their lives.

"We would not be able to do what we do without



the support of external organisations such as Cams Ridge."

To find your nearest Larchwood Care home visit: [www.larchwoodcare.co.uk](http://www.larchwoodcare.co.uk), search for 'Larchwood Care', or call our central office on 01564 820140 and our team will be delighted to help.

Search for your local Larchwood care home on Facebook



# Rekindling Friendships



Residents at Badgers Wood Care Home have been able to safely rekindle cross-generational friendships following a dynamic risk assessment and some creative thinking from the team.

The Norwich home welcomed youngsters from the local branch of Friend in Deed, a charity that helps create friendships across the generations and reduce loneliness.

The youngsters were excited to be back at the care home, for the first time since the start of the pandemic. They sang and played with residents at a safe distance in an outside courtyard.

Previously, the charity would bring a group of children to the home every Tuesday as part of its Little Visitors initiative, which promotes interaction with children aged 0-5 and care home residents.

One friendship that has developed is between Nancy and Macey. Four-year-old Macey saved her pocket money to gift resident Nancy a butterfly kit.

Anne Riches, manager at Badgers Wood, said: "It was delightful to welcome the children back to the home, they always have such great, uplifting energy and are guaranteed to put a smile on the face of all the residents.

"Because it's been so long since we were able to have them back, they've all grown so much. The last time we saw some of them they were only babies, and now they are walking and talking!"

Kelly Lindsay, Founder of Friends in Deed, said: "Intergenerational visits have been proven to not only benefit older people, but also help youngsters. Interacting with older people can help young children with their development and encourage them to communicate effectively. For older children, these visits can help with their ability to empathise with others and often friendships can develop which offer a means of support during difficult adolescent years."

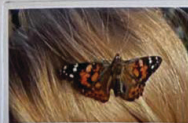
To Nancy and all your friends at Badgers Wood.  
In the summer holidays I got a Butterfly Garden kit.



I've had so much fun and loved watching the caterpillars change and grow into butterflies.



When the butterflies were strong enough to fly, I let them go in my garden.



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# Animal Magic Comes to Care Homes

It is widely-recognised in healthcare circles that Pet Therapy has been proven to have an advantageous effect on health and mental wellbeing.

This is something we take on board at Larchwood, where we take a holistic approach to the care of our residents.

As a result, regular visits by animals are arranged by many of our homes.

Here's some of the recent animal magic that has been enjoyed by residents and staff.

Avonbridge Care Home in Hamilton loved the visit by Bunny & Co mobile petting zoo when they got to meet a host of cuddly, furry creatures including rabbits, guinea pigs, and mice and some feathered friends in the form of ducks and hens.

While residents at The Chanters were pleased to meet their 'neigh-bour' Splodge the horse when he paid a special visit to the Atherton care home courtesy of his owner, care assistant Laura.

And Eastwood Court care home has officially welcomed its newest staff member – Bailey the Cockapoo.

Seven-month year-old Bailey has been appointed as the Glasgow care home's new canine ambassador.

The crossbreed is already a hit with residents, who got to meet him for the first time recently having followed updates from his owner since he was born.

Bailey is set to visit the home on a fortnightly basis to get lots of strokes and treats from residents.

Lynn Fern, Managing Director of Larchwood said:

"Visits by animals bring such joy to residents as well as increasing social interaction and keeping them mentally active and engaged.

"It also is an uplifting experience as it is well-known that petting an animal boosts levels of feel-good hormones and promotes a sense of calm and wellbeing.

In addition, pet therapy can have positive effect by unlocking memories in residents who have dementia and Alzheimer's."



## Couple Celebrate 65th Wedding Anniversary in Style



A couple's 65th wedding anniversary has been celebrated in style at Briar House.

John Chilvers regularly visits his wife Sheila in the King's Lynn home, but on this occasion, staff made sure the setting was extra-special by transforming the dedicated visiting room by decorating it with roses, scattered petals, and balloons.

Buck's Fizz was also laid on for the couple, who are both aged 85, to raise a celebratory toast and John organised a cake to be made for Sheila to enjoy with her friends at the home later in the day.

John and Sheila, who have three children, have known each other since childhood having grown up on the same street in Terrington, St Clement.

When they were young, John fondly remembers them attending choir and bell ringing at the local church in which they later would get married at the age of 20.

He doesn't remember exactly how he proposed but he does remember asking Sheila's father for permission.

John worked on a farm and Sheila in a jewellers, but by the time they retired they both worked for Anglian Water.

John said he enjoyed everything about being able to spend time with Sheila on their wedding anniversary.



It was special, he added, not only because it was their 65th wedding anniversary but also because it was the first meal they'd shared together in 18 months.

John said: "Both Sheila and I really appreciated all the effort put in by the staff to make the day so very special for us."

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# Super Scarecrows

We put a challenge out to all Larchwood Care homes to create the best scarecrow, with a fish and chip supper for all residents and staff up for grabs.

It was a great chance for the residents and teams to come together and spend time deciding on a concept for their scarecrow, building it and giving it a name!

There were some brilliant entries and the judges had a very tough job in making a decision. However, after much deliberation, the winners are as follows:

1)Whitby House in Ellesmere Port – Wizard of Oz scene

2)The Chanters in Atherton, Manchester – Scarecrow wedding

3)Highfield – Sammy the Scarecrow  
Well done to everyone who took part!



WHITBY HOUSE



THE CHANTERS



HIGHFIELD

## News in Brief

**Beatrice Shutes** was treated like royalty for the day when she celebrated her 100th birthday.

Staff at Mundy House care home in Basildon pulled out all the stops to make sure Beatrice reaching her centenary was marked in a majestic fashion.

As is the tradition, a telegram from Her Majesty the Queen was delivered to the home in honour of her milestone birthday, which Beatrice was thrilled to receive.

Beatrice was crowned 'Queen for the Day' with a 100th birthday tiara, given a sash adorned with that title plus balloons, in regal colours, decorated the room and there also was a birthday cake fit for Royalty.

**Blackpudlian** resident Maurice loves the seaside town's



annual switch on, but being unable to go didn't mean he missed out on all the fun.

For staff at Badger's Wood 'brought' Blackpool to the Norwich home with lights, candy floss, 'kiss me quick' hats, postcards and other memorabilia that conjured up the coastal resort's vibes.

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