

### A Warm Welcome to Our New Members of Staff!

Magdalena, Camelia  
and Iuliana.

### Staff & Training Update

We would like to congratulate Petronella on being promoted to our Night Senior.

Well done Magdalena for your hard work in completing your Care Certificate and induction training. We wish you a very successful career here at Chevington.

Our night staff have just undergone First Aid training, ensuring more staff are confident enough to deal with emergency scenarios. Speech Therapists are to undertake specialist training for our staff on swallowing difficulties. The pharmacist will also be providing training around medicines and safe administration.

### A New Year!

Although spring is fast approaching, this is our first Newsletter of 2019. We would like to wish all our readers a happy and prosperous New Year! - What a busy few months it has been.

At Chevington Lodge, we are always looking at ways to achieve high standards of care whilst ensuring that the wellbeing of our residents is at the heart of everything we do. We are very happy with the progress we have made so far and would like to thank each and every member of staff for all their hard work and support. Thank you!

### Christmas at Chevington!

Christmas was a busy but exciting time for us all. From Christmas Carols by the children at St Edmunds Primary School to the most wonderful Christmas Party. Entertainment was provided by Mr. John and a special visit from Father Christmas to shower some of his Christmas Magic. Our raffles and pick a square raised an impressive £206 for the Residents amenity fund – Thank you to all who supported us.



### Activities

Our Activities Team have been busy providing a range of activities. They have successfully initiated a daily exercise program, recommended by the physiotherapist and tailored to the individual. Our Coordinators have focused on having one-to-ones with our residents, giving the opportunity to understand the needs and wants of the residents and being able to respond appropriately with a person-centered approach. We have been engaging our residents with arts, quizzes, darts, dominoes, skittles, word stories, poetry and so much more. Every 3rd Wednesday of the month we are having holy communion for residents if they so wish to attend. In the past few months, entertainment has been provided by Elvis and Felicity and more have been booked for the coming months.



We celebrated Dignity Day on the 1<sup>st</sup> February in support of the National Dignity Council. Our staff and residents enjoyed digni-tea with cake and an impressive dignity tree was presented -where examples of what it means to provide respectful and dignified care were displayed.

## Upcoming Events

- Residents' Easter party is to be held on Saturday April 13<sup>th</sup>. If you would like to donate a prize that would be much appreciated.
- With the help of FiD, we are collaborating with St Edmunds Primary school arranging weekly visits during term time. The first visit will be on Friday 26th April. The residents and children will enjoy activities such as reading, poetry, gardening, arts and crafts, music sessions and much more.
- Gail will be performing on the 28<sup>th</sup> March
- Karen is scheduled to perform on 14<sup>th</sup> May.
- If at some point you are having a clear out and have any unwanted gifts, please feel free to donate them to us as we are always looking for prizes.

## Quarterly Quote!

'We can all make a difference in the lives of others in need, because it is the simplest of gestures that make the most significant of differences'

- Miya  
Yamanouchi

## Dementia Friends Information Session



We organised a Dementia Friends information session on the 6th March where all staff and relatives were invited. Dementia Friends is a program initiated by the Alzheimer's Society, it is the biggest ever initiative to change people's perceptions of dementia and transform the way we think, act and talk about the condition. As an organisation we will continue to set out our actions and work closely with Dementia Friends to make Chevington a more dementia friendly Home. Visit [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk) for more information.



We are proud to announce that we have partnered with Friends in Deed (FiD). A charity that creates friendships across generations through intergenerational projects to reduce loneliness and promote kindness. FiD have received an In Good Company quality mark and have been commended by Norfolk County Council for the great work they do. Our Little Visitors visit with a parent or guardian on a weekly basis every Monday at 10:30am. Our residents have responded extremely well and the children have had a very positive impact bringing many smiles and lots of joy to the home. We look forward to continuing to work closely with FiD and many of their different schemes, such as the Pen Pal scheme, working with local schools, sing and sign, move/wiggle and jiggle sessions and much more.



To find out more about FiD and the wonderful work they do please visit their website and spread the word - [www.friendindeed.org.uk](http://www.friendindeed.org.uk) and join Friend in Deed's Facebook Page.