



ST PHILIPS CARE - OCTOBER 2022

On a Whim

Residents and Families Newsletter

Welcome to “On a Whim” our new newsletter for Residents & Families

Message from the manager

Welcome to our new newsletter, my name is Susan Gibson, manager of Whim Hall Care Centre. I took up the role as Home Manager in April 2022. I have a long history of supporting Whim Hall and St Philips Care as a manager in 2017 and moving into a senior manager’s role in 2020.

Firstly, thank you for all your support and understanding over the last 2 years whilst the world came to terms with the COVID pandemic. Thankfully guidance has moved on somewhat, with the easing of testing and the need to wear face coverings. Given the nature of our environment, we continue to ask our visitors to wear a face covering if you feel unwell. If you suspect this may be COVID19 please speak to a member of staff who can support and advise.

With the guidance changing, we can now recommence our relative meetings each quarter, dates will be announced on our internal noticeboards and social media. As part of our commitment to improve the standard of service, these meetings are an ideal opportunity to meet with fellow family members, discuss current activities, chat over new ideas and suggestions, as well as considering what works well in our home and, areas where we could make improvements. I will be attending each meeting and look forward to the opportunity to meet with you all.

Kind Regards, Susan.

St Philips Care welcomes you to Whim Hall and thank you for entrusting us with the care of your loved one.

We would like to introduce you to our beautiful home. Whim Hall is an 18th Century Manor House that was built by the Duke of Argyll and is set amidst 20 acres of striking country woodland in the Scottish Borders.

You will find that the grounds surrounding Whim Hall reflect the ambiance which you would expect from country life. The gardens have various seated areas for residents and their relatives to sit, relax and enjoy the vibrant colours, smells and sounds which surround them. The Care Home has 2 separate units. Tweed Unit is purpose built and meets the needs of 22 frail elderly residents with Dementia and Whim which is a residential unit.

This historic setting has been specially adapted to provide dedicated specialist care which is delivered to a high standard. The staff at Whim Hall are committed to delivering care which is tailored to each individual residents needs and, because we actively meet the individual needs of each of our residents they are able to exercise choice in determining the pattern of their lives. Staff are suitably trained and kept up to date with current practices.



We have a packed calendar for October

Monday 10 October – We welcome Margo from Butterfly Music, if you fancy a sing song, please feel free to join us at 1.45pm.

Friday 7 October - Therapet, we are looking forward to welcoming Kate and her friendly Westie Juno to our home for the first time at 10.30am.



Monday 17 October – We welcome Siannie Moodie back for sadly one last performance playing the harp. If you have not yet had the privilege to enjoy Siannie's marvelous music, you are most welcome to join us between 1-3pm.

Every second and fourth Thursday of the Month at 2.15pm - Reverend Nick Bowry from St Mungo's Church, Penicuik, performs a service that includes, popular hymns, bible readings and prayers. All welcome

All relatives and friends are welcome to join us in our events, just let us know that you are coming prior to any performance.

Halloween Monday 31 October 2022



Keep the date in your diary! We are having a Halloween Party, for residents, family and friends. Fun begins at 1.45pm in Tweed Unit. There will be lots of party games, prize for the best fancy dress costume (optional) and lots of fun. We look forward to seeing you all then.

Activities

We have regular activities throughout the day. One of our most popular activities is "**What is in The Box**", there is quite a lot of excitement building up the hotter they get to guessing the contents of the box, it also helps that the winner receives a prize, usually chocolate.

Orientation is also extremely popular, we chat about the date, year and time, we have lots of laughs when guessing the year, as you can probably imagine we have many varied answers, to what year it is, We, also have lots of fun guessing boys' and girls' names beginning with a letter of the alphabet, everyone one including staff join in, sometimes with a bit of cheating!

Arts and crafts, we are currently working on a Autumn Wreath that, we are making it out of pressed leaves, dried fruit, acorns, and berries, all collected from our beautiful garden.

Our Friday Picnic is also a hit, we all sit together and have a small buffet, the ladies then like to chit chat and sing along to songs from popular musicals, whilst the men like to watch sport with a cold beer.

We are currently attempting to source affordable transport to allow us to take residents out on daytrips and outings as a group and individually. We will keep you updated on our progress.

Volunteer Appeal!



Here at Whim Hall, we understand that everyone's spare time is precious however, our residents are too, and we are looking at ways to enhance the quality of their lives. If you or anyone you know has any spare time or special talents, we would love to hear from you. There are various volunteer roles available, please contact Jo Dalton, Activities Coordinator for further details.

An amazing volunteer offers their gift of time, inspires hopes and dreams. Enjoys helping others, is selfless, generous, and kind, extends a helping hand and makes a massive difference.



October Birthdays

Happy birthday to Graham, our nightshift care support worker who celebrated his birthday on 2 October. A big Happy to birthday to Graham, we hope you enjoyed your special day.

Staff

Huge congratulations to all staff that successfully completed the Masterclass training in Moving and Handling, Basic First Aid and CPR skills and Fire Safety Training.

Great effort.



Facebook



As well as our new newsletter, we have created a private Facebook group for our residents, staff and families. Facebook is a fantastic information source, allowing fast communication and interaction. This group will be closely monitored by group moderators and is by invitation only, all members must have current/active interest in Whim Hall.

Attached with this month's Newsletter is a Facebook consent form and some simple usage rules. We hope you will give us permission to post photographs or videos of your family members, social media is a great way for you to see how our residents spend their days.

Once we have your consent we will email an invitation to you.

Scottish Tablet Recipe

Ingredients – Metric (UK)



cut square/bars of tablet score your table in your desired size/shape about 30 minutes into setting. Alternatively, you can simply break the table into individual servings once set for a more rustic feel.

*Grab a wee cup o' tea,
put yir feet up and enjoy!*

900g Caster Sugar

250ml Full-fat Milk

110g Butter

397g Condensed Milk

Instructions

1. Place the sugar and milk in a large pan over a gentle heat. Stir occasionally until all the sugar has dissolved. Pre-grease a 13 x 9 tin with a generous amount of butter and set aside.
2. Once all the sugar has dissolved add the butter and allow to melt.
3. When the butter has melted, add the condensed milk and mix well. Increase the heat and stir continuously while the mixture boils and reaches Soft-Ball stage. (120oc) on your sugar thermometer.
4. Remove from the heat and allow the mixture to settle a little before beating. Beat with a wooden spoon in the pan until the mixture is almost setting. This may take a good bit of beating!
5. Transfer to you pre-greased tray and spread evenly to the edges/corners.
6. Leave to set for at least a couple of hours but ideally overnight. If you want neatly