



Newsletter Winter Issue 2

Dear Readers,

Welcome to our somewhat belated 2008/2009 Winter Newsletter. We hope you're well and making the most of this most unseasonal weather! Christmas has been and gone and we have many things going on for 2009.

As you probably know, a lot has been happening at Gorsey Clough over the past few months. We've seen Nurse Janet Dawson appointed as Deputy Home Manager and Diane Watt, the Home's Administrative Manager and longest serving member of Staff leave for pastures new. Responsibilities have changed in the Office and Karen Bell is now the Office Manager, and there's finally a new desk for the Directors' to sit at and work!

Gorsey Clough has become the first care home in the North West and possibly the country to implement the SPECAL (Specialised Early Care for the Elderly) programme, which takes a holistic approach to Alzheimer's and Dementia care; Collette, the Home Manager has been very busy training members of Staff and we expect it to be up and running by the middle of next year.

A lot of cosmetic changes have been made to the Home; the dining room, middle lounge and library area have all had a complete facelift. The walls have been re skimmed, and painted in lovely pastel shades, new lighting has gone up and the carpet has been replaced with a Kardean floor that makes everywhere look so much warmer and more inviting. And of course there is the new 46" LCD TV on the middle lounge wall! Let's hope your eyes don't turn square!! In the New Year, we hope to make improvements to the front lounge as well.

The Supervised Corridor area has been completely updated with re skimmed walls, a new ceiling, improved lighting, and a fresh lick of paint. And nearly all the Bathrooms and WCs have now had a complete refit.

Finally, don't be shy; please come and join us for some afternoon tea and Scottish Shortbread.



NEWS

Gorsey Clough is a trailblazer in Dementia Care

Gorsey Clough has become the first care home in the North West to adopt the SPECAL (Specialised Early Care for Alzheimer's) programme, which takes a holistic approach to Alzheimer's and dementia care.

We're in the process of implementing this innovative training programme for the care of our Residents suffering from Alzheimer's and dementia. SPECAL advocates prescribing minimal medication and encourages care homes to impose fewer restrictions on their residents.

There are approximately 700,000 people living with dementia in the UK and this figure is forecast to double by 2031. We believe that it's becoming increasingly important for nursing homes to offer a high quality of care and expertise in relation to dementia and Alzheimer's patients.

Collette and Janet are now fully trained in the SPECAL programme and care strategy and are passing this on to other members of Staff at the Home. As you probably know, Collette has long been an advocate of this approach and has already introduced aspects of individualised care to Gorsey Clough. We're hoping to reduce our Residents' medication to the lowest possible level, which will hopefully allow them to function at a much higher level and vastly improve their quality of life.

Collette believes that SPECAL is a natural progression for Gorsey Clough in terms of its care which will hopefully provide us with a definitive structure that we can implement on the shop floor. It's going to be a big change to the way in which we work but it must be worth it seeing the positive impact it will have on our Residents and their families.

Gorsey Clough is hitting the headlines

M.E.N. MANCHESTER EVENING NEWS MONDAY 22 OCTOBER 2008

Back to the future joy for dementia patients

Home takes new look at treating Alzheimer's

'We try to get in their world... and it works'

MANCHESTER

A FRESHENING new way to care for patients with Alzheimer's is revolutionising care at a Greater Manchester nursing home.

Gorsey Clough in Torquay, Devon, is the first care home in the north west to adopt the Specialised Early Care for Alzheimer's method.

Supporters claim it is less stressful for elderly residents and cuts down on medication. Staff are trained to let patients re-experience their long-term memories at will, and never force them back into the 'real world' or tell them they are wrong.

Manager Collette Conway said: "Normally Alzheimer's sufferers are orientated in what is happening now, but in mind of this our carers try to get into their world. The person with dementia is never treated as wrong."

"Many dementia sufferers follow their own 'missions'. For example, one lady may decide she wants to wear her coat inside all day. Many care homes will try to force her to remove her coat, but this will only distress her."

"Our care staff work around these 'missions', which results in far more relaxed and happier residents as well as much less stress for the staff. Usually once they notice a difference and can see their loved ones are 'happy and more responsive..."

"It is a way to make a person of the past for them, if they're happy living with past memories then why shouldn't they?"

"For many years now we've been carefully reworking each of our residents and their particular 'missions'. We also encourage them to do things they want to do."

Eric Dalton, 55, whose 80-year-old wife Vera is at Gorsey Clough, said: "The new method has helped her as they want to be. That's how I've always treated Vera - I go along with her world. The sooner you accept that the better."

"At Gorsey Clough patients are allowed a tremendous amount of freedom and can do what they like."

The programme was developed in Cheshire by Professor...



Gorsey Clough was featured in the Manchester Evening News for the first time! The Newspaper reported on the implementation of SPECAL (Specialised Early Care for Alzheimer's) at the Home and interviewed both Collette, the Home Manager and Mr. Eric Dalton, the husband of Mrs. Vera Dalton who is one of our Residents for the story.

The article outlined how our Staff are trained to let Residents re-experience their long term memories at will, and never force them back into the 'real world' or tell them they're wrong. It also talked about how we encourage our Residents to follow their own 'missions' (for example, a lady deciding to wear her coat inside all day and not being persuaded to remove it; as in many care homes) and Staff being trained to work around these missions resulting in far more relaxed and happier Residents.

Now we are hoping for some national coverage. The Daily Mail look out!

You look absolutely fabulous darling!

As part of our Company rebranding, Gorsey Clough held a fashion show at the Home to show off some of the new uniforms the Staff will be wearing over the coming months. Some outfits were rather outlandish in appearance whilst others gave Staff real sex appeal! We decided to play safe and take the middle road in our selection for the Home. Here are some highlights from the afternoon:



Moo!



Too cool for school



Ouch! Mr Smooth



Oriental delight



Lady in blue



Betty 'jean harlow' Wildgoose

Donkey Visit

I have been off for two weeks, and am now just 'catching up' with sending Thankyou notes out.

Ada and Wendy tell me they really enjoyed the visit to come and see you, and Thankyou was so much for your kindness, and hospitality. I've also had a quick word with Molly (I speak about Donkey) and she really loved and enjoyed all the cuddles and attention.

Many many Thanks,
Madeline
(Nurse)

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TEL: 0161 301 4051
Thursday 16.10.2008

Dear Ada, and All at
Zoissey Clough.

Thankyou was so much,
for your kind donation of
£50.00. This is greatly
appreciated, and is a huge
help with our work here.
Apologies for not getting
back to you so far - but

We had the pleasure of Molly the donkey visit us in September. We learnt that Ginger biscuits were her favourite snack and that she was a bit partial to hugs and lots of attention from Staff and Residents alike. We can't wait to have her back in the New Year. She might even bring a friend with next time. Hide anything sweet!

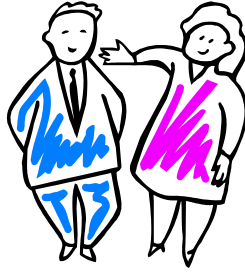




Snap, Crackle Bang!

Bonfire night went with a bang for the Residents. Hot chocolate, ice cream and chestnuts were enjoyed by all and the fireworks display wasn't bad either!





A big welcome to our new members of staff

- Bright Zimba (Care Assistant - nights)

Bright joins us from Lilongwei in Malawi. He holds a marketing qualification and is currently studying at Bolton University

- Linda Edgeware (Care Assistant - nights)

Linda has recently moved up from London and is originally from Nigeria. She has a background in retail and customer services, and is qualified as an Accounting Technician.

- Joseph Adebayo (Staff Nurse - nights)

Joseph used to be the Chief Nursing Officer at a teaching hospital in Nigeria. He attended Lagos State University as a student and has a wealth of experience working as a Nurse in residential care settings in the UK. He enjoys reading.

- Kryzstof Malecki (Care Assistant - Days)

Kryzstof is from Krakow in Poland and has done various work since coming over to the UK in 2002 including working for Next. He holds a Diploma in Master Cooking and his interests include reading, sports, music and painting.

Games

How to play Draughts



Background

Draughts made its first appearance in France during the 12th century. It is taken very seriously in the proper circles. There are tournaments every year where champions can see as many as 15 or 20 moves ahead!

To Start

Draughts is played on a 64 square chessboard. Take 12 counters of one colour and place one on each of the black squares in the first 3 rows of your side. Your opponent does the same.

To Play

The object of the game is to capture all of your opponent's pieces or block them so they cannot be moved. Pieces are always moved diagonally, 1 square at a time, towards the opponent's side of the board. You play the entire game on the black squares; you do not need the white ones.

Capturing

You can capture an enemy piece by hopping over it. Capturing is also done on the diagonal. You have to jump from the square directly next to your target and land on the square just beyond it. Your landing square must be vacant. The piece captured is removed from the board. If you are able to make a move that results in a capture then you must.

Multiple Captures

It is legal to capture more than 1 piece on a single move so long as the jumping piece has vacant landing spots in between. You cannot take 2 in a row; you must land and "take off" again. The pieces are removed. If you are able to make a move that results in a capture then you must.

Kings

If you can get a piece all the way to the other side of the board, that piece becomes a king. Place a previously captured piece on top of the existing one in order to distinguish it from your other pieces. This piece can move backwards or forwards diagonally. Towards the end of the game all the pieces will be Kings, which changes the strategy significantly.

To Win

Capture all your opponents pieces.



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"He just threatened to put us in a nursing home when we get older, and I think he means it this time..."