

Armchair exercise at POW is not just sitting down!

George at **Prince of Wales** was a very successful amateur athlete all of his life. He was the first man to run across the Orwell Bridge when it opened. A lot of our visitors remember George training around the streets of Ipswich or as the person who trained them. He is very enthusiastic about exercise and running; one visitor to the house recognised him and thanked him for inspiring them to run when they were young. George loves to dance and sing; we have all had the treat of listening to Georges dulcet tones during music therapy or joining in a sing a long in the lounge. So armchair exercise is not a discipline George can aspire to and luckily Emma (the exercise therapist) is happy to expand her session to incorporate Georges need to get up, dance and use his legs.



Celebrating Dementia Awareness Week with Elvis

Sherrington House welcomed Elvis on the 21st May to celebrate with their residents and family for Dementia awareness week. The party was focused on the 1950s theme where the residents and staff all dressed to impress. We used the Cadillac car cut out which the residents enjoyed having their photo taken with and it really added to the 1950's theme.

Resident, Staff and Family said they had so much fun singing, dancing and dressing up. Also as the resident's families left, they expressed how much fun they had and were really happy to see their loved ones enjoying themselves and cannot wait for the next Sherrington House Elvis party.



"It's possible to live well with Dementia and write best sellers "Like wot I do"

Terry Pratchett

Rummage Boxes.

You may have noticed our environment is changing. Staff and residents are busy filling them up with interesting themed areas to make our lounges and corridors more homely places to live and work. With trellises on the walls, mobiles hanging from the ceilings, things to touch and talk about and garden areas, bringing the outside in.

One of our projects is to create interesting rummage boxes; these are easily put together and can provide interest for our residents, staff and families. Objects often hold emotional memories and can provide interest and diversion. Rummage boxes can help people tap into memories from the past so can be used therapeutically as a reminiscence tool

Some can be individualised using objects from a person's past to use as talking points which help create meaningful moments. Others are 'themed' holiday boxes with things to remind us of happy times like holidays and the seaside.

Housework and sewing boxes or tool boxes or boxes filled with things to keep us busy polish shoes or brasses.

If you would like to enter our competition for the Best rummage box in each home they will be judged on the 14th July 2015 so look in your attics check out charity shops and get rummaging!

Pam is visited by her Great Granddaughter

We have many young visitors in the Home. Many of our resident's, and staff member's families continue to grow, so there is never a shortage of young voices and baby capsules in **Risby Park**.

The unconditional relationship that is formed between the young and the old is beautiful to watch, a bond that takes place without a spoken word, just merely a touch of a hand, a smile or a kiss.



Betty the Gnome goes on holiday

Risby Hall's new resident Betty has been on her holidays.

She has visited all the sights of Liverpool including the Tate Modern, Liverpool Football club, the Albert Dock and even spent an evening dancing at the famous Cavern Club.

To follow Betty and her travels keep an eye on her holiday display board in Risby Hall.

When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up, I wrote down 'happy! They told me I didn't understand the assignment, and I told them they didn't understand life.

John Lennon

We all have a sweet tooth!

One of several displays that are found along the corridors of Beech House is an old fashioned sweet shop which is a good place to reminisce about childhood favourites, the amount of pocket money they all had to spend and what advertisements they remember. Some of the sweet jars get topped up with real sweets to give everyone a treat. Residents and staff alike soon notice if there are new sweets and are often caught trying to sneak a lollypop away when they think no-one is looking.



Dementia Care Mapping with Moira

Moira Clare our Quality Services Lead will be carrying out a dementia care mapping exercise in your home.

Dementia Care Mapping™ (DCM™) is a set of observational tools developed by the School of Dementia Studies, designed to evaluate quality of care from the perspective of the person living with dementia.

It promotes a holistic approach to care, supporting the well-being and psychological needs of the person with dementia.



VE Day celebrations at Hazell

Hazell Court had an afternoon party with a fantastic display of War Time Memorabilia courtesy of Peter. Tables were set with wartime treats and residents enjoyed a little drink whilst writing down their wartime memories. This really sparked some truly amazing memories; some happy and some sad. Beverley Ablitt played the piano for us and got us all singing and dancing, this was followed by wartime music on the CD player to keep us in the mood.

"We make a living by what we get, but we make a life by what we give."

Winston Churchill

Meet Sayfon Harris, an Activities Coordinator at Prince of Wales

Sayfon has worked at Prince of Wales for several years as a Carer. She moved from Thailand in 2009 and started work in a factory but didn't like it because she wanted to help people. Prince of Wales was her first care job and we have benefitted from her smiling face ever since. Sayfon loves care but wanted to experience a different side so transferred to the Activities Team. Sayfon feels homesick at times and misses her family so we always make sure she has a long holiday to return home to her family.



Dates for your diary

Friday 3rd July – TPIC 30th Anniversary
Country Fayre

Wednesday 30th September – TPIC
Has More Talent

If you would like to receive this newsletter and future newsletters by email please let Felicity Day know at felicity.day@tpic.org.uk



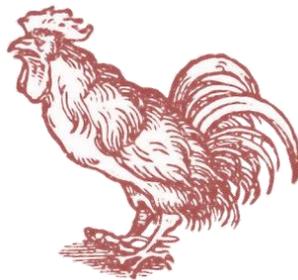
The Partnership in Care
WOULD LIKE TO INVITE YOU TO
CELEBRATE THEIR
30th Anniversary

By attending our

Country Fayre

Risby Hall & Park, Hall Lane, Risby, IP28 6RS

Friday 3rd July 2 - 5pm



Cream Teas

Jazz band

Punch and Judy

Games

Plus much more...