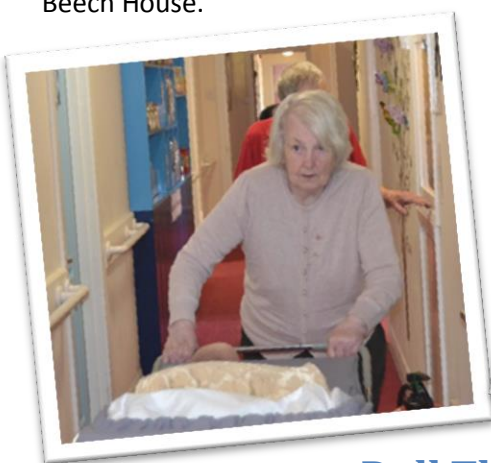


### Working with resident's realities

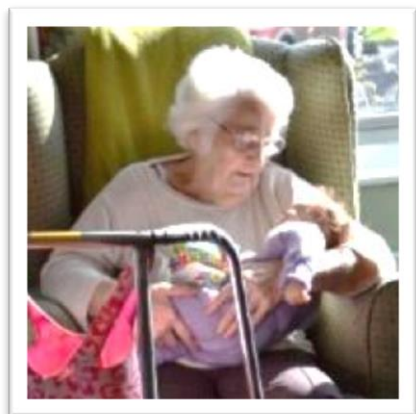
**Beech House** has been working very hard and closely within resident's realities and one major success story is with Beryl. Beryl became very attached to a soft clown whom after a while became very dirty and tatty, so it was agreed within a team meeting with staff whom work very closely with Beryl, that the clown should be replaced using doll therapy, to see if we could give Beryl some meaning and purpose to her day. Staff especially Ben, purchased a baby with clothes to change into, a blanket to wrap the baby in and a bottle to feed baby. Beryl quickly took to Karl whom she named herself and he soon became part of Beryl's care. In the morning's staff get Karl up, wash and change him and have learnt how to care for Karl from Beryl herself. Due to the importance of Karl Beryl, staff again decided to take this a step further and purchased a cot with blankets, a pram, a highchair, and a bouncy chair.

Baby Karl goes everywhere with Beryl and Beryl enjoys nothing more than taking Karl for a walk in his pram. Beryl enjoys the interaction this gives her as staff, visitors and other residents stop to admire and talk to both Karl and Beryl. We are proud to say that Karl is part of our warm family community at Beech House.



### Doll Therapy

Doll therapy promotes positive wellbeing when fulfilled such as identity, occupation, inclusion, comfort, attachment and love. For some residents, particularly residents living with dementia, doll therapy may meet several of these needs. For some people this can provide comfort, reduce anxiety, and appeal to their sense of nurturing.



### The benefits of a garden when living with dementia

Evidence supports the view that time spent in a garden improves wellbeing. The benefits seen include a reduction in distressed behaviours, a reduction in the use of anti-psychotic medications, a reduction in falls and improved sleep patterns. It provides opportunity for physical exercise which has been found to lower the risk of depression. It can also increase social contacts for people by providing the opportunity for interaction between individuals, lowering the risk of them feeling lonely and excluded from the world. An outdoor environment can be a therapeutic area which has the potential to positively influence quality of life. Access to the outside has been found to promote self-esteem, allow opportunity for self-reflection and provide stress relief.

Spending time outside also increases the production of vitamin D. A lack of vitamin D has been associated with low mood and poor cognition. Along with the role it plays in maintaining bone and muscle strength.

All of our six care homes have access to beautiful gardens which residents and relatives are encouraged to use and enjoy.

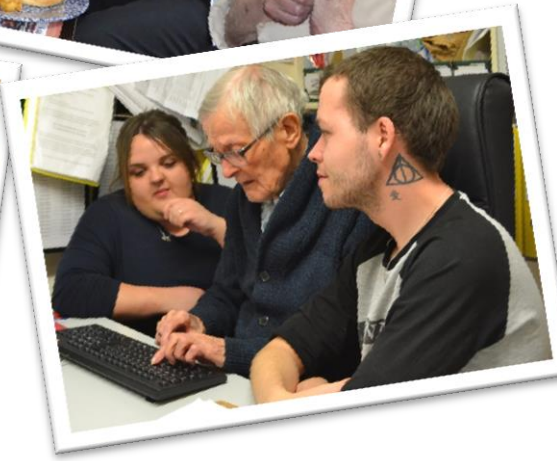




### Days out to remember

Residents of **Prince of Wales** have been taking day trips out around the local area. There was a trip to a local cinema for a screening of Dads Army with popcorn; followed by a visit to the pub for lunch. And some of the football fans at the home went to an Ipswich football game.

Residents have also been keeping themselves busy by helping with house work, and helping out in the office and kitchen.



### A shared birthday at Hazell Court

Eileen Lister recently celebrated her 90<sup>th</sup> birthday with her family and friends at **Hazell Court**. They had a joint party also celebrating Queen Elizabeth II turning 90. There was a buffet and a cake made for the occasion by the homes Chef Phil.





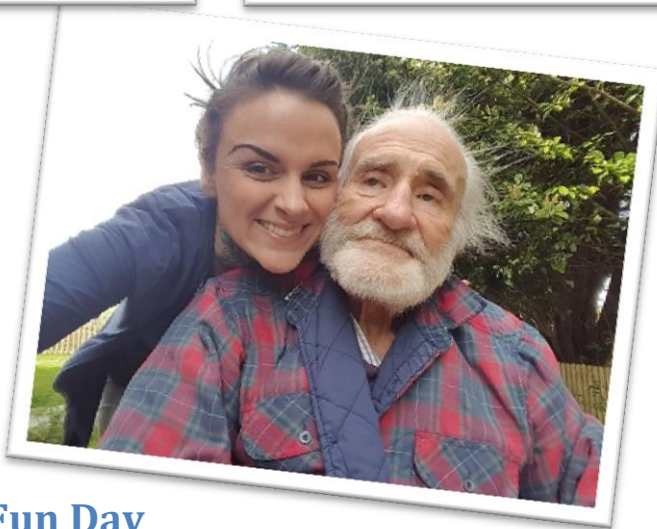
### Party to celebrate HRH 90th birthday.

The residents and staff at **Sherrington House** also celebrated the Queen's 90<sup>th</sup> Birthday on April 20<sup>th</sup>. Residents helped decorate the hall with flowers, banners and flags. They sang songs whilst watching the Queen on the television, and they waved flags while the Queen said her speech.



### A wish for end of life

One of John Darby's final wishes whilst he was at the end of life at **Risby Hall** was to go outside and sit in the sunshine. Therefore with the help of Abby he was able to go into the garden and soak up the beautiful sunshine we experienced recently. John was a well-loved character at Risby Hall where you could hear him singing regularly throughout the home. They all miss him a great deal.



### Doggy Fun Day

On 21<sup>st</sup> April we held a Doggy Fun Day at Risby Hall and Park to celebrate all the four legged furry friends connected to our homes. Whether they are residents own dogs, staff pets, or dogs that live on site. There was an agility course and prizes for waggiest tail, best trick, most obedient etc; with a special cake for the dogs to enjoy. There was a great turn out of residents, relatives and staff and all the pups were very well behaved.







### **A true love story never ends.**

Thursday 12<sup>th</sup> May was a very special day for everyone at **Risby Park** nursing home as they all got to witness the renewal of wedding vows of Dilly and Bryan Tuck after 56 years of marriage.

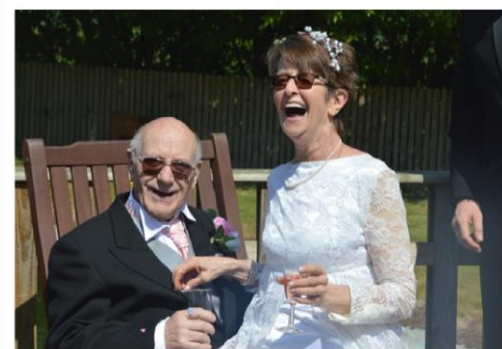
The day was chosen by the bride and organised by the engagement team. The home was decorated inside and out with a white and pink theme which was complimented by the beautiful sunshine we were lucky to have that day. Dilly arrived at the home in a Mercedes Benz driven by Mark Smith who also walked Dilly down the aisle. Bryan started the day with his best man Nick Fulger (support worker) sipping on champagne and getting himself suited for the occasion. The ceremony was led by a local vicar and was watched by residents and staff members of the home. Afterwards, Dilly, Bryan and their guests sat and enjoyed a wonderful meal prepared by the home's catering team.

Bryan, who lives with dementia, came to Risby Park nursing home in May 2015 for long term support with his care. Since then both Bryan and Dilly have become well valued and loved members of the family. Dilly comes to visit Bryan every day and contributes a great deal to all. The bond they have between them is so strong it empowers everyone in the community and it inspires them to love each other as a family, as we believe it should be within a long term care environment.

They met whilst Dilly had come to London from France to work as an au pair for a family that lived in the same building as Bryan. A year later Dilly moved back home to France and she soon realised Bryan was the one for her. He flew to St Malo in France to be with Dilly and meet her family, and a year later they were engaged and then married in October 1960. They then moved to Bury St Edmunds where they set up a life together.

This week is Dementia Awareness Week and we believe this story reflects how important love and support is no matter what life throws at you.

*Congratulations to Bryan and Dilly and the amazing team.*



AND THEY LIVED  
*Happily Ever After*

