Aug 2015 Issue

In this issue ...
- Brookfields News
- Seasonal Events
- Activities update
- Birthdays
- Meet our Residents
- Advice Corner

includes:
Ruth & Jonathan’s Wedding Pics

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Welcome to the Summer edition of the Brookfields Gazette

We cannot believe that it’s already been 3 months since our Spring edition of the Gazette!

Summer is finally here allowing our residents to enjoy some relaxation time out of doors and, as always, our residents have kept Rebecca busy organising activities and outings - for those who want to participate. The garden centre is always a popular venue and this month is no exception! We also celebrated VE Day and held our 50’s themed Sports Day which involved the Brookfields staff, residents’ families and friends taking part in our whacky races. See who you can spot in the photos we’ve included from the day.

Our Hedley has been back in the News again, so don’t miss his story – he certainly made us all feel very proud to know him.

And, the moment we’ve all been waiting for …. we can confirm that Ruthie - our Matron, is now a married woman! And she has very kindly consented to us sharing a number of her wedding day photos with you all (actually – she demanded it!). You’ll find these in our centre spread.

With lots more news and photos, we hope you thoroughly enjoy the summer edition of our Gazette.

Brookfields NEWS ...

The last Residents meeting took place on 17th June and was well attended.

Topics discussed included content of the Gazette, refurbishment news, food, general pleasant conversation and to round it off, Celeste gave a presentation on ‘Safeguarding’.

As an organisation we think it’s important that everyone involved with our community understands and recognises abuse because it can take many forms. We want to ensure that everyone is well informed so that we can all work together to make sure that it is never an issue for anyone in our community. Together we can ensure that our residents and visitors feel safe, welcome and cared for.

Next meeting is scheduled for 29th July 2015 at 10.30 a.m. – all welcome – come for tea and cake!

Refurbishment Programme

Continuing with our exciting refurbishment programme we are pleased to report that both the shower room and Farley bathroom are now complete and both staff and residents are enjoying the sparkling, clean surroundings.

We have moved on to Room 18 which has had a complete re-fit including an en-suite shower.

Disruptions will, of course, be kept to a minimum but interest levels are guaranteed to be kept high!
NEW RESIDENTS

We’ve been really busy recently too, preparing rooms for eight new residents, who include…

- Alma Sheard
- Hilda Myles
- Irene Adlington
- Janet Radford
- Keith Jones
- Mary Goode
- Norman Grieg
- Suniva Willson

Birthdays Wishes
(Up-coming & Belated) to:

AUGUST
8th   - Rosemary Innes
10th  - Norman Grieg
18th  - James Chambers
18th  - Nancy Brown
24th  - Olive Bradley
30th  - John Smith

SEPTEMBER
1st   - Hilda Ilsley
6th   - Mary Goode
10th  - Alma Sheard
20th  - Dr Michael Leveaux
Social Activities

We run a wide variety of entertainments and activities at Brookfields to suit our wide variety of personalities. Not everyone wants to get involved in these activities but they are valuable stimulation, engagement and exercise for some.

Hoop La Game...
Rebecca has been busy organising more fun and games for our residents, and recently, they’ve been entertained with two of their favourites – one of these being Hoop-La, which becomes very competitive; Stella and Keith both enjoyed playing and Keith has been reaching scores of 600+! Here they are in action!

The Memory Tray...
Is always a favourite with the residents and because many of them have been doing such a great job of remembering all of the items, Rebecca has increased the number of items for the tray. Pictured, is Nancy giving a masterclass!

Walking...
With some beautiful weather recently, some of the residents have enjoyed a walk/ride around the garden; Peggy was very keen to take Clint (Ian’s little Jack Russell), for a walk around with her.

Musical Entertainment...
Regular entertainment for our residents is key, and we are pleased to report that our entertainers have recently been updating their routines - for instance, musical entertainer Brian Ricky not only offered some fantastic musical entertainment but he also brought along a light projector that changed the mood of the lounge – lighting it up with different colours and sparkly shapes - the room looked magical.

Another of our regular singer/musicians is Suzie. She very kindly brought along a range of instruments and handed them out to the residents to join in with her music – there were some very enthusiastic players amongst our residents, and others who were just happy to sit and listen.

Here’s Peggy enjoying a little dance with Lucinda
Trip to National Memorial Arboretum...
Disappointingly, our planned visit in early June, to the National Memorial Arboretum was postponed due to the inclement wet weather. We will hopefully be re-arranging this trip for later in the year, when we will be grateful for any volunteers to assist.

VE Day Celebrations (8th May)
With most of the residents having memories of the original VE day celebrations, we felt it was important to organise a little celebration of our own here at Brookfields.

We decorated with Union Jacks and memorabilia etc., and arranged hymns and prayers in the lounge followed by a traditional fish pie lunch and a special sherry trifle for pud. It was a lovely day - very poignant for some, -but nevertheless enjoyable.

Fathers Day (21st June)
Fathers’ Day brought lots of visitors to Brookfields for our male residents and, they also had a special visit from Leila – Beki’s daughter.

Leila decided to present each of our male residents with a little chocolate fathers day treat!

What a lovely gesture – very thoughtful and thank you Leila for brightening up our Dads’ special day.
Trips to the Garden Centre

We’ve arranged several trips out to the Wyvale Garden Centre recently, it is always a very popular venue, and now the weather is looking brighter the residents are keen to venture out more.

The centre’s aquatics area is a great hit with the residents - browsing the many beautiful and colourful fish, corals and plants available for aquariums. Quite often we set ourselves a mission to search through the range of plants and seeds for something to take back for the new window boxes.

Mid-morning refreshments of hot drinks and delicious scones is always a ‘must’. We bump into the friendly looking scarecrows; they don’t have much to say for themselves but we think they enjoy having their photos taken with our residents!

After such a busy morning, some of the residents want to enjoy lunch at the garden centre, and one of the last visits included our lovely Esther, who had been resident at Brookfields for the last 4 years.

Very sadly, shortly after this visit, she passed away but we wanted to include this lovely photo taken of her enjoying her meal – RIP Esther - gone, but not forgotten!
Staff News...
New Starters

We’d like to welcome the following new staff members to the Brookfields Team:-

- Elizabeth Radcliffe (Auxiliary)
- Lesley Rollerson (Domestic)
- Lolly Uthup (RGN)

Other Staff News...

Our friend and colleague Rosie (Rosette) Uwangabe who has been part of our team since 2004, has become engaged to a lovely young man called Patrick Nzamwita – he is a family and childhood friend of Rosie’s from her native home of Rwanda.

We are absolutely delighted for them both and are saving up for the tri to Rwanda... all aboard!!

Also congratulation to our colleague Billie Cresswell and Tash Roberts.

We wish you all well.
Our super Matron Ruth met Jonathan approximately 9 years ago on a blind date in Derby - arranged by Ruth’s friends. It became quickly apparent that Jonathan loved her and Ruthie had found her Mr Right!

After years and months of almost unbearable anticipation and preparation, Ruth and Jonathon tied the knot on the 16th May at the Priest House Hotel, Castle Donington, where guests witnessed the nuptials, admired the beautiful bridesmaids and marvelled at the co-ordinated decorations. Then they danced till they dropped to the amazing sound of the Burgundys.

Ruth’s family and friends could not have been more proud – especially Ruth’s father – as you will see from the pics.

The wedding had a burnt orange colour theme throughout and Ruth looked even more beautiful on her special day. The location was idyllic and the weather was splendid.

Ruth and Jonathan honeymooned in St Lucia, and we understand from Ruth that it was “blissful” (say no more!); and she has returned to duties at Brookfields glowing.

Congratulations to you Both...
50’s Themed Sports Day
(Saturday 11th July)

We were extremely lucky with the weather on Saturday, 11 July, as we held our 50’s Themed Sports Day.

As it was the first time in the 47 year history of Brookfields that we have held such an event we were a little unsure of what to expect, but the staff and relatives joined together with such marvellous enthusiasm that we had a simply splendid afternoon.

Gradually the crowd gathered with anticipation until we kicked off the first race at around 2:00pm. Beginning gently with the egg and spoon race, the previously subdued crowd soon began to cheer and hoot as Finn’s starter’s whistle sounded and the charging participants were off! Fine performances were put in by Team Muresan but Leila was the winner, proving that self-belief (together with a little self-confessed cheating) can conquer all!

The sack race came next and what a performance! I’m sure some, protesting that they had never done it before, were just trying to lull the competition into a false sense of security as they hurtled past the opposition. Bravo Helen - you’re almost a professional! Sterling performance by Miss Fitch and Tashan, although Kean, Lorena, and Denisa took some beating.

The three-legged races caused great hilarity, with the ‘Little and Large’ pairing of Cam and Ian trying to steal a march by getting in a practice run. Unfortunately, it seemed to wear them out before the main event! And, there were some notable pile-ups with Amarjeet and Balwinder narrowly avoiding having to crawl over the line. They managed to limp home with dignity... eventually!

Bottoms up for the wheelbarrow race. Cam and I teamed up and were raring to go, but no-one told me he has such heavy legs! Next time I’m with Jessica or ‘Little-Finn Jackson’. Kean and Leila seemed to have the measure of it.

In the midst of all the excitement, lovely visitors helped serve tea from vintage tea services, (curtesy of Andy Watson), and serve fondant fancies and a cream tea with strawberries! Thank you to all those who lent a hand and, particularly to Hilda Myles grand-daughter- Aimee, who is a star!

Photos were taken with the seaside couple cut-out and ‘whack-the-rat’ was attempted without much success. Robert Bunting’s analysis was that the tube was a little too low so that not enough time was afforded to the whacker, allowing the hapless sock rat to escape too readily. Adjustments will be made ahead of next year’s games. I understand that the baseball bat was borrowed from Miss Fitch, who keeps it under her bed!

For the finale, Cam very graciously agreed to let us throw wet sponges at him. Of course some adults always take it too far and he ended up with a bucket of water over his head! Don’t know how that happened. The children all got their own back - I’m still drying off now!

Feedback was brilliant - everyone enjoyed the spectacle. So if anyone has any suggestions - do let us know. For next year Mrs Freeman and Tilly have suggested a dog show...

Many, many thanks to all those who joined in so enthusiastically and for all those who helped to organise and make things run smoothly, especially Kath, Beki, Ian and Jim.

Celeste
50's Themed Sports Day
Earlier this year in May, Eve choreographed a beautiful show called “A Garden Fantasy” – her students performed 3 shows at the Derby Academy and a further performance at the Abbotsholme School for the Abbotsholme Arts Society.

Eve and her teaching staff provide a comprehensive programme of classes that not only provide serious students with the fundamental physical training required to pursue a professional career in dance, but also, and perhaps more importantly, they offer a place to enjoy the art of dancing.

Eve who is the wife of one of our long term residents - Dr Michael Leveaux, has taught many young dancers who have enjoyed successful careers in professional dance companies and now at 80 something Eve continues to enjoy using her choreographing skills.

Eve is already preparing next year’s show which will be taking place in March, so if you would like to attend, perhaps you would like to let Eve have your details so that she can post information nearer the time.
James’ Memorial Garden Project

Ruth Thomson (our Matron), recently attended an End of Life Care Champions Network Meeting where the attendees were asked to provide an example of how their home helps residents to transition to living in a care home environment.

Ruth related the following, which so impressed the End of Life Care Co-ordinator, that it is to be published as an example of good practice, in the Southern Derbyshire CCG’s own care publication ‘Nursing Home Times’:

Jim came to reside at Brookfields Nursing Home earlier this year.

It was during a casual conversation one day with Matron, that Jim said he was very sad not to be able to look after his garden anymore.

The staff pulled out all the stops, putting in ramps and other measures to enable him to have a patch of garden to tend. Three months on, the patch of garden put aside for Jim, is now totally weed free. His Zimmer frame has not impeded his efforts, and he has managed to complete this task totally independently, with a few handily placed stools!

We bought a Perspex greenhouse which Julie Wallace kindly erected, and all of his plants are now cultivated inside. His trowel and flat cap live in there too, and to accommodate the necessary wellingtons, a rack has been provided outside of his room; additional plants and seedlings have also been provided for Jim to plant and he now spends many happy hours tending “his patch”!

He has become so involved in the project that he and Ruth thought it would make a good memorial garden in his name, which has been a great source of humour and motivation for Jim.

We know how important it is for nursing staff, not only to listen to residents but try to help them feel that life can continue - even in a care home - by facilitating those things which make them feel fulfilled and content.
May Ripping...

was born on May 16th 1917 at the ‘Nursing Home’ on London Road, Derby. She had a sister 4 years old and a brother 8 years. It was a dreadful time as the war was still on. Her Dad worked in Derby and was in the Home Guard during the war, but luckily he was not called upon for service.

May’s Mum and Dad loved the countryside and when she was just 11 years old they moved to a house in Repton where they stayed for 8 years. What a change it was going to a small country school!! May loved it, and went on to win the schools’ coveted ‘Lorna Doone’ prize. She was thrilled.

May’s Dad travelled to work in Derby on the Blue Bus and the route took him past a development of new houses that were being built at Findern Lane End which is where her parents and siblings eventually moved into a property there. This property had lovely gardens, so the family were happy to stay put for a long time thereafter.

May later met and married a boy from Church called Wilfred. The war was still waging but May and Wilf managed to secure a prefab in Littleover. Later, they eventually moved to Mackworth, just across the road from the United Reformed Church, and became very involved. The couple went on to have two children - a son called Trevor and a daughter called Christine.

As well as attending the normal church services, May and Wilf joined the Drama Group, Wilf took part in the pantomimes every so often, whilst May was content to make costumes etc. They were always very busy until Wilf died aged just 58, and his passing brought sadness for many people.

May and Wilf’s children both grew up to become teachers; her son Trevor has recently retired from the teaching profession. Sadly, Christine died some years ago now and tragically very young, at the age of 41 – after a battle with cancer. Church activities carried May through her grief and 5 years later, she met another Wilf, via the church, and married for a second time! They had 10 good years together, and May believes they were very lucky. She says she has had a lovely life and met some wonderful people along the way.

Hilda Myles...

was born at 30 Ash Road in Dudley 8th November 1932. She was the youngest of 5 children and she and her siblings attended Priory Infants and Junior School. Cooking was a favourite lesson for Hilda. At the age of 12, Hilda took and passed an exam to attend Dudley all girls High School where she enjoyed learning apart from the one time she was told off for wearing brown shoes!

When Hilda left school, she initially went to work for WH Smiths, a job in which she stayed for 5 years, before moving to a better job with the Council Mortgage Department sorting out mortgages for people wanting to buy their council houses. Hilda loved her job and worked there until her retirement age 65.

At the age of 23 Hilda met her soon to be husband – Richard - at the local butchers where he worked. 18 months later on the 20th June, Hilda and Richard were married at the local St Francis Church. Their Honeymoon was a week at the London Inn at Combe Martin in North Devon where they continued to visit every summer. The Chef taught Hilda how to cook the perfect salmon.

Hilda and her husband Richard were unable to have children, so adopted two new-born babies – their son Richard who was 6 weeks old and daughter Rosemary who was 5 weeks old when they joined Hilda and Richard as part of their family.

Whist growing up, the whole family enjoyed cooking nice meals and making jams and chutneys; Hilda now has 4 granddaughters and they are a very close family.
Emotional moment as D-Day war veteran from Derby receives special medal on 97th birthday

It was Hedley’s 97th birthday on 17th May and his day was filled with card opening, family visits, champagne, chocolate, cake and a surprise presentation from the Mayor of Derby. The Derby Telegraph also wrote a lovely article about the presentation and hereunder are some excerpts from the piece (in case you missed it in the Telegraph):

Tears of sadness and joy were never far away as Second World War veteran Hedley Bullock received a unique 70th anniversary medal struck to commemorate his role in the D-Day landings in 1944.

His expertise in electronics and communications meant he found himself working with General Sir Bernard Montgomery at Chateau de Creullet, where he was in charge of the radio communications caravans ahead of the Normandy landings, which started on June 6, 1944.

Hedley felt privileged to have survived Dunkirk, in those very dark days. He knew only too well, that too many of his era did not return from combat; Hedley also believes that the fallen were the true heroes.

In a ceremony held at Brookfields on Sunday 17th May, the Mayor of Derby, Councillor Shiraz Khan, handed over the medal to Mr Bullock on the occasion of his 97th birthday.

Hedley was joined by friends and relatives including Ro and Ian Clewes, who had made the presentation possible following a trip to France. Mr Clewes had visited the D-Day landing beaches in Normandy and managed to meet with staff of the Mayor of Arromanches. There, he spoke to them about Hedley’s role with Montgomery after D-Day and they were very keen to make sure he received a medal for his role in ending the war.

Had he been fit enough to travel to France, the mayor of Arromanches would have happily presented it to him directly so it was decided that it would be great if the Derby Mayor could carry out that duty with Hedley’s birthday being an ideal time.

The medal is rare because there are so few veterans surviving to receive them and, it came as a complete surprise to Hedley who had spent the morning opening his many birthday cards.

Hedley reminisced about the days gone by when Monty was “the only man on the planet “ and he had “great respect for him.” Hedley, and others, received a certificate of merit from Montgomery on June 1, 1944, which thanked them personally for their efforts and said that this good service would appear on their war records – this was significant as Montgomery knew that many of these men would not be returning from the battlefields.

Councillor Khan said: “It was a great pleasure to present Hedley with the medal. I know the sacrifices that were made by people like him - he deserves to receive this and he is a really lovely fellow.”

Hedley’s wartime experiences were recorded by the Imperial War Museum a few years ago, and they can be found at www.iwm.org.uk/collections/item/object/80028376.

The Derby Telegraph article in its entirety can be found online here: http://www.derbytelegraph.co.uk (search for Hedley Bullock)
Introducing the **Physio Where You Are** Neurotherapy Team.

You may have seen me around at Brookfields, my name is Clare Baggaley and I work as part of the **Physio Where You Are** Neurotherapy Team. I have a long relationship with Brookfields and have treated many residents over the last 6 years.

The **Physio Where You Are** team was established by team leader, Erica Malcolm, in 2007 and works specifically with anyone who is suffering from a neurological condition which can include Stroke, Parkinson’s Disease, Multiple Sclerosis, head injuries, spinal injuries or any other balance and movement disorder. We also work with anyone who has had falls and fractures.

Our team is made up of a group of specialist therapists, which includes physiotherapists, occupational therapists, speech and language therapists and orthotists. We also have a physiotherapy assistant.

All our therapists have at least 5 years experience of working at a senior level with people with neurological disorders, we are all members of specialist professional neurological groups and we are all members of the Health Care Professions Council and each therapist is also a member of their own professional body or society.

We have therapists in Derbyshire, Nottinghamshire and Leicestershire and Therapy can be provided in people’s homes, nursing or residential homes.

Following an initial specialist assessment, we will work with an individual to set realistic and achievable goals, our aim is to assist each person to achieve their full potential. If we do not feel that we can offer you the appropriate therapy we will make you aware.

We often work with family and carers, including them in therapy sessions and showing them ways that they can help to achieve the therapy goals. If referrals to other clinics or professionals are required we will make these in a timely way.

If you would like more information about Claire’s team there are leaflets in the hallway, Ruth Thomson can provide you with her telephone number or you can look on their website: [www.physiowhereyouare.co.uk](http://www.physiowhereyouare.co.uk); alternatively please stop Clare for a chat if you see her around.

*Clare Baggaley MCSP*

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**Next Issue: October 2015** - we’d love to have some more life stories or any other articles that may be of interest to our Residents and their families and friends.

Relatives and friends can email stories to: admin@wearebrookfields.com or Residents can talk to Rebecca Yorke who will be happy to make some notes. Your stories should be submitted by Early September for the next edition.

As always, we welcome any feedback about anything at all, email: admin@wearebrookfields.com