

Proprietors Message

Ephraims Care Group is a family run business with over thirty years experience in the care industry.

Every day, we strive continually to create the best, high quality, professional, twenty four hour, nursing care across the Group. We are now coming into spring and enjoying the many beautiful, clear, blue skies on these bright sunny mornings. The days are slowly getting longer and we look forwards to many new celebrations and exciting developments within all of our homes.

Throughout the group we are continually improving and up grading our homes, creating outdoor spaces, new garden areas and planting a variety of sensory shrubs and plants for our residents to enjoy.

We continue to support our staff, developing training and creating new and exciting projects for everyone.



Our full activity programs are designed to create person centred, meaningful and worthwhile activities to suit all requirements. We invite you to take a look at the homes within the group and take a tour of our individual websites. These are regularly updated over the weeks showing special events on the calendar and some the fabulous celebrations.

Roger & Margaret Ephraims



Our commitment is to provide the highest levels of quality care

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The Ephraims
Care Group S



ALLENBROOK NURSING HOME

NEWSLETTER SPRING 2018



Welcome to our new staff members

A very warm welcome goes to our new manager Clare Booth. Clare is an experienced nurse and has been managing nursing homes for the last twenty five years. She is a popular lady and has a lovely personality along with her very professional approach to her job. She is easy to talk to and well liked by staff, residents and their families. Clare lives locally in Halesowen and gets plenty of fresh air and exercise when she walks to work on many days.



We welcomed Barbra Mudzengerere last April, who joined us as clinical lead before becoming our interim manager in May 2017. Barbara introduced many fabulous changes and brought many new ideas to Allenbrook. She is full of fun and a popular member of staff.

STAFF CHANGES

Kirandeep Kaur has been senior carer now for a while and now has acquired her senior carer, deep burgundy, uniform. She wears it with pride.

LISA HART HEAD OF CARE

Lisa has been here at Allenbrook now for nearly eight years and with dedication, sheer hard work and advancements with her training she has worked her way up from a young carer through to senior carer and became our Head of Care last year.



Lisa has also recently achieved her certificates after her training days in cancer care and palliative care with Mary Stevens Hospice and Macmillan nurses. She has also taken time out and trained in Moving and Handling so that hopefully she will soon be able to teach to all staff on the premises.

TRAINING

Staff training is very important to us at Allenbrook and continues throughout the year. Staff training is now sourced through Social Care TV for online training. They are all able to study the courses at their own pace and refresh. They receive their certificates on the completion of the course. All our staff members are encouraged to train and given the opportunity to develop and advance in their careers and position within the home.

A RESIDENTS PROFILE PETER STIMPSON

Peter laid down the gauntlet with a challenge of a new jigsaw puzzle. He said that he used to do large puzzles with 1000 pieces at home and they used to keep him occupied all day.



We went on the search and found a suitable one which would be of interest to him with trains and the Queen Mary, it was a 1000 pieces.



Peter spent three days working on his puzzle using one of the dining tables, which we were not using. Our other

residents have watched on with great interest and there has been a new excitement for jigsaws of all sorts, shapes and sizes, with everyone joining in. Peter finished his 1000 piece challenge and went on to complete another twelve puzzles to date. He has taken a short break whilst we sort out some more five hundreds and a little bit larger pieces.



Peter was born in Edgbaston then moved to Nottingham to live where he supported Nottingham Forest football club. He was a keen train spotter, hence his interest in train puzzles. So much so, that his first job was as a trainee train driver, where he was introduced to the service by his father who worked there too. Peter travelled a lot with his son following the football team visiting many different countries. He is now turning his hand to therapy painting and relaxation therapy colouring, just to keep him going. He's doing as many of the other larger piece puzzles that he can get his hands on to perfect his technique. We have new puzzles on the way.

Activities

We have a fabulous season of organised activities to offer our residents, along with a selection of good quality entertainers leading us into the spring and summer season. The nights are getting lighter, the weather still puzzles us with dramatic changes in temperature, but the first snowdrops have been spotted in the scattering of snow.

FORTHCOMING EVENTS

TUESDAY FEBRUARY 13TH
SHROVE TUESDAY
PANCAKE DAY 2.00pm

WEDNESDAY FEBRUARY 14TH
VALENTINES DAY
ROSES & CHOCOLATES

FRIDAY FEBRUARY 16TH
THE VERY TALENTED
JOHNNY TARRINO
2.00pm MAIN LOUNGE

TUESDAY FEBRUARY 20TH
CHURCH SERVICE 2.00 pm

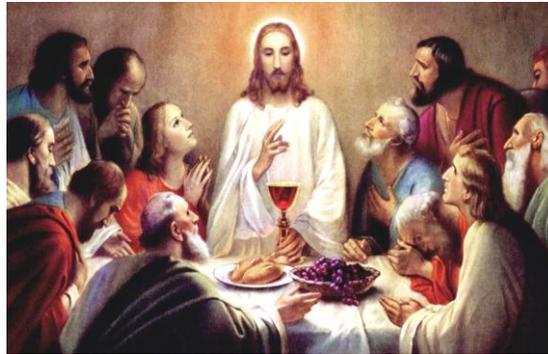
MARCH

MOTHERING SUNDAY
SUNDAY MARCH 11TH

GOOD FRIDAY
MARCH 30TH

PANTOMIME AT 2.00
EASTER WEEKEND
AND EASTER MONDAY
APRIL 1ST

The Christian Easter Tradition



The origin of "Hot Cross Buns" as an Easter Tradition dates back to the 12th century. In 1361, an Anglican monk named Father Thomas Roccliffe was recorded to have made small spiced cakes stamped with the sign of the cross. These were to be distributed to the poor visiting the monastery at St. Albans on Good Friday, known at that time as the "Day of the Cross."

The idea proved so popular that he made the buns every year, carefully keeping his bun recipe secret. Traditional hot cross buns contain flour, milk, sugar, butter, eggs, currants and spices such as cinnamon and nutmeg.

The cross on the top may be cut into the bun or made out of pastry strips. According to tradition, "Hot Cross Buns" were the only food allowed to be eaten by the faithful on Good Friday.

Food and menus

Ephraims Care Group is proud to be able to provide fresh, wholesome, well balanced and nutritious home-cooked food. We have appointed experienced chefs to manage our kitchens and produce home cooked meals and discuss resident's specific dietary requirements, likes, dislikes and nutritional needs.

Our catering departments have maintained many prestigious awards from local councils for our high standards of food safety and environmental practices and awards for excellent levels, maintained in preparing Healthy Food and Drink. We have also been granted 5 out of 5 from the Foods Standard Agency in our Food Hygiene Ratings.



Most of our foods across the Group are provided by Castell Howell, who over the years has become one of the country's leading family owned food service providers. Proud of their rural roots, supplying and promoting the best of regional produce is one of their core values and they believe in secure, sustainable and fair supply chains.



Here at Allenbrook our meals are cooked on the premises in our own kitchens. The table picture menus, which we have created ourselves, show a large picture of the meal choice for that day. They are changed every day so residents can see a large picture of their food and their choices in front of them. They also show the tea time choices too on the reverse. The winter and summer menus are regularly updated and includes any special food requests.

CELEBRATIONS



We love to celebrate our birthdays here at Allenbrook and we always have a good time. There were cakes and sweets, biscuits and chocolates for everyone with lashings of tea and coffee. Maureen had the full beauty shop works with hair nails and make-up and she looked truly radiant. Maureen's husband Joe came to celebrate with her and she had a wonderful tea time with birthday cake and blowing out the candles. We have celebrated many birthdays through the year too, with our birthday cakes, presents flowers and candles, all rounded off with a glass of sherry or sparkling wine.

"Strictly was back"



The Christmas Fayre

We missed the summer fete last year so we attempted a Christmas Fayre.



Strictly was back just before Christmas and as fans of the show, it was quite a talking point every Monday as to what had happened and who had performed the best out of the couples. The residents were happy with all the cuttings in the newspapers and magazines and collected stories of how the couples were getting on. A lovely time lost in the world of music and dance.

It was a lot of fun and the support with our tombola lucky dip and raffle. Was really amazing. We thank everyone for their generous contributions. Melissa surprised us with her usual crazy performance that had to be seen to be believed. She dressed in an inflatable turkey suit. We were worried if she fell over, as she was so fat that she would not be able to get back up. All she needed was a potato and a couple of sprouts to complete the plate. The residents had a lovely Christmas with presents for everyone, a visit from Father Christmas with a sack of presents and a fabulous lunch with all the trimmings

Happy New Year 2018

We greeted the New Year in with a fabulous New Years Day Concert with the wonderful Tom Wenlock. He treated us to songs old and new, many old favourites. We toasted with Bucks Fizz, chocolates, tea and scones.

Valentines Day party

Our Valentines Day party was a real treat as we were delighted with the fabulous voice of Johnny Tarrino. The residents, their families and staff said what a special afternoon it had been. We had beautiful roses on our tables as centre pieces and Valentines cards made by the residents for their loved ones

LOLLIPOP PONIES



Lollipop ponies paid us a visit this year and the residents were truly overwhelmed with them walking around so freely. They were dressed up in their Christmas reindeer outfits and were quite active around the lounge.



Our old friends Will and Rachel came in to entertain us for Armistice Day. It was a real Concert Party type of show and our residents were joining in clapping and singing along. Will and Rachel always have a great time when they are here and they always interact so well and get the residents joining in.