

Newsletter

WESTACRE

February 2021

Welcome!

Welcome to the next edition of the new Westacre newsletter! These monthly newsletters are created for families, residents and staff to give updates on the activities, events and general goings on at Westacre. We hope that it is an entertaining and informative read.

If you have any suggestions on what you would like to see or hear about in future issues, please get in touch by emailing enquiries@westacrenursinghome.co.uk

First vaccination victory!



We were back down the Badger Farm Surgery on the 22nd of January, as the remainder of our staff received their first dose of the AstraZeneca Covid-19 vaccine!

We're happy to report that we've now had both our staff and residents vaccinated! We're eagerly awaiting the dates for second doses for staff and residents and will let you know as soon as we hear more.

Burns Night Celebrations



Last month our residents celebrated Burns night, with what else than a nice haggis dinner! Our staff got in on the occasion by handing out the meals wearing tartan hats, before finishing the day off with some Robert Burns poetry reading.

Animal Therapy

We went big on animal therapy this January with visits from guinea pigs, new kittens and our own Poppy.

Our animal visits are part of our commitment to animal-assisted therapy. Interacting with animals can help alleviate high blood pressure and symptoms of anxiety and stress.

As stated on alzheimers.org.uk "If a person with dementia previously owned a pet, these animal interactions could help with reminiscence. Visits from animals may help people with dementia recall memories"



It's still a ways off yet, but Saturday 20th of March we'll be joining in on the Memory Walk to help raise funds for the Alzheimer's Society! Consider following our [Facebook](#) for more information.



International Flower Day!

With January the 19th being International Flower Day, our residents spent their afternoon with a touch of flower arranging. As well as flower arranging, residents enjoyed flower related quizzes and discussions of their favourite flowers.

Meet the staff #1



Poppy is Westacre's resident housecat. She's been at the house for a number of years now, but still likes to take the time to explore the public areas and say hello to our residents.

Despite her mature appearance, she loves attention and giving her a stroke will instantly make you her best friend. We love having Poppy as a full time member of the team!

Staff Training

We may be in lockdown and unable to conduct group training sessions, but where there's a will, there's a way!

Thanks to the convenience of online training and rapid covid tests, our clinical lead Dean and carer Karl have undertaken life support training and moving and handling courses that will help them in turn to train other members of staff.



Around Westacre

One of the benefits of having our own in-house builders on staff is that we are able to keep the house evolving. It's thanks to our staff like Fraser that we were able to create a comfortable visiting room in just a few months.

But that's not all, as in the last month two months they've also been busy working on two new bedrooms, a new sluice and fitting darkened screens to our library to enhance our sensory activities.

If you have any questions for us, please email us at enquiries@westacrenursinghome.co.uk. If you'd like to keep up with the daily goings on of the home give the [Facebook](#) a follow!

Photo of the Month!



Upcoming activities for February

- Chinese New Years Celebration with lantern and dragon making
- Mother Language Day and around the world food tasting.
- Pancake Day
- Valentines Day arts and crafts
- Birthday Celebrations