

# Newsletter

WESTACRE

June 2021

## Welcome!

Welcome to the June edition of the 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 [craig.hatch@westacrenursinghome.co.uk](mailto:craig.hatch@westacrenursinghome.co.uk)

## Meet the Staff 5# - Hollie (Administrator)

I began working at Westacre in 2018. That same year graduated from the University of Sussex with a degree in Marketing.



I am the administrator at Westacre, so it's likely that we've spoken

already! I also oversee the human resources side of the home.

When I'm not at work I enjoy watching films and going to the pub."

## Our Facebook Page



Westacre Nursing Home  
@westacrenursinghome

If you like what you see in this newsletter, consider giving our Facebook page a follow!

We post multiple times a week with up to date information and regular photos and reports of our activities and events.

If you'd like to see photos of your relative on the page, please give us an email at [lynne.seymour@westacrenursinghome.co.uk](mailto:lynne.seymour@westacrenursinghome.co.uk) so that we have a consent form for our records if we do not already have one.

We'd love to have you all over there!



*As part of our Trip to... activities, last month we took virtual trips to India and Norway. For the occasion we had fun with a number of crafts and quizzes, and of course, a curry to finish the day!*



## Garden Club

We've been out in the garden a lot this month, planting all kinds of herbs and vegetables!

We started off by planting carrots and mint before moving on to a selection of Japanese herbs. In a few months time we're hoping to have some unique onions and a special bicoloured shiso perilla, known as beefsteak plant, otherwise known as in the west.

## What are 'low risk' trips?

- Meeting other in outdoor spaces such as parks and gardens.
- GP appointments, excluding overnight stays.
- To take part in activities to facilitate wellness such as places of worship
- Day Centres
- To take part in education or training.

## The government warns against:

- Using public transport
- Staying overnight
- Going to heavily crowded areas
- Indoor spaces that do not constitute work, training or education.

## What precautions do we need to take?

Please contact the home to let us know of your arrangements in advance of your out of home trip.

You will be required to take a lateral flow test before your visit. These will take 30 minutes and can be completed at Westacre.



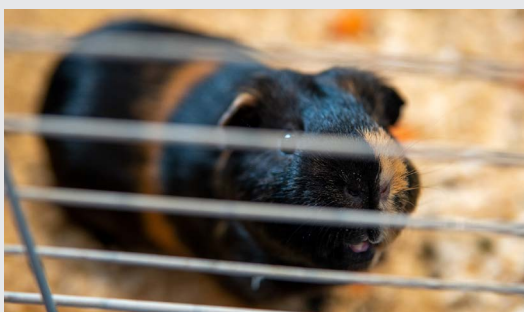
# A Guide to Visits Out

Nursing home residents are now allowed trips out of the house so long as they are accompanied by a friend or relative that has been designated as a 'nominated visitor'. This means that care homes are allowed to facilitate residents and families to engage in 'low risk' trips outside the home without the need to isolate on return.

We have prepared a short FAQ to answer any questions you might have about the government's new guidance. What is displayed here is just a short guide. For more information, please visit our *Out of House Visit Guidance* page or consult the guide attached to this email: <https://www.westacrenursinghome.com/our-home/out-of-care-home-visits-guidance/>

If you have any questions for us, please email us at [enquiries@westacrenursinghome.co.uk](mailto: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 June

- Dr Who Day
- Visit from Live Musician, Kim
- Take a Trip: Italy & Spain
- Hawaiian Party
- Prehistoric Day

