

Newsletter

WESTACRE

March 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

Memory Walk Fundraiser

Saturday 20th of March we'll be joining the Memory Walk to help raise funds for the Alzheimer's Society!



For our walk, we'll be embarking on a 4-hour trek following the River Itchen, from Cobdon Bridge in Southampton, to Westacre in Winchester! As a care home, Alzheimer's and related Dementia conditions are a really important cause to us, and so we want to do our part.

After a sedentary 2020, the prospect of a 4 hour walk is an intimidating one, but we'll give it our best shot!

Any donation to help us reach our target of £300 is greatly appreciated! If you'd like to donate, please visit:

<https://www.justgiving.com/fundraising/mw568911>



Meet the Staff #2 - Dean (Clinical Lead)

"I joined Westacre in October 2020. I am the Clinical Lead and I oversee all care and nursing activities to ensure we are meeting best practice standards within the home. I have a degree in Psychology. I went on to study Nursing as I was keen to work in the care sector / NHS. I qualified in 2017 with a Post Graduate Diploma in Adult Nursing. I worked in A&E and then in a brain injury unit in Southampton. I completed my Masters in Adult Nursing in 2020. In my spare time I enjoy yoga, gardening and collecting art."



If you'd like to keep up to date with all of our activities and holiday celebrations, consider giving our [Facebook](#) page a like and a follow.



International Food Tasting Day

February the 28th was Mother Language Day, and so to celebrate such an internationally focused day, we held an international sweet tasting session.

This gave our residents a chance to try a variety of snacks, such as mochi, stroopwafel and baklava for the first time. Japanese mochi was a surprise hit!

During your visit, please make sure:

- To keep your PPE on at all times
- You only go to the part of the care home that is permitted for your visit
- You follow carefully any guidance and instructions provided by our staff
- During your visit holding hands and personal contact are allowed with PPE, but you should minimise contact as much as possible to reduce the risk of transmission.

How to book a visit

In door visits are available by booking only. From Monday – Friday there are three timeslots available; 9.30am-11am, 10.45am-12.15pm and 1.30pm-3pm.

On Saturday and Sunday there is one time slot available at 2pm-3.30pm.

These visiting times include the 30-45 minutes it takes to complete a lateral flow test.

In door visits will be held in the conservatory unless the resident is bed bound.



Indoor Visiting Procedure

From the 8th March one named individual per resident will be allowed to visit their loved one indoors. Every resident will have the opportunity to name one individual, who will be required to have a test beforehand, wear PPE during the visit and avoid close contact.

It is important to recognise that a negative test will provide us with some assurance that you are not carrying the virus. However, the test is not a complete guarantee. To keep your loved one and the care home safe, we ask that you keep your mask, gloves and apron on at all time.

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

- St. David's Day Celebration with hat clover bunting crafts
- Mother's Day with flower pressing.
- Alzheimer's Society Fundraiser
- Planning our Spring garden!
- Inspirational Women's Day