



Parkside News Autumn 2020

Welcome to the autumn edition of our Parkside newsletter.

Who'd have thought at the beginning of the year that we'd still be in this pandemic and having to socially distance from our families and friends? But here we are and having to get used to new ways of doing things from 'the rule of 6' to the new tiers and most lately the lockdown that have recently been introduced by the government.

It has been a truly wonderful summer with the long days of sunshine and warmth. The residents were really able to enjoy the garden again this year. We were also able to celebrate a 70th wedding anniversary this year and a 103rd birthday as well. But more about that inside this issue.

As you know, we're really pleased that we have been able to continue to allow visiting in a Covid secure way from the marquee that was used over the summer to the temporary visiting pod that has now been installed. We will continue to keep you updated relating to your loved ones and also things that are happening at Parkside. Don't forget we are only a phone call or email away if you'd like to discuss anything.

We continue to very much appreciate all of the support and best wishes that you've given us during this time and we hope that we'll be able to return to some sort of normality again in the near future when we can do so.

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Activities

We're continuing to ensure that all of our residents are able to take part in the daily activities that are run at the home.

A variety of activities are run on a weekly basis from quizzes, balloon badminton (which seems to be particularly popular!), and exercise sessions led by our staff.

We also now run a Saturday afternoon film club in the Piano Lounge having signed-up to Netflix. The residents have really enjoyed seeing old and new favourites. Mamma Mia was a particular favourite recently where much singing along to the old ABBA songs could be heard throughout the home!

We have also invested in a new mobile interactive projection system which helps all of our residents with their well-being, and their physical and emotional health. It also has many scenes which the residents will remember to enable them to talk about their memories and past experiences.

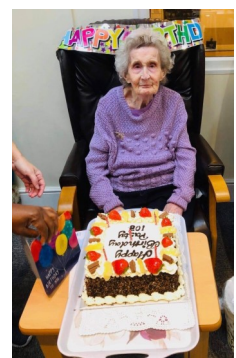
As it is all fully mobile, this can be moved around the home in both our lounges and also to residents' rooms as well.

The residents have also been using the computers in the home to surf the internet and to use them to make Skype video calls to keep in contact with their families.



Special celebrations

We have been very blessed this year to be able to be part of a resident's 103rd birthday celebrations – we now have two residents that are over 100 living at Parkside.



We were also really delighted to be able to celebrate the 70th wedding anniversary with our happy couple in August.



Gardens

The residents have been really able to enjoy the garden over the summer months, especially with the long warm summer days that have been had!

Ice creams and cold drinks were definitely the order of the day and we were able to hold the celebrations in the garden this year for the wedding anniversary with a special meal held outside which was kept as a surprise for all of the residents.



Resident update

Over the last few months, it's been really great to see our new residents settling into Parkside well. We've been really pleased to welcome Joan, Doris, Sheila and Rosetta over the last few months.

With sadness, we've had to say goodbye to Olive, Ruth, Queenie and Sheila during this time.

Facebook

We regularly update our Facebook site with all the latest news. Therefore, don't forget to visit this from time to time.



Parkside-Residential-Home

Relatives' Survey

We've recently launched our annual survey for all our residents' relatives to complete.

If you've not yet had the chance to do so, please do take the time to go online and access the survey through [this link](#).

If you'd prefer to complete a paper copy, please do let us know and we'll be happy to send this to you for completion and return.

Residents' wellbeing

We have recently purchased a new dementia-friendly Mobii system which will continue to stimulate and help our residents' mental wellbeing.



We also held a cream tea recently which all of the residents loved.



Visiting

John and Brian have been very busy over the last few months ensuring that the home continues to remain safe.

This year has been very different for them but they have risen to every challenge that has been given to them! The marquee was built on the drive and a sink and running water were installed when we first knew we could reopen for outside visiting. As we headed into the autumn, and the temperature started to cool down outside after the hot summer, heating and lighting were installed.

Despite one brief week when we had to close for visiting, they took only a few days to build a new shelter outside on the drive and to remove the small kitchen to turn this into a safe visiting space for our residents. The intercom system was also purchased to make it easy to be able to speak with one another.



Water, water everywhere.....

We've now had the final missing piece of the jigsaw completed on the coffee area in the dining room. The new water fountain which provides never-ending cold, very cold or hot water was installed in July for all the residents and staff to use.

Building update

As you will see, the improvements at Parkside continue. The next big projects include:

- Repairing / replacing of our flat roofs
- A new kitchen
- New gates across the drive
- The small kitchenette becoming an additional toilet in time

Some of the projects have had to be put on hold at present whilst others are currently running through the local council's planning process.

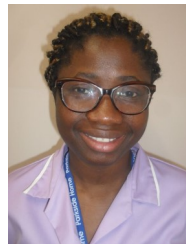
Meet the staff— Our employees of the month



*Helen
(May)*



*Lisa
(June)*



*Helen
(July)*



*Alison
(August)*

Award for long-service to the home



Dee

We took some time to ask Dee some questions.

How long have you worked at Parkside for?

I have worked at Parkside for 10 years now.

What is your role?

I am the Head Housekeeper.

What do you enjoy most about your role?

It's the job satisfaction that I know that by the time I leave for home at the end of my day, I've helped somebody today.

What do you do in your spare time?

I'm an avid reader, enjoy looking after my grandchildren and I enjoy socialising.

Staffing changes



Lisa



Marissa

Over the last few months, we have welcomed some new members of staff to the Parkside team and sadly, but with fondness, wished a long standing member of the team well on their future career path.

We've said hello to two new carers—Lisa and Marissa, Sarah who is our new Care Co-Ordinator and to Stephanie our new Care Leader.



Sarah



Stephanie

Olga has also decided that the time is right to progress her career and we say thanks to her for all she has done for us at Parkside and wish her all the very best for her future.

Happy birthday...to us!



Parkside opened in 1971 and we will be 50 years young next year.

As part of our golden jubilee, we are planning a number of events to celebrate together all that the home has been and will be.

Maybe you have some ideas of how we can further celebrate? If you do, please let us know.



Chaplaincy

As you will be aware, Parkside is owned by Romford Baptist Church.

Vikki, as the minister for the older generation at Romford Baptist Church, continued to be a regular visitor to Parkside both taking the Monday morning service and usually around for a period of time on a Wednesday. She is always happy to be asked to visit outside of these times, whether it is joining in quizzes, walking with a resident in the garden, discussing the news of the day or being a listening ear. Vikki seeks to be a friendly face and listening ear to anyone who wants to pass some time with her.



She's easy to recognise as she's invariably wearing a pink clerical shirt and hat when she is at Parkside. The work she does as a chaplain is also available to the families of the residents. If you would like to talk with her at any time, in confidence, please either email her at ybunce@romfordbaptist.org.uk or call her on 01708 743382 (option 3 followed by option 2).

Celebrating our residents' faith

We regularly celebrate our residents' faith and currently we have one service a week at the home in the Piano Lounge:

- Mondays at 10.30am

Residents have continued to watch the services from Romford Baptist Church that have been online despite the lockdowns. They can be viewed on a Sunday at 10.30am and 6pm at: www.romfordbaptist.org.uk/live.

Vikki also led a short service and 2 minutes' silence on Remembrance Day at the request of the residents.



Meet the trustees

The day-to-day running and leadership of the home is undertaken by the senior leadership team and more details can be found overleaf.

The governance of the home is by a board of trustees who meet every other month to ensure that the home is running well and working within the ethos of its foundation.

The trustees are:

John Stannard
(Chair)



Samuel Tunde
(Treasurer)



Ian Bunce
(Team Leader)



Bernd Schulte



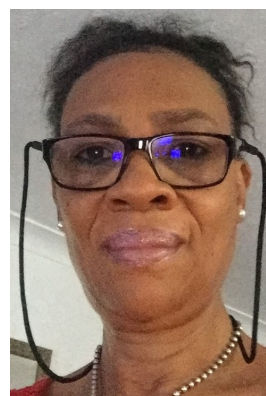
Sue Sharp



John Stewart



Carmen Thomas-Reid



Rebecca Waigwa



Residents' and Relatives' Meetings



About every 8-10 weeks we have a meeting which all of the residents are invited to come and attend.

It is an opportunity to provide them with updates and to share ideas and decisions which affect them in the home. We're also asking all our residents and relatives to complete our annual survey. For all relatives this can be found here on the [internet](#).

We have also continued with Relatives' Meetings. Although these have had to be held on Zoom, it

has been a good time to be able to share the updates from the home in this way.

The next meeting will be on 15th December at 7.30pm on Zoom. More details to follow in due course by email.

Who's who

We are keen for you to know who is who at Parkside. Please do feel free to contact us at the home at any time.



Team Leader: Revd. Ian Bunce

Telephone number: 01708 743382 (option 3, option 1)

email: ian@parksidehome.co.uk

Ian is the leader of all of the team at Parkside and oversees all the different aspects of the home.



Registered Manager: Diana Mfune

Telephone number: 01708 743110 (ext 656)

email: diana@parksidehome.co.uk

Diana heads up all the care of the residents from personal care to feeding and the housekeeping team. She is responsible for the day-to-day running of the home.



Operations Manager: Steve Street

Telephone number: 01708 743110 (ext 650)

email: steve@parksidehome.co.uk

Steve leads the home on all aspects relating to the property, business side and HR.

65 Main Road, Gidea Park RM2 5EH

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www.parksidehome.co.uk

 Facebook: **Parkside-Residential-Home**



Parkside is operated by

**Romford Baptist Church
Housing Association Ltd.**