

# COPPERMILL CARE NEWS

Here we are again, with 5-months into 2016. Whilst we are awake and raring to go – it seems that sun remains sleepy, but the weather has not deterred us with our activities and enjoyment, with our own birthday celebration to Queen Elizabeth on her 90<sup>th</sup> year.

Feeling very patriotic we also enjoyed an afternoon with Tommy Parsons (Cockney Sparrow) in celebration of St. George's Day.

Special English meals were served throughout the day:  
Full English Breakfast  
Roast Turkey  
Kippers on Toast  
(as per request by our residents at the Activity/Menu Commission meetings)

**Thank you everybody for support for the Easter raffle: (APRIL)**

Winners:

- 1<sup>st</sup>: Kathy Uglow  
(Staff – Carer)
- 2<sup>nd</sup>: Smith Family  
(Relative)
- 3<sup>rd</sup>: Tina Johnson  
(Relative)

All proceeds go towards activities.

~ MAY ~

An ambience of 'holiday fever' surrounded Coppermill on Monday 16<sup>th</sup> May with some of our residents travelling to Butlins, Bognor-Regis. A wonderful, fun time was had by all.

Those staying at the Home also enjoyed a good time, particularly the spectacular afternoon with singing and dancing with

**Beverley Cassidy**

Beverley is a versatile artist who can sing a wide range of songs from rock 'n' roll to pop, Motown, soft rock, classic ballads, chart hits, soft jazz and country.

Beverley performs to professionally created studio backing tracks and covers songs from the 50's, 60's, 70's, 80's, 90's and 00's as well as current chart hits.

*In March 2010 Beverley Cassidy won the prestigious title of 'Holland America's Cruise Line American Idol'.*

~ JUNE ~

**“BINGO NIGHT”**

**Friday, 10<sup>th</sup> June**

All are welcome - 7:00 pm.  
Please let Lorraine know if you wish to attend.

£5.00 per booklet

£6.50 for Supper

(Pizza & Salad)

Bingo and Quiz Nights are held every 6-weeks – as advertised on notice-boards or contact Lorraine.

[leames.coppermill@gmail.com](mailto:leames.coppermill@gmail.com)

**THURSDAY 16<sup>TH</sup> JUNE**

**2:00 – 3:30 pm.**

**CUPCAKE DAY  
IN SUPPORT OF  
ALZHEIMERS SOCIETY**

Your support would be so very welcome to support this special charity --- please come along and enjoy a cup of tea and a specially baked cupcake – donations of £3.00 per person - please can you let Lisa know if you will be supporting this event.

[lisa.groundcoppermill@gmail.com](mailto:lisa.groundcoppermill@gmail.com)

**Wednesday 15<sup>th</sup> June**

**“Music for Therapy”**

Laden with Bells and Maracas at popular request

Fiona will return for a 'fun exercise afternoon' at 2:00 pm. Fiona will also return to commence our Christmas celebration on Wednesday, 30<sup>th</sup> November

**Friday, 17<sup>th</sup> June  
2:00 pm.**

### **NICKY BLAKE**

At popular request 'beautiful' Nicky Blake will return... all the way from Ruislip! Nicky provides a truly, professional performance repertoire, effortlessly entertaining musical theatre, Evergreens (Barbara Streisand. comes to mind), Country and Western, Pop and Rock Classics.

**Sunday 19<sup>th</sup> June**

In recognition of 'Fathers' Day' Coffee and Cakes will be served in the Lounges.

### **"ANYONE FOR TENNIS?"**

Wimbledon Tennis tournament will start on Monday, June 27 and run through to Sunday, July 10. TV coverage will be made available. Strawberries and cream will be served.

### **~~ JULY ~~**

#### **Friday 15<sup>th</sup> July**

Continuing with the fun, new entertainment has been arranged:

Nick Zala Webb – guitarist with emphasis on melodies from the 1920's will strum his guitar and sing and also entertain us with Jazz

### **LONDON BOROUGH OF HILLINGDON TEA DANCE Monday 18<sup>th</sup> July**

An afternoon will be enjoyed at the London Borough of Hillingdon Tea Dance – participating in ballroom dancing -- "our own strictly come dancing" – followed by an afternoon tea.

#### **Wednesday, 20<sup>th</sup> July**

Trip to the London Aquarium Followed by Lunch at The 3 Horseshoes, Seer Green A wonderful day expected with travel by limousines, compliments of Grimsteads.

### **~~AUGUST~~**

#### **"Ladies & Gents That Do Lunch"**

**Ladies: 5.08.2016  
Gentleman: 12.08.2016**

Due to the success of last year we plan to hold these special lunches in July. Should you wish your family to be involved please contact Lisa. [lisa.groundcoppermill@gmail.com](mailto:lisa.groundcoppermill@gmail.com)

Should the sun shine! - we plan to make the most of the weather - Proposed activities:

- "Bunny Park"
- Dogs Trust (with tea)
- Aircraft spotting at the Denham Aerodrome
- Rickmansworth Aquadrome: feeding swans and ducks followed by afternoon tea.

Weekly trips to the Grand Union Canal to feed our adopted Coppermill ducks, weather permitting.

We endeavour to bring together family and friends. We would like to hold a Cheese & Wine afternoon on

**Friday, 19<sup>th</sup> August  
2:00 -3:30 pm.**

Should you be interested in attending please may you contact Lorraine [leames.coppermill@gmail.com](mailto:leames.coppermill@gmail.com)

## COMMUNITY:

Every effort is made for our residents, should they so desire, to keep in touch with the local community.

The next church service will be held on

22<sup>nd</sup> June at 3:15 pm.

Weather permitting it will be held in the garden.

It is practice to hold a church service every month.

All denominations of faith are welcome to attend.

## NOTES FROM THE MANAGER

I am pleased to report that all is well at Coppermill with welcoming of new staff, particularly the completion of the project on the 2<sup>nd</sup> Floor. It has been welcoming to have received good feedback from families/representatives. It is also rewarding that the Balmoral Wing has reopened and has become again a hub of the home.

In accordance with Coppermill's Action Plan:

Staff have completed training and understanding in:

- Mental Capacity Act
- Deprivation of Liberty
- Understanding Caring:
  - Dementia
- First Aid
- Health & Safety
- Infection Control
- Risks & Assessing
- Safeguarding

In July staff will complete training in: Moving & Handling and also Health & Safety

Good feedback has been received from staff with regard to the training supplied by Tim Dallinger, Social Care Consultancy.

Nominated Fire Wardens attended fire training in April, followed by all members of staff, which included use of fire extinguishers and evacuation procedures.

A fire risk assessment was also taken of the building – report awaited, but verbally the Home was commended.

Both Carmen and myself have attended various seminars involving the Care Quality Commission, working very closely with the Skills for Care and the London Care Support Forum, as well as attending the London Borough of Hillingdon Forum, all of which we gain insight into current legislation, new policies and procedures, which we put into practice at the Home.

All staff are informed of current legislation and procedures via staff meetings and also one-to-one in their supervision meetings.

It is now one year in partnership with our registered Pharmacy, with

which the Home has been well supported. During the 12-months medication audits have taken place with commendation.

## One major change to report:

On the 12<sup>th</sup> June the contract with Connect Catering will come to an end with the transfer of the kitchen staff and catering responsibilities being transferred back to Coppermill. The management team are currently looking to invest in an electronic system to assist with catering legislation requirements and internal reporting, particularly contents within each meal, menu planning and food allergens.

Menus for forthcoming weeks are displayed throughout the home. Should you wish to receive menus in advance please can you notify Said:  
Email:

[Coppermillcatering@hotmail.co.uk](mailto:Coppermillcatering@hotmail.co.uk)

## PHOTOGRAPHS

Photographs are a wonderful memory with which our Activity Co-Ordinators like to reminisce with our residents; they also become a talking point.

May I kindly ask that should you **not** permit for your relative's photos (should they lack capacity) to be displayed on the notice-boards or downloaded on to the Coppermill website that you let me know, so that this

information can be recorded, this will eliminate any misdemeanours? It is also important that residents are protected in accordance with the Data Protection Act.

[Coppermill10@yahoo.co.uk](mailto:Coppermill10@yahoo.co.uk)

### SKYPE

Should you wish your service-user to facilitate SKYPE

Please can you notify Victor, Team Leader, who will ensure that the IT connection is made available.

Please may we remind you that Coppermill has no objection in the bringing of food-gifts, but ask that these gifts are acknowledged by the Senior prior to delivery to the recipient, this will eliminate confusion relating to dietary needs, allergies or weight control re: under/over-eating. Foods within their 'use-by-dates' can only be accepted, with request of avoidance of any hot pre-cooked meals. It is with preference that take-away hot meals are not brought in, to reduce the risk of food contamination and upset tummies. - all food at Coppermill is probed with meter-readings prior to serving.

### THE HIDEAWAY -

#### *Opening times:*

Monday – Friday

9:00 am – 4:00 pm

Should you wish to hold a celebration in 'The Hideaway' – with notice we are able to open on a weekend. Please notify Lorraine.

[leames.coppermill@gmail.com](mailto:leames.coppermill@gmail.com)

### VISITORS

#### IMPORTANT MESSAGE

We kindly ask that all visitors and family members sign in the registry book.

This book is our first port of call in the event of an evacuation. Please may I request your co-operation in this matter.

- *Respect & Dignity* -

Please may I remind everyone that we are guests to all service-users residing at Coppermill. Under no circumstances should any person enter a resident's room without their permission. Please may this instruction be abided.

### POSTAL VOTING

All residents have an option to be involved in the electoral roll and postal-voting. Due to the confidential nature, it is at the onus of residents to arrange for their own personal postal-envelope to be sent. Sandi, Administrator, is more than willing to provide this service, upon delivery of the sealed postal-envelope; this system worked very well with regard to the recent General Election.

### HAPPY BIRTHDAY

#### May

Shirley French  
Joyce Lawrence  
Jean McGregor  
Jean Roper

#### June

Jean Baldwin  
Mary Hirst

Diana Jones  
Elizabeth Morbin  
Arthur Partridge

#### July

Pat Chamberlain  
Bruno Conti  
Ivor Gough  
Eileen Hardy

#### August

Peggy Lloyd  
Jackie Smith  
Dorothy Woodgate  
**FOOT CARE**  
Robbie, our new Foot-Health Care Professional will be visiting on **Wednesday, 29<sup>th</sup> June.** Should any relative not want to utilise the service, please let Carmen know. Robbie's email: [Robbieleyton@me.com](mailto:Robbieleyton@me.com)

### HAIRDRESSING BY LORRAINE

Every Tuesday or by appointment

[leames.coppermill@gmail.com](mailto:leames.coppermill@gmail.com)

Payment methods are settled direct with service-providers.

This Newsletter is for 'everyone'. We hope that as well as informative, it will also bring a smile.



.... & Nanny Sandi

***HISTORY:***

***PAST & PRESENT  
PROUD TO PRESERVE  
THE ANCIENT NAME  
OF MIDDLESEX***

**16.05.1811**

In 1811 the men from the Middlesex Regiment (The TV series starring Sean Bean was based on them) were part of the British forces fighting under the Duke of Wellington against Napoleon.

On the 16<sup>th</sup> May 1811 the Middlesex Regiment were entrusted to stop the advance of the French into Portugal or the British could have been trapped in Dunkirk fashion with their backs against the sea.

Instead of Dunkirk the village on the Spanish/Portuguese borders was Albuhera, and it was here the Middlesex men fought ferociously to keep at bay the overwhelming forces and might of Napoleon's army to give time for the British and Wellington to retrench.

The commanding officer of the young Middlesaxon fighters yelled at the height of battle "Die hard my men, die hard". After this tumultuous, history-turning event the Middlesex Regiment became known as the Diehards and on their Regimental badge are inscribed the words "Albuhera".

And this is one reason why the 16<sup>th</sup> May we should salute all the men of Middlesex who fought under their County's banner from their earliest recorded battle - the Battle of Hastings in 1066 right through English and British history to similar actions as at Albuhera in the First World War, World War II and Korea.

Sadly, the county of Middlesex has now been abolished, with formation of a Middlesex County Council.

Middlesex Day on the 16<sup>th</sup> May is central to the federation's attempts to make people realise the county, which it claims is England's third oldest behind only Kent and Essex.

May 16th has come to mean more than a battle for it has become the loadstone of perpetual Middlesex pride, lest we forget this is the name that men through over a thousand years of history have rallied to in England and Britain's defence.

*Coppermill Care Home  
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UB9 6TG*

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