

“What Matters To You Day” Newsletter

June 6th is international “What Matters to You Day” (WMTY) and this year we want to highlight the great work that staff within care homes do to incorporate WMTY to **enhance the life of their residents.**

During our visits we see an abundance of examples of how it is used within your care homes and last month we asked all of you for some examples so that we could share all of your good work.

“Small conversations every day create the biggest change in every way #WMTY23”

The Oaks Care Home



We have an extensive list of different activities the residents participate in, e.g., keep-fit class, Art class, Disco buddies, GBX club night once a month but the French class we organised last year was the most successful.

Three of our residents, Lily, Kirsty and Ian attended these classes once a week in the home, then went on to complete a SQA National 2 level in modern languages, Ian didn't participate in this as he has a Degree in French and German, but he did help and encourage the girls every week.

They enjoyed a lovely afternoon tea at their graduation, received certificates and went out for a 2-course meal at a local restaurant of their choice.

We signed up for a further 12 week more advanced course as they enjoyed it so much.

*Allison Brackenridge -
Administrator*

Kirkhaven Project



Service users expressed an interest in having board games for the unit. We purchased games such as Bingo, dominos , connect 4, Cards, snakes and ladders and scrabble.

Others expressed they would like to have ladies and gent's nights. Some activities on those nights include quizzes, darts, pampering sessions and pool. Volunteers and service users recently organised a pool tournament with a trophy being presented each month. I have asked that other services be contacted where CrossReach services can come together and have a tournament.

With mental health being so prevalent particularly during Covid 19 and people having to social distance it was important that we encourage service users to engage in activities outwith the service. Some suggestions were going regular walks which the volunteers facilitate each week. We also have keen gardeners in staff and service users and in recent months have planted rose bushes, beetroot, lettuce, potatoes, rhubarb, raspberries. The cook is keen for service users to create an allotment due to the cost-of-living crisis where we can grow our own vegetables and fruit. Other activities incorporated within the unit include Mindfulness classes and pet therapy.

With Kirkhaven being a resettlement unit, it is important that service users are offered activities that can redevelop skills ahead of move on. With this in mind we felt it was important for service users to be able to learn to prepare and cook meals safely in the kitchen. The cook incorporated a weekly cooking class which service users feel have increased their skillset. Furthermore, the cook attends the service user meetings to listen to their likes and dislikes. We also organised themed nights such as mexican, chinese and taster sessions throughout the year celebrating different cultures around the world.

The Volunteers also organise movie nights which allow service users to spend time together in a homely environment. Service users also have access to an iPad where they have the option to watch movies within their own rooms as I arranged a Netflix subscription.

**Amanda
Rae –
Service
Manager**

Esmond Street Advanced Support Service



On the 3rd of April, a team of our fantastic staff from Esmond Street Advanced Support Service, headed off to Millport for the day to take part in a sponsored cycle. It was a brilliant team bonding day and at the end of it all we had raised around £1500 for our service. We asked our service users what they wanted to do with the money and most of them told us 'What mattered to them', was getting out and about. For some who are not as mobile as they used to be, our beautiful garden means a lot to them so they wanted some money to be spent on that. We have had a few day trips to the seaside, meals out and have started to renew some of our garden activities and give it a bit of summer spruce up. We have had the pleasure of welcoming a small team of staff from Mazars on a Corporate Volunteering day into the service to help us spruce up the garden.

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Karen Mackenzie – Activities Co-ordinator

Swintonhill Residential Home



What matters to us here at Swintonhill is our big involvement in music therapy for our residents. We take effort in arranging at least 2 music events each week for our residents to enjoy themselves and reminisce through song and dance. There activities can range from musical movie nights, residents and staff sing-a-longs and regular visit from musical entertainers. Here are some photos of our latest musical event with entertainer Jack High which our residents all thoroughly enjoy and are able to come together, enjoying one another's company. ***Carolynn Henderson – Manager***

We have raised funds for our residents at our Christmas fayre and one of our staff members (Jamie Obrien) raised funds doing a sponsored bungie jump last month, therefor we have raised roughly £1000, our residents are currently giving their ideas about what to spend the funds on, we are definitely going on a day trip to the seaside next month, we are wanting to build raised gardening beds in our backcourt this summer if the maintenance man has time to fit it in his development plan. Our residents have many more ideas to use our funds on, individual/group activities will be organised I.e., a few men want to go to the museum as they are interested in art, a few ladies have decided that they would like a ladies high tea day organised, a few of our residents with cognitive impairment which effects their ability to communicate with others and join specific activities, therefor we are arranging one to one activities/outings with a care staff member to ensure all residents benefit from funds raised.

We have 2 sisters who live with us now and are known as "Sister Sister" who were unable to get out of their flat before admission for many years are now loving life and even have a sun tan from enjoying our lovely backcourt.

We have a gentleman who has stayed at Oxton House for many years, he believes that he is the "gaffer" some days and that he is at work due to his job as a gaffer with scaffolding many years ago, the staff are great with this gentleman and allow him to help collect plastic/paper and put them in the recycle bin outside whilst staff observe, also to help with any little odd jobs that are safe to do, this is great for the "Gaffer" as he feels a sense of self achievement and is very pleased with himself afterwards.

We have two lovely ladies residing at Oxton House who have a belief in different religions (Catholic & Jehovah witness), both ladies have become good friends after being introduced by staff and are now enjoying teaching one another about their cultures and beliefs on a Friday evening, they have asked staff to make a poster to offer other residents to join if they wish to do so.

We have contacted the local museum who is going to train one of our staff so we can borrow reminiscence boxes again, our residents have missed this activity due to COVID-19 we were unable to access them.

We recently had a visit from a social worker and her understudy, they were both very impressed with the environment and how homely it is, we also has a resident tell his financial guardian that he feels part of something, he then proceeded on to say " I feel part of a family". This resident was very fearful of coming into a care home due to the stigma attached and his own personal experience with his mother, however he has settled so well and is part of our family here at Oxton House.

We have a new client admitted recentlv who would also like to decorate his bedroom as close to

Carlanne Body – Care Home Manager, Oxton House

