

SUMMER NEWSLETTER



Individualised Support and Care

September 2022

Table of Contents

CEO/Directors

Welcome

Huge Thanks and Sad Goodbye

Jubilee Celebrations

Congratulations

Staff Survey

Staff Well-being

Senior Leadership Changes

Service News

CEO/DIRECTORS

We hope you enjoy the great articles in this edition of the newsletter! Please remember we are always looking for ideas and photos for each edition, so don't hesitate to share anything of interest with us.

WELCOME!

A warm welcome to our new staff who have recently joined the Trust
Cheviot: Amalia Vilagos, Adele Miller, Leanna Ellena, Charlotte White,
Courtney Bond, Stephanie Hall, Maarja Kunnappuu, Sarah Mutch, Wilma
Hyrons, Matteo Caruso, Susan Loveday, Frances Theobald.
FGL: Oksana Biliuk, Hope Saunders.
CaH: Hollie Saunders, Maria Vairo, Rajani Chhetri.

HUGE THANKS AND SAD GOODBYE!

One of our longest serving members of staff Elaine Brown, Housekeeper at FGL, has decided to retire after 36 years with the Trust. During that time Elaine has seen many changes including no less than 5 different senior managers come and go! On behalf of the Trust, we would like to say a huge thank you to Elaine for all her hard work and dedication over the years and wish her all the very best in her retirement.



Elizabeth Dale who worked at Cheviot for nearly 24 years has also retired. Elizabeth was a well-liked and respected member of the team who will be greatly missed by residents and staff alike. We also wish her all the very best in her retirement.

CONGRATULATIONS!

We are delighted for Lubi Nikolaenko who recently acquired her indefinite leave to remain. This significant achievement required lots of study and perseverance by Lubi to pass her 'Life in the UK test'; a test of general knowledge and understanding of our country. Huge congratulations Lubi.

STAFF SURVEY

Thank you to everyone who completed the staff survey this year. And congratulations to Lilita Laurie for winning the £100 One4All voucher. Your feedback is vitally important to the Trust as it helps us to identify ways in which we can improve and get better. Your manager will have the results for your service so please take the time read the summary report and if you have any questions about it, please don't hesitate to ask.

STAFF WELL-BEING

Our staff are the heartbeat of the organisation; without every single one of you, we could not continue to provide the excellent care, support and accommodation that we do and that is why your wellbeing is so important to the Trust. In recognition of this, we are launching a staff wellbeing campaign this month. All staff will be able to access free resources and tips on a dedicated noticeboard in their service. The Trust has also released two new policies this month; Menopause and Mental Health and Wellbeing. Please do take the opportunity to read these new policies and if you have any questions or queries please talk with your line manager, Carrie or Michelle.

The Board of Trustees are equally keen to ensure staff wellbeing is a priority and has generously decided to award every staff member with an additional day of annual leave, this will be called 'staff wellbeing leave'. You will be entitled to take this extra leave day, effective from 1 October 2022, and the expectation is that you will take this extra day on your actual birthday and where this is not practically possible, in the month of your birthday. The intention is that staff should use this extra day to do something that they feel promotes their wellbeing, which of course will be different for each of us.

SENIOR LEADERSHIP CHANGES

Finally, we are sad to inform you that Sam Westbrook has decided to leave the Trust to take up a new opportunity with the RCN in mid-October. Sam has been a big part of the Trust for 7 years and will be sorely missed by many people. On behalf of the Board and the Trust as a whole, Carrie and Michelle would like to thank Sam for his valuable contribution over the years. We will be actively looking to fill his rather 'large boots' with a new person to join the senior leadership team and Carrie and Michelle will keep your managers updated on the progress of this recruitment.

SERVICE NEWS

SHELTERED HOUSING

Tenants enjoyed a holiday at Gunton Hall in sunny Suffolk recently. They enjoyed visiting Merrivale Model Village in Great Yarmouth, the Venetian waterways and enjoyed a wonderful group photo under a tree in the Walled Garden at Felbrigg Hall, Norfolk.



In August, the tenants enjoyed strawberry tea and entertainment:



CHEVIOT

The Farmers Market is back up and running - Residents can choose fresh produce they like and the chefs then prepare and use them to create delicious meals.



The activities Coordinator has been busy coming up with new activities for residents to enjoy, which has gone down well; below is a photo of a 'Balloon Bashing' session. Not only was this great fun, but it encouraged all the participants to get some physical exercise!



Finally, the residents were pleased to take part in a photoshoot for Rethink Partners for their new website. It was to showcase the residents' expertise in using the SMART table kindly donated by Rethink, and the amazing achievements of some residents following the introduction of pedometers - encouraging them to improved their step count every day. One resident lost a considerable amount of weight as she increased her steps and another resident increased his mobility.

FREDA GUNTON LODGE

Residents have enjoyed attending a twice-weekly exercise class, specifically aimed at supporting people with Parkinson's. As a result, Mervyn has increased his strength and now finds it easier to walk and get out of a chair.

The therapy dogs have made a return to FGL every week. Pictured is Honey having a cuddle with Judith.

The last picture is Inago, the Spanish accordion player, who came to entertain us courtesy of Roman River Music, who played throughout lunch in the dining room and it sounded like we were in a Parisian café!



Freda Gunton Lodge Staff Wellbeing Coffee Morning

Amy and Amanda started the first, of what they plan to be a monthly opportunity for staff to meet socially. There were cakes to be eaten and coffee to be drunk in the company of some lovely colleagues, some accompanied by partners and little ones too! Work was not mentioned and it was good to have the chance for a leisurely chat – who would have thought one of our colleagues has 8 children and 3 great grand-children!

September's event will be an evening in the pub supported by money kindly donated by Steph Hodgetts and Jude Goody, especially for staff wellbeing.

