



# BERRYSTED FAMILY NEWS

A quarterly Home and Community Newsletter of Berrystead Nursing Home

Volume 1, Issue 5, Spring 2006

**Service Users** at the Berrystead welcomed the chance to celebrate the Patron Saint of England, St George. Many of the activities during the week were themed to the occasion.

As with All Saints Day at Berrystead, a quiz afternoon was organized themed to England. Service users enjoyed English cheddar cheese and crackers with the afternoon tea trolley. A glass of English fortified wine 'Merrie England' was also enjoyed by many.

Service users had to guess the identity of some famous English people by asking up to twenty questions.

They included Prime Ministers Margaret Thatcher from the world of politics, Vera Lynn 40's sweetheart from the entertainment fraternity, Bobby Moore England football captain of World Cup 1966 and Henry Cooper heavyweight boxer representing sporting personalities. The popular A-Z round challenged the service users to think of something associ-

## ST GEORGE'S DAY CELEBRATIONS



*A group of service users enjoying a special themed St George's Day Tea.*

ated with England through each letter of the alphabet. There was a chance for Paul Jones to read the poem, 'O to be in England' by Robert Browning and for all to sing the English National Anthem 'Land of Hope and Glory.'

on and staff donned fun felt St. George's Day hats. Bunting featuring the English flag decorated the dining room and tables were laid with place mats with a collage of pictures of St George, a red rose, the emblem of England and matching table linen. A platter of sandwiches including a choice of wafer thin roast beef was enjoyed with a selection of savouries. This was accompanied by a glass of English white wine. The finale of the occasion was when Activities leader Julie Hilton served hot buttered toasted tea cakes.

The week ended with a St. George's Day tea. Service users wore plastic bowler hats with the English flag

Service users sang 'Land of Hope and Glory' and a hearty three cheers was made for St George ending a very patriotic and ambient occasion.



*Care Staff Jane Makonbe and RGN Judith Sithole with service users Marjorie Newby and Jessie Brocklehurst*

# EASTER AT BERRYSTEAD

**The Easter Service** was held on the afternoon of Monday 17<sup>th</sup> April. The service users was led jointly by members of St Peter's and St Paul's Church at Syston and St Michael's and All Angels Church Thurmaston. A centerpiece of a vase of large tree branches (sprayed gold) was decorated with painted eggs, butterflies and birds. Vases of yellow Daffodils adorned each of the tables which made for a very pretty springtime visual experience.

The service was made up of Easter hymns, readings, poems and prayers. To the delight of many of the service users, Sarah Walton was able to join us to play her flute. Continuing the springtime theme, she played the very beautiful hymn, 'All in an April Evening.' Afterwards, all joined together over tea and coffee catching up with each others news, general chit chat and talk of the forthcoming Easter weekend.

## EASTER FUND RAISING

### EASTER QUIZ

An Easter Quiz was organized. Participants had to find the name of 20 chocolate bars through cryptic clues. A draw was made as three correct quiz entries were received. Congratulations to Judith Sithole who won the draw and the prize of a bottle of Sheridans. £ 22 was raised in aid of the Berrystead Patients Comfort Club.



Judith Sithole with Thomas Locke who drew the winner of the Easter Quiz.

### EASTER RAFFLE



Judith Sithole and Mandy Pateman with Easter prizes.

The raffle raised an impressive £ 132 again in aid of Berrystead Patients Comfort Club. Many thanks to those who kindly donated prizes. Some of this money has been used to purchase four new gazebos for the outdoor events held during the summer months.

Many thanks to those who supported the raffle by buying tickets. Also to Thomas Locke for taking on the job of making the draw.

Blue 514	Jessie Brocklehurst Bottle Champagne
Yellow 335	Mandy Pateman Bendicks Luxury Easter Egg
Yellow 251	Florence Jones Box Chocolates
Blue 948	Hannah Montague Rabbit
Yellow 349	Larry Dudek Mrs Honey Pot Easter Egg
Blue 524	Kathleen Garner Easter Egg
Blue 589	Ron Brigstock Bottle Champagne
Yellow 327	Mandy Pateman Easter Egg
Blue 671	Amie Crow Easter Egg
Blue 765	Tom Montague Easter Egg

### EASTER BINGO

On Good Friday, service users played Bingo. There was a prize for each game of an Easter Egg. Buttered hot cross buns (fresh from the Village Bakery in Syston) were served with the afternoon tea trolley.

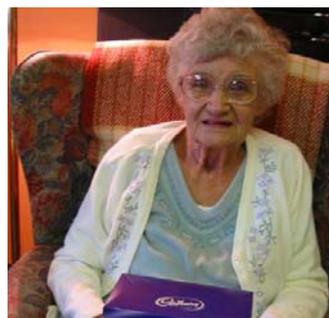
Winners of the prizes at the Easter Bingo are:



Paul Jones



Marjorie Newby



Dorothy Brigstock



Molly Kelly

## A 'TIMELESS' AFTERNOON CONCERT

On the afternoon of Friday 12<sup>th</sup> of May, the service users of Berrystead enjoyed an afternoon concert with a group of entertainers who call themselves 'Timeless'.

Members of the group all have trained voices and have musical theatre and operatic backgrounds. A mix of songs from the musicals, operatic productions and classical numbers made for a very entertaining cultural afternoon much enjoyed by the service users. The hour passed by all too quickly.

The finale was a rousing rendition of the Berrystead activities song – 'When you're Smiling'.

One 'Timeless' member owns and runs a shop in Loughborough. He kindly brought with him a selection of cheeses including stilton and a white stilton with apricots. Activities leader Julie Hilton, served the cheeses on crackers with the afternoon tea trolley after the concert.

## 'LET'S ALL GO TO THE MUSIC HALL'



The SG Productions musical ensemble

On Wednesday the 29<sup>th</sup> of March, Berrystead welcomed back SG Productions for an afternoon at the Music Hall. As usual, the young actors specializing in musical theatre did not disappoint us and put on a performance with much professionalism and pezaze.

Their portrayal of the musical hall days and entertainers of the era was very accurate and provided the service users with many reminiscences. Their dance routines and attention to detail in authentic costumes was visually captivating.

## OUR FLOSSIE' ENTERTAINS

Our Flossie is fast becoming one of the service users' favourite entertainers at the Berrystead. She has a style that she has perfected all of her own in the way that she arrives wearing all of the costumes for each medley of songs. She of course makes all these costumes herself with clever devices for their removal and putting on at speed.



On Thursday 13<sup>th</sup> April, 'Our Flossie' followed in the footsteps of SG productions performance of 'Let's go to the Music Hall'. Medleys of songs from this era again were well received by the ser-

vice users.

Dressed as a Pearly Queen, she performed cockney songs including 'Let's go down the Strand', 'Any Old Iron' and 'Down at the Old Bull and Bush.' She also performed a Stanley Holloway song 'With her head tucked underneath her arm' which caused much amusement amongst the service users and their relatives.

You might like to note that Julie Hilton, the activities leader has booked her for a concert in the

Christmas programme of Activities 2006.



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# NEW ACTIVITIES: CONSERVATORY EXTENSION

Work has now started on the new activities extension. The sun-lounge has now been demolished by L. Thomas Builders and Lloyd and Luke constructors have dug out the concrete base. Building Inspectors recently passed the foundations and they have been filled with concrete. Things are now taking shape as the brick laying has commenced.



*Julie Hilton is invited to start the proceedings by knocking down the brickwork of the sun-lounge.*



*Digger- Concrete base is dug out.*



*The foundations are dug out*



*Ready mixed concrete arrives.*

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Special vehicle pumps concrete around to fill in the foundations.



Gail Duggan (Manager) is invited to put her brick laying skills into practice by laying some of the first bricks.



Luke



Lloyd

## REDECORATION PROJECT

Work has started on a re-decoration project at the Berrystead Nursing Home. The ground floor corridors are first to have a face lift with the corridor in the south wing of the home now complete.

Work has been carried out by Parm Gill and Robert Pateman with preparation of the walls; painting and varnishing. Fred hung the wallpaper and applied the border strips.

## THE GREAT DAFFODIL APPEAL

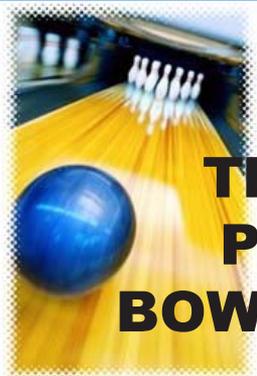
The Great Daffodil Appeal runs annually from the 1<sup>st</sup> March to 31<sup>st</sup> March. All monies raised from the sale of the button hole daffodils goes to Marie Curie Cancer Care.

Every £ 1 that people give for their daffodil supports the provision of nursing care to a terminally ill person and their family. Every £20 of raised funds will pay for an hour of this unique nursing care.

This year Berrystead Nursing Home raised £ 20 – 63 from the sale of button hole daffodils to service users, their families and friends and staff.



# OUTINGS



## TEN PIN BOWLING

On Wednesday 26<sup>th</sup> April, a group of male service users went to the Hollywood Bowl at the Meridian Centre near Fosse Park. On arrival the group had a traditional bowling lunch of cheese and bacon, hamburgers in a seeded bun and cheesy fries together with a cup of tea. This was followed with either Cadbury's chocolate caramel or crunchie ice cream.

Service users Stanley Moore, Isaac Pratt, Fred Fox and Tom Bates then went for a game of 10-pin bowling. Staff organized for us to have two lanes with wheelchair access and special wheelchair ramps to roll the balls down. Those not in wheelchairs had to swap their shoes for a pair of nifty bowling shoes in red, white and blue. Not the most attractive of footwear but nonetheless surprisingly comfortable. The afternoon was a game between the Hilton and Dudek camp. The Hilton camp of Stanley Moore, Isaac Pratt and Julie Hilton played an exciting game. The Dudek camp comprising of Fred Fox, Tom Bates and Lary Dudek managed some good scores with some strikes but it has to be said that some cheating was going on in the Dudek camp.

The occasion proved to be a success for all those involved. Service user Isaac Pratt in particular enjoyed the act of hands in the air, a vocal cheer, handshake and thumbs up and followed by a recitement of the alphabet after each of his turns. Regardless of his score, he was certainly the 'man of the bowls.'

# Wyevale Garden Centre

On Wednesday 22<sup>nd</sup> March a group of service users went to the Wyevale Garden Centre at Rothley. All enjoyed lunch in the Courtyard Café. The staff were very helpful and understanding of the special dietary requirements of some of the members of the group.

with displays of pot plants and gifts for Mothering Sunday. There were some beautiful specimen orchid plants.

Displays of packets of seeds, 'plug' plants and gardening accessories brought back memories of spring-time and their love of gardening to some of the service users.

The Garden Centre was bedecked

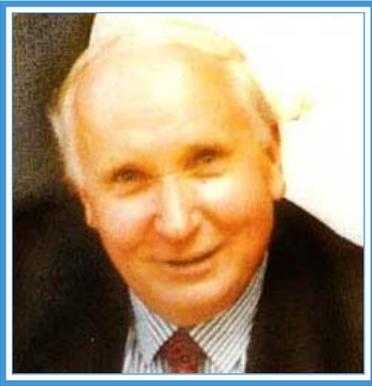


*Kathleen and Jim Garner enjoy lunch with daughter Janet*



*Service users Rachel Hallam, Betty Proudman, Elsie Raymond and Betty Reid at the indoor plants display.*

# ULVERSCROFT GRANGE



*David Clarke 1929 - 2002*

**On Thursday** 18<sup>th</sup> May, five service users from the Berrystead were able to join a group from Mosaic to spend the day at Ulverscroft Grange.

Hidden away on the edge of the Chranwood Forest lies the Shuttlewood Clarke Foundation, a registered charity which works towards the relief of loneliness and suffering amongst both elderly and disabled people within the Leicestershire Area.

Created in 1989 by Mr David Clarke, the Foundation is mainly dedicated to



*The Ulverscroft Grange at Priory Lane, Ulverscroft, Markfield*

David Clarke bought two houses, Ulverscroft Grange in 1989 and Ulverscroft Manor in 1991. The Foundation entertains groups of young, elderly, deprived, handicapped, sick or just lonely people, many of whom are housebound.

peas, sage and onion and apricot stuffing, apple sauce and the most delightful homemade gravy made with the meat juices and a splash of sherry. This was followed by homemade apple and peach pie and custard which melted in the mouth.

Once inside the houses, which are purpose designed for the less able and are warm and comfortable, the visitors are looked after by volunteers. Arriving mid-morning, the visitors are given a warm welcome which includes tea and coffee with biscuits. They can then sit in the comfortable lounges and talk and admire the magnificent views or listen to music.

The cook worked alongside the chef employed by the Foundation for five years and learnt how to cook everything using fresh ingredients. She also works for the Abbyfield group of nursing homes as a stand in cook when required.

After lunch, weather permitting, the gardens, patios and sun lounges can all be accessed. Otherwise, visitors can return to the lounges to listen to the resident organist playing easy listening music.

Luncheon is served in the dining room and is planned by the cooks to provide a 'home cooked country style' meal that is

Afternoon tea is then served. We found just enough room for the lightest of chocolate sponge squares with a cup of tea.

both attractive and satisfying.

On the day that we visited, we were treated to a roast pork dinner with roast and creamed potatoes, creamed and mashed potatoes, cabbage, carrots,

It was then sadly time to leave with an invitation to come again. An enjoyable day had drawn to an end and everyone was satisfied especially the volunteers who willingly gave their time and help.



*Eunice Bollington, Rachel Hallam and Julie Hilton with organist*

Ivy Shuttlewood who by marriage became Mrs Arnold Clarke, and her spirit of faith and giving to which she dedicated her life lives on long after her death in 1969.

# BERRYSTEAD UPDATES

## STAFF CORNER



*Thoko Neube had a baby girl last December. She named her Rianna and is a sister for Ryan who is now two years old.*

Readers of the 'Berrystead Family News' might like to know the Matthew and Priscilla Clarke became the proud parents of a baby girl on Bank Holiday Monday. She weighed in at 8lbs 9oz. They are still deciding a name for her.

Matthew is the son of John Clarke and the late Joy Clarke who was a well-loved service user at Berrystead.

**2005 saw** the introduction of adaptation and student nurses to Berrystead. Adaptation nurses are qualified in their own country but are required to spend 3-6 months as adaptation nurses in Britain in order to gain their pin numbers and practice in Britain. Congratulations to Alice, Annie, Suja, Binitha and Maria who have successfully completed their adaptation and gained their pin numbers.

Student nurses spend between 2-4 weeks at Berrystead observing how a care home is managed and service users supported in a Community setting. We will continue to welcome them to Berrystead and thank all staff for their continued support during the student nurses visit.



*Litti Matthew had a baby girl in April of this year and named her Jessica. She is a sister for Julia who is now 5 years old*

## COMMUNITY

### LYNN PADMORE

Sadly, the Easter Service was the last time that service users of Berrystead would be able to see Lynn Padmore help lead our afternoon services.

Lynn is a lay leader at St. Michael's and All Angels Church in Thurmaston. She also works for Gambles Funeral Directors in Syston.

Lynn is soon to be ordained a Deacon at Leicester Cathedral and will serve as a Curate at the Church of Christ the King in Beaumont Leys for the next three years.

Julie Hilton presented Lynn with a bouquet of flowers on behalf of the service users at the Easter service. All at Berrystead wish Lynn every success in the future.

## UPCOMING ACTIVITIES

### ENGLISH COUNTRY GARDEN AFTERNOON

**Sunday 30<sup>th</sup> July '06  
2:00 – 5:00 PM**

An afternoon in the garden celebrating all that is English. There will be entertainment from a group of Morris Dancers and the chance to play croquet on the lawn.

Traditional teas will be served of cucumber sandwiches, cream scones and a selection of homemade cakes. Homemade lemonade and ice creams will also be available. We would like the ladies if possible to come dressed in floral frocks to add ambience to the occasion.

For further information, please see Julie Hilton, Activities Leader

### BERRYSTEAD ACTIVITIES GARDEN FETE

**Sunday 6<sup>th</sup> August '06  
2:00 – 5:00 PM**

All proceeds will go to the Berrystead Patients Comfort Club.

If you can help support this event please see Julie Hilton.