

Whitgift Care NEWS

Spring 19 | Edition 10

A newsletter for all residents and staff, families and friends of the Whitgift Almshouses, Whitgift House, Wilhelmina House and the 1596 Club.

Message from Martin

Welcome to the latest Whitgift Care News, keeping you up to date on recent events that have brought the Whitgift Care community together throughout spring. A highlight for me was Founder's Day where it is always a delight to see so many of you alongside our students at Croydon Minster to celebrate Archbishop John Whitgift and his charitable legacy.

It gives me great pleasure to warmly welcome our new Director of Care, Dolores Pickersgill, who

joined us in February and has been spending time meeting with staff, residents and 1596 Club members. Find out more about Dolores and her role in this edition.

Martin Corney
Chief Executive,
The Whitgift Foundation



Residents battle for victory in Whitgift Care Challenge

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Four competitive teams from across the Whitgift Care family eagerly went head-to-head to be crowned Whitgift Care Challenge Champions on Wednesday 27th March.

Organised by our activities co-ordinators, participants from Wilhelmina House, Whitgift House, 1596 Club and the Whitgift Almshouses worked together in teams to complete word games, quizzes and jigsaw puzzles to earn precious points.

A highlight was a giant building block puzzle which contestants had to complete whilst blindfolded. The afternoon was a great opportunity for residents to catch up, socialise and meet new people from across Whitgift Care. As the challenge came to an end the points were calculated and it was soon clear that there was a draw. A touching rendition of Vera Lynn's 'We'll meet again' filled the room before the teams parted company.

Congratulations to our spring 2019 winning teams - Whitgift House Sheltered Living residents and members of the 1596 Club! Whitgift Almshouses and Wilhelmina House teams finished as runners up.

Many thanks to Wilhelmina House for hosting the challenge and to all the hard work and time that the activities co-ordinators and care officers put in to organise such a great afternoon full of fun and laughter.

Whitgift Almshouses resident said: ***"The Whitgift Care Challenge is always a great afternoon. Not only do we have fun competing, but we all enjoy catching up with friends from the other care homes."***

1596 Club member: ***"This is the first challenge I've taken part in. Such a fun idea and a great way to meet everyone."***



Meet Dolores

Our new Director of Care



With the ever-changing needs of both older and younger people in our communities, it is crucial that Whitgift Care ensures its services continue to meet requirements and offer outstanding levels of care.

In February this year, The Whitgift Foundation was delighted to appoint the charity's first Director of Care, Dolores Pickersgill, to join its Leadership Team and to contribute to the overall strategic development of Whitgift Care and the Carers Information Service.

Here, Dolores introduces her role and her vision for the future of Whitgift Care.



Whether we work in a social care setting, an acute trust, a community trust or a charity, what has always been very clear to me is that we are here to care for people. My career has spanned the sectors and what unites my experience is the people I cared for along the way.

We are all on a journey and throughout our lives we require support and care throughout that journey, whether that be from the midwife who safely delivered us, through to the palliative care nurse who helped to make our illness more bearable.

The Whitgift Foundation is a unique charity, founded by Archbishop John Whitgift, that has been looking after the young and old in Croydon for over 420 years. As the Foundation's first Director of Care, I am keen to review the various sectors with the focus being on integrated, holistic care, determined by our residents and clients, not the other way around. It is far too easy to become lost in the system; systems we create, and to lose sight of the person we are supposed to be helping.



I am pleased to see the tide has changed over recent years as we focus on “well-being focused care” instead of “symptom focused care” across all the sectors and I believe this is one of the things that unites us. Twenty years ago, whether in a hospital or a care home you were given a bath to keep you clean; now we recognise through research how important these sensory pleasures are.

Whitgift Care already recognises the importance of well-being and supporting our clients to be as well and as independent as they can be for as long as possible. With this in mind, in 2016 we started our 1596 Club, a day care service, which grew out of our commitment to reduce social isolation in the community. People from all walks of life come along to meet new friends, join in activities and share a meal. We receive great feedback from those who attend and the service also provides some “free time” for carers who know their loved ones are being well looked after while they take some time off.



We know Croydon has more than 30,000 unpaid carers which is why we provide the Carers Information Service who run the Carers Support Centre. Based in the heart of Croydon, the Centre is a place for carers to drop in for advice, a chat and a coffee. We provide practical help with form filling as well as sign post carers to other organisations when appropriate.

The team at the Centre are dedicated to trying to help lift some of the burden felt by carers who become isolated themselves as they dedicate their time caring for a family member or loved one.



So, to the future. My role is to continue the good work of the Foundation and to help build a future for Whitgift Care that continues to care for the people of Croydon, recognising we are living longer, often alone and with chronic conditions such as diabetes and dementia. As a result, I am looking forward to getting to know colleagues across Croydon who share my commitment to integrated and holistic care as working in partnership with external agencies and sharing best practice is key for all of us providing care so that we continually improve and find new ways to enhance the experience of our clients, patients and residents.



Dolores' career highlights:

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Dolores brings with her significant experience in the health care sector. She qualified as a registered nurse in 1984 before starting her career as a district nurse. Dolores has held a variety of senior positions including Deputy Chief Nursing Officer at London Bridge Hospital, Chief Nursing Officer at the Lister Hospital before moving to The Royal Hospital for Neuro-Disability as Executive Director of Nursing and Quality, Director of Infection Control and Associate Director of Patient Care.

St Patrick's weekend celebrated in style

A weekend of Irish themed activities at Wilhelmina House was kicked off with a medley of live music classics such as Danny Boy and Galway Girl performed by professional singer Nathan Rhode on Friday 15th March.

The Van Hoorne Suite was decked out in bright green bunting, shamrocks and Irish flags whilst everyone had the opportunity to dress up in their favourite green outfit. Throughout the weekend,

residents listened to Irish songs, watched Riverdance and took part in themed-games. On St Patrick's Day, all gathered for a special lunch and enjoyed a delicious Irish coffee after their meal.

Two of Wilhelmina House's Irish residents, Maureen and Lily particularly enjoyed this series of events: *"We've had a wonderful weekend celebrating St Patrick, I particularly enjoyed the live performance on Friday afternoon."*



Review of Whitgift School's production, The Sneezes, by David, Almshouses resident

I very much enjoyed Whitgift's Sixth Form production of The Sneezes on Thursday 21st March.

It showcased a collection of one act plays and stories by Anton Chekhov adapted by Michael Frayn, exploring the fine line between tragedy and comedy. One of the highlights for me was The Evils of Tobacco, a solo piece where what begins as a 'dry schoolmasterly

lecture' becomes something quite different, in a personal tale of woe wistfully explored with hilarious comic timing.

The piece that gives the play its title begins with an almighty and sudden sneeze from a lowly government worker sitting directly behind an official at the theatre, thus exploring with comedy issues of class.



Another momentous Founder's Day

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Young and old from across The Whitgift Foundation gathered together at Croydon Minster for our annual Founder's Day on Friday 22nd March to give thanks to the charity's Founder, Archbishop John Whitgift.

The day saw Sixth Form students from Trinity, Whitgift and Old Palace of John Whitgift Schools attend along with residents from Whitgift Care, staff and governors. This year, the service was led for the first time by Croydon Minster's new Priest in Charge, Revd Canon Dr Andrew Bishop.

Two new Almshouses residents, Winnifrida and Jeffery, attended their first Founder's Day, taking part in a special service in the Almshouses chapel to mark them becoming official Almshouses residents. We welcome them to the Whitgift Care family.



FOUNDER'S DAY FACTFILE

- The site of the Almshouses was once occupied by the Chequer Inn and was purchased by Archbishop Whitgift for £200.
- The original letter from Queen Elizabeth I, or Letters Patent, authorising Whitgift to found the Almshouses, hangs on the wall of the Audience Chamber.
- Whitgift's name was originally Ioannes Whitegiftus, which is why an 'I' and 'W' is found on the Almshouses gable looking towards Crown Hill.
- Archbishop Whitgift died on 29 February 1604 at Lambeth Palace. His last words were 'Pro Ecclesia Dei' for the Church of God. His tomb lies at Croydon Minster.

Events Gallery

Here is a selection of the events keeping our residents busy...

Almshouses residents welcome school children for Capturing Croydon photography competition



1596 Club enjoy the annual Whitgift House Easter cream tea



Wilhelmina House enjoy their annual Easter Coffee Morning

Wilhelmina House visit the Whitgift Almshouses



Whitgift Care Challenge: the blindfold team game and tower puzzle



Almshouses residents recreate the Easter scene



Here is a quiz for you to enjoy:

Question 1: Complete the lyrics: "Please turn on your magic beam, _____ bring me a dream".

Question 2: They were a one hit wonder with "Book of Love".

Question 3: Which label did Elvis Presley first record for?

Visit our Carers Support Centre in central Croydon

Do you have a friend or relative supporting you?

Many of us rely on friends and family to help us stay healthy and independent in later life. The Carers Support Centre is here for anyone looking after a friend, family member or neighbour who needs extra help due to illness, disability or old age in Croydon. We offer drop-in information, advice and support, specialist advice surgeries, social activities and workshops. All these services are completely free.

Carers looking after family or friends can drop in Monday to Friday, 10am-4pm to the Carers Support Centre, 24 George Street, Croydon CR0 1PB. Alternatively, they can call 020 8649 9339 and select option 1, email enquiries@carersinfo.org.uk or visit www.carersinfo.org.uk.



Review us

Carehome.co.uk is a popular online directory guide for all UK care homes. Many prospective residents and families browse through the site when looking for a home as it includes reviews by current residents, families and friends about their first-hand experiences of care services, facilities, atmosphere and staff.

You can review us by picking up a card available from the reception in both homes, or directly at: www.carehome.co.uk

Feedback

We always welcome your feedback. If you have something you would like us to know, or a suggestion such as a new activity you would like to try, or tell us that a member of staff has made your day, please let your Care Home Manager know.



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