

Issue No. 15:
October 2016

Welcome to our October newsletter!

We have had a busy summer, with outings, barbecues and activities, and we welcomed two new residents, *Evelyn, Kathleen and Anne.*

CQC visit



We were visited by the CQC inspectors at the end of August. They spent the day looking around the home, talking to residents, visitors and staff, and checking that we were taking good care of our residents.

Their report has now been published and is available at Parkside as well as on the CQC Website. Our rating is 'GOOD'.

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Parkside's Main Entrance

Work is now underway to convert our side entrance to our main entrance; please bear with us while the area is made ready for use.

There is now a ramp up to the side door, and a lobby area you can enter before coming into the home. We are setting up a reception area to help us to answer the door and deal with visitors as quickly as possible.

Chaplain

We have a Chaplain at Parkside, **Vikki Bunce**, pictured below, who is one of the ministers at Romford Baptist Church. She usually comes in on Wednesday afternoons to visit the residents; if you would like to speak to her, please contact her on 01708 743382.



Visit to Tropical Wings

We visited **Tropical Wings** in August, the pictures show **Lylie** and **Joy** enjoying the butterflies.

The residents had butterflies sitting on their hands, and they were stroking the skunks and lizards there! We completed the day by having lunch there before we came home. **Eve** said it had been wonderful.



Outings

We have taken many of the residents for meals at the **Harvester** in Gidea Park, and they enjoyed their gammon steak meals!

We arranged a couple of trips to **Southend**. The residents enjoyed their fish and chips and ice creams, sitting along the front and enjoying the views. One of the days was a bit windy so we had to hold on to our hats!

In June, **Romford Baptist Church** organised a week of summer fun for the elderly, and some of our residents joined in with the activities, which included flower arranging, a visit to the garden centre, team games and a roast dinner! The residents really enjoyed themselves and are looking forward to next year's event already!

We were invited to **Rise Park School** for afternoon tea and entertainment in July. The residents were talking about this for days afterwards; Wendy said it had been delightful.



Activities update

Our keep-fit lady, **Brenda**, retired over the summer; she has been coming to Parkside for many years and the residents have enjoyed their exercises on Wednesday mornings with her; we would like to wish her well for her retirement.

A group of students, called **Drama with a Challenge**, came in to entertain the residents with a play, which was very funny. Another group of students came to talk to the residents and took photos of them.

We held a barbecue for the residents and their families on the 10th of September, which was very well attended. We had a singer, **William**, to provide the entertainment, and the weather stayed dry for longer than we had anticipated! When the rain started everyone went inside for the desserts. **Lil** said she had enjoyed the food and spending the afternoon with her family.

Look at the cakes!

Peggy anticipating a lovely homemade cake.



Forthcoming events

Theresa has been busy planning and preparing for the autumn programme; we have a visit from some musicians from the Royal Albert Hall on 18th of October.

At the end of October **Wild Science** are bringing some of their animals to Parkside again.