

Parkside News Summer 2020



Welcome to the summer edition of our Parkside newsletter.

The last few months have been very different, haven't they? - where we've had to get used to daily briefings from the government, advice on how to distance ourselves from others and long queues at the shops.

We've very much appreciated all of the support that you have given us during this time and we hope that we will be out of this period of lockdown as soon as we start to get back to a sense of normality.

We will, of course, continue to keep you up-to-date with your loved ones here and everything that is taking place at Parkside. Don't forget that if you'd like to have a Skype video call or a telephone call with your family here at Parkside, please do let us know and we will be more than happy to arrange it.

Diana has been very busy in arranging access to the Relatives' Gateway for those that are able to have it. This will ensure that you're able to continue to keep up-to-date on all that's taking place here at Parkside.

Please continue to look at the website as well. We have now put a link to our Facebook page at the bottom of each page. We are also updating the pictures of the activities on a daily basis.

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Activities

Even though we are in lockdown at the moment, we're continuing to ensure that all of our residents are able to take part in the daily activities.

We've run quizzes, bingo sessions, armchair exercise sessions and we've also been updating our front windows with Easter celebration messages. We have also shown our support for the NHS and key workers by joining in the clap at the beginning of dinner on a Thursday.



VE Day

Our residents enjoyed celebrating VE Day on 8th May. When a lot of the country was in lockdown and being told to stay at home, that is exactly what our residents did!

Fish and chips from the local takeaway with songs and stories from 1945 were the order of the day. For many in the home, this was not just history, but part of their personal stories too. It was so humbling to sit and listen to their memories. We are sure there is a fascinating piece of work to do exploring the sum of what the lives of residents have contributed to the world.

Today, they may look older and frailer, but in their younger lives, they were radicals, world-changing, dynamic people. In their minds they still are and we want them to continue to believe they are.

One of the greatest privileges of being part of a care home community, is hearing the real stories from the real people that we have in the home. On VE Day, they were there in person cheering for their freedom. After lockdown, they will be cheering again.



Gardens

The residents continue to love the haven of the garden, especially during the summer, and whether there is a barbeque or just a picnic, there are many places to sit and spend time.

Many residents also take regular walks during the day.

Since the warmer weather has returned, all of the paths and seating have been cleaned and the residents have been able to start enjoying the garden again in the beautiful sunshine!



During the spring, lots of bulbs were planted in pots, in the hope that one day we will see the flowers that they produce. The residents are keen to work together in the garden and lots of pleasure is found from these activities.

Visitors to the garden

Who would believe that in the garden, in Gidea Park, we would see so much wildlife? The bird feeders are one place where we see many different birds. Along with the regular visits from squirrels and also the nesting of woodpeckers, starlings and crows, there is a lot for the residents to see. Residents are keen for the bird feeders to be kept full and that the bird baths are refreshed.

Resident update

Over the last few months, it's been really great to see our new residents settling into Parkside well. We've also been really pleased to welcome John over the last few months.

With sadness, we've had to say goodbye to Joy, Peggy, Vera and Eric during this time.

Videos

We have put together a few videos over the last few months of the residents enjoying their daily activities.

These have been put on our Facebook page for you to continue to enjoy them.



Parkside-Residential-Home

Parkside and PPE

A lot of the media during the lockdown have reported that it was all doom and gloom at care homes.

At the time of writing, we have been shielded from the worst of what the country has seen. Indeed, in an area of the country with one of the highest number of deaths from Covid-19, we have been blessed to not have a single case in the home.

We have always had enough PPE and on 2 occasions when we were getting close to minimum stocks, we were grateful to the support from our MP to obtain what we needed in a matter of hours.

5 things you might not know about Parkside

1. Parkside was founded in 1971 as a home for older Christian people to live together in the community
2. The first matron was Winnie Doughty (who sadly passed away at Parkside last year, aged 99)
3. There are 45 staff at Parkside that keep the home running on a daily basis
4. Parkside has no owner to provide a profit to. Everything that comes into Parkside is used for the purpose of running and improving the home
5. Parkside is run by Romford Baptist Church Housing Association Ltd, which is a friendly society and regulated by the Financial Conduct Authority.

A revamped Garden Lounge

John, Brian and the team have been very busy over the last few months transforming the dining area and the Garden Lounge.

As you'll see from the pictures, we've created more room by removing the cupboard and toilet and we've also opened up the middle partition (and closed off the end ones) to help create a much better living space. New radiators have also been installed.

A new carpet has been laid in the Garden Lounge as well to help spruce this area up.

The dining area has had a fresh coat of paint and the new cold water dispenser has been ordered. This will be fitted when we return to normal and will be next to the new coffee machine.



Building update

As you will see, the improvements at Parkside continue. The next big projects include:

- Repairing / replacing of our flat roofs
- A new kitchen
- Improvements to the Garden Lounge to include new doors between the Dining Room and the Garden Lounge
- The small kitchenette becoming an additional toilet

Although these have been put on hold for the moment, we are continuing to ensure that the day-to-day maintenance is completed.

Meet the staff— Our employees of the month for January and February 2020



Marie



Juliet

How long have you worked at Parkside?

Marie: I've worked at Parkside since December 2018.

Juliet: I've been here since April 2018.

What is your role at Parkside?

Marie: I'm the Catering Manager and in charge of hospitality.

Juliet: I work as a Carer at Parkside.

What do you enjoy most about your work here?

Marie: I enjoy being able to provide the best quality of food and providing different choices for the residents. I also like the Christian atmosphere of the home.

Juliet: I love caring and looking after all the residents at Parkside.

What do you like to do in your spare time?

Marie: I love gardening and enjoying time with my family.

Juliet: I enjoy relaxing and watching the TV.

Staffing changes

Over the next few months, we will continue to review our staffing structure.

Carol has joined us at Parkside as our new Care Co-Ordinator and Alison, Helen and Blessing have joined on the Care team and we are very pleased to have them onboard.



Carol



Alison



Helen



Blessing

Gilly, who was part of our Housekeeping team for nearly 5 years, has recently retired and we wish her all the very best for the future.

5 more things you might not know about Parkside

6. All the rooms (except one) now have ensuite bathrooms. This has been a major development over the last 3 years.

7. The top floor of the home used to be a flat where the matron lived and at one stage there was a garden on the roof!

8. Two of the residents got married in 1978.

9. Our dementia-friendly garden was built in 2013 with the assistance of a government grant, in conjunction with other homes in the area.

10. Parkside appeared on national television on ITV in 1973 as part of the Sunday morning worship programme.

Chaplaincy

As you will be aware, Parkside is owned by Romford Baptist Church.

Vikki, as the minister for the older generation at the church, is a regular visitor to Parkside. She can be found sitting chatting to residents whether in one of the lounges, in their rooms or, if the weather is nice enough, outside in the garden - particularly when ice-creams are being offered around. She meets with people of any faith or none at all, as she seeks to come alongside them at times of fun and laughter as well as during those times when they may be finding life a little bit more of a struggle.



She's easy to recognise as she's invariably wearing a pink clerical shirt and hat when she is at Parkside. She loves it when people stop her to say hello, as the work she does as a chaplain is also available to the families of the residents. If you would like to talk with her at any time, in confidence, please either email her at vbunce@romfordbaptist.org.uk or call her on 01708 743382 (option 3 followed by option 2).

Celebrating our residents' faith

We regularly celebrate our residents' faith and we have two services a week at the home in the Piano Lounge:

- Mondays at 10.30am
- Thursdays at 6.45pm

We are looking forward to welcoming back our regular speakers as lockdown eases.

Residents are also normally able to attend the services at Romford Baptist Church on a Sunday morning at 10.30am. The services have continued online despite lockdown.

If your relative would like to attend, please speak to your relative's carer and they will be able to arrange the transport.



Alternatively, the services are also broadcast from the church and are shown on the television in the Piano Lounge at the home.

Meet the trustees

The day-to-day running and leadership of the home is undertaken by the senior leadership team and more details can be found overleaf.

The governance of the home is by a board of trustees who meet every other month to ensure that the home is running well and working within the ethos of its foundation.

The trustees are:

John Stannard
(Chair)



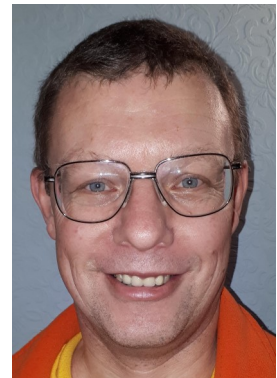
Samuel Tunde
(Treasurer)



Ian Bunce
(Team Leader)



Bernd Schulte



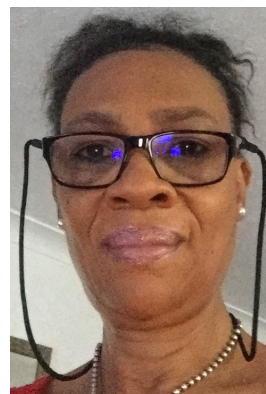
Sue Sharp
(Safeguarding)



John Stewart



Carmen Thomas-Reid



Rebecca Waigwa



Long term security

The media is speculating that care homes are facing financial issues and that many will soon close. We are pleased to be able to say that this is not the case at Parkside. We have sufficient reserves to continue without any concern.

We are continuing to plan to do significant investment including upgrading the kitchen and ensuring the building remains in a good state of repair.

We are grateful to our leaders and donors of the past who have ensured that we remain in such a position.

Residents' and Relatives' Meetings

About every 8 weeks we have a meeting which all of the residents are invited to come and attend.

It is an opportunity to share ideas and shape decisions in the home. So that we could maintain social distancing for our residents, we replaced the recent residents' meeting with a survey which was completed by the majority of them.

We have also continued with Relatives' Meetings. Although these have had to be held on Zoom, it has been a good time to be able to share the updates from the home in this way.

We will look to host the next meeting on Zoom again. Therefore, please do look out for the details that will follow in due course.



Who's who

We are keen for you to know who is who at Parkside. Please do feel free to contact us at the home at any time.



Team Leader: Revd. Ian Bunce

Telephone number: 01708 743382 (option 3, option 1)

email: ian@parksidehome.co.uk

Ian is the leader of all of the team at Parkside and oversees all the different aspects of the home.



Registered Manager: Diana Mfunne

Telephone number: 01708 743110 (ext 656)

email: diana@parksidehome.co.uk

Diana heads up the all the care of the residents from personal care to feeding and the housekeeping team. She is responsible for the day-to-day running of the home.



Operations Manager: Steve Street

Telephone number: 01708 743110 (ext 650)

email: steve@parksidehome.co.uk

Steve leads the home on all aspects relating to the property, business-side and HR.

65 Main Road, Gidea Park RM2 5EH

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www.parksidehome.co.uk



Facebook: **Parkside-Residential-Home**



Parkside is operated by

**Romford Baptist Church
Housing Association Ltd.**