

# Grange Hall News



Autumn 2010 - Winter 2011



## It was 'snow' joke but staff win praise during white-out

**FOR the second year running, snow and freezing temperatures brought chaos, not only to the Borders, but much of the UK.**

But this time, the white-out started in late November, leaving people, cars and even snow-ploughs stranded as they struggled to make their way through the massive snowfall.

Even though December was the coldest since records began, the residents at Grange Hall were cosy and snug, thanks to the heroic efforts of staff to

ensure that life inside the care home continued as normal.

And their dedication has been praised by the Grange Hall directors.

They said: "We would like to extend a huge thank you to the staff for their extraordinary and exemplary commitment to the safety and care of the residents at Grange Hall through the severe winter weather."

You can see what the conditions were like from these pictures, but thanks to staff, even the ponies received their regular feeds of hay!



# Birthday fun for everyone

Most people love birthday parties, especially their own! And Grange Hall residents are no exception.

Every resident receives a gorgeous cake, a gift and card from staff on their birthday and a photo is taken as a special memento of the occasion.

So we thought you would like to see some of our Autumn and Winter birthday boys and girls!



ABOVE LEFT: Audrey Whittaker received her cake from Senior Carer, Mania, on February 12, her 82<sup>nd</sup> birthday.

ABOVE RIGHT: Sam Neilson with his gift and cake, presented by Matron, Wendy, and Supervisor, Ania, when he was 79 last September 10.



LEFT: Sheena Barron was surprised with her cake at the Art Club on her 86<sup>th</sup> birthday on September 8 last year. She is pictured with Occupational Therapist, Sasha, Art Club volunteers, Lucille Fenton and Flora Pretswell and members of her family.

RIGHT: A happy Bobby Liddle had his grand-daughter's help to blow out the candles when he turned 73 on January 19.



ABOVE: Ian Todd was 84 years young on January 29 and received a fantastic day of pampering - including a massage and foot spa – as his present.

RIGHT: Margaret Gillie celebrated her 74<sup>th</sup> birthday on November 1 and was presented with her cake by Social Carer, Margaret Scott, and Carer, Jessie.



FAR LEFT: Joyce Fairweather was 74 on October 6. MIDDLE: Arthur Taylor celebrated his 94<sup>th</sup> birthday on November 9. He made this terrific model plane. LEFT: Janet Brunton was 96 on November 21 and Carer, Trish, helped her blow out the candles.

# Update on 'Talking Points' initiative

**NEW members of the Grange Hall community might not be aware of 'Talking Points', an important pilot project being trialled in three care homes in the Scottish Borders.**

The aim of this initiative to ensure that residents' personal outcomes are being achieved or that matters are being addressed to assist them in achieving their identified goals.

At Grange Hall we believe this means we have to ensure we move from a service that is needs-led, to one that ultimately focuses on the residents' wishes instead.

National policies including 'Delivering for Health', 'Changing Lives', 'Better Health, Better Care' and the 'Community Care Outcomes Framework', aim to put people at the centre of the delivery of health and social care services in Scotland.

As you may be aware, Grange Hall had already started updating each resident's care plan prior to the start of the project.

We are aiming to ensure that residents' own views have been collected and that the care plan is not structured around problems and deficits, but instead

focuses on interests, lifestyles and personal goals

The finished care plan should be highly person-centred with only vital medical information inserted at the back.

This way we are starting to echo the ideas already in place in community care, demonstrating that our residents are living 'at home' and not in a hospital.

A recent development in the 'Talking Points' project was in October last year,

**We are demonstrating that our residents at living 'at home' and not in a hospital**

when 11 members of nursing and care staff spent the day with Susan Polding-Clyde and Teague McFadden, two members of the Joint Improvement Team ([www.jitscotland.org.uk](http://www.jitscotland.org.uk)).

Susan and Teague led discussion around outcomes important to people using health and social care services, such as feeling safe, having things to do, staying as well as possible, living where and as they want and

dealing with stigma/discrimination, and so on.

And the workshops concentrated on the processes or changes that need to occur in order to achieve these outcomes.

These might include being listened to, having a say, being treated with respect, being responded to, improving confidence, skills and mobility and reducing symptoms.

As well as supporting the quality of life of the residents, the project will also look at what the spouse or informal caregiver might view as their outcomes relating to the care of their relative.

And, equally as important, is the job satisfaction of Grange Hall's staff, in particular the carers, who spend the greatest amount of time with the residents.

The next stage of the project involves cascading these ideas and approaches to other staff at Grange Hall and family members.

**If you wish to know more about 'Talking Points', please speak to Sasha Noel (Occupational Therapist) who is acting as lead contact, James Douglas (Senior Carer) or Matron/Manager, Wendy Smith.**

## Trolleys are terrific for residents

IF you've seen trolleys with drawers in them being wheeled around Grange Hall and wondered what they are for, here's your answer.

Resource trolleys provide an excellent means for carers to have one-to-one interaction with the residents.

Each trolley has three drawers which contain items for small but meaningful activities. There can be hand cream, potatoes and a peeler, playing cards, dominoes, balloons, buffers to make nails nice and shiny and brightly coloured cards from the Art Club.

The trolleys are changed twice a week, so there is always something different for the residents to try out.

Four Grange Hall staff, Senior Carer, James Douglas, Carers, Trish Marley, Lindsay Waddell and Jessie White, attended a special course in Edinburgh on how to use the trolleys and can now train the other care staff.



**Trish Marley uses the trolley with resident, Isabella Waite. The course Trish and the other carers attended is called 'Meaningful activities/Meaningful life – Therapeutic Activities in Dementia Care'.**

**March 10 is a red letter day**

**IT'S hard to believe, but March 10, 2011, is Grange Hall's 10<sup>th</sup> anniversary. As many will know, the magnificent baronial building was formerly a seminary before it became a care home under another name.**

**But March 10 marks the day it was officially taken over by the present directors and became Grange Hall.**

**But there won't just be a day of celebration to mark this auspicious date – but a whole week of special events is being planned for the residents to enjoy.**

**Relatives and friends are welcome to come along and join in. And there will be lots of photos of the various activities in the Spring edition of the 'News'.**

# Snakes alive! Assessor Ania's rapid rise up the career ladder

## **SUPERVISORS at Grange Hall play a vital role in the care home.**

They are registered with the Scottish Social Services Council (SSSC) and are qualified to give residents their medication, support the nursing staff, take charge of the carers during their shifts and help with staff appraisals.

At present there are two at Grange Hall, Ania Maciaga and Helen Redburn, while Senior Carers, James Douglas and Dawid Kubicki, have also recently completed the Supervisors' training course.

But we are turning the spotlight on Ania in this edition of the 'News'.

Not only is she a Supervisor, she is also a qualified SVQ Assessor, observing the carers during their training and checking their written assignments.

And her achievements are all the more remarkable for when she first came to this country from Poland five years ago, her English, as she is the first to admit "wasn't very good."

Ania, 35, grew up in Tychy, a large town half an hour's drive from the city of Katowice in the south of Poland.

After leaving school, she went to the Silesian University in Katowice and graduated with a degree in Social Work and Sociology.

Said Ania: "When I left university, I couldn't get a job in social work which is what I really wanted to do, so I ended up working in a pet shop.

"I thought I'd only be there for a few months, but I ended up staying for two years and becoming the manager.

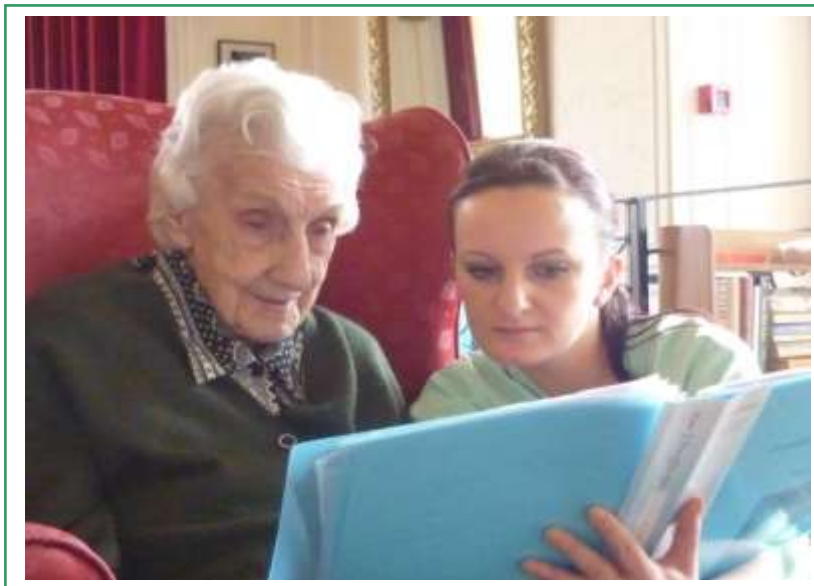
"We had lots of different animals in the shop, dogs, cats, rabbits and even snakes. The snakes didn't worry me at all - I just love snakes," she laughed.

Determined to find work closer to her chosen field, Ania registered with a Polish employment agency which helps people to find jobs abroad.

"I then had an on-line interview with a British agency, but the man I spoke to said my English wasn't very good.

"I knew he was right, but I said I would work very hard to improve it."

When the call came that work was available in the UK, Ania had just five days to organise all her documentation,



pack and say goodbye to family and friends.

And in 2006, she started her new life as a Carer at Grange Hall.

Ania said: "There were four of us from Poland who started here together, but I am the only one left out of the original four."

And when she arrived, she immediately set about improving her English.

"I didn't watch Polish TV at all, just programmes in English. I read books and talked to people all the time in English," she said.

Her hard work and determination paid off and she quickly rose through the ranks at Grange Hall to become a Senior Carer and qualified as a Supervisor two years ago.

Said Ania: "I enjoy everything about my job. I love working with people and when I see the residents smile after I've been working with them, it makes me so happy."

Ania, who lives in Earlston, has no plans to return to work in her homeland in the future.

"When I left Poland, I made the conscious decision that my career would be in this country," she said.

"I love working at Grange Hall and I am really pleased that my career has progressed the way it has."

Ania goes back to Tychy twice a year on holiday and her parents come over as often as they can.

"My Mum and Dad love it over here as the scenery is so beautiful. My Mum doesn't like the weather to be too hot, so I think that's why she likes Scotland so much," she laughed.

But Ania also has family close at hand as her elder sister, Mania, is a Senior Carer at Grange Hall.

"Mania came here seven months after me and my younger sister, Agata, also worked here for a while, but decided to go back to Poland."

Away from her busy life at Grange Hall, Ania enjoys reading, watching films and cooking and contributed to the amazing Polish feast enjoyed by staff at Christmas. (See Page 6).

**ABOVE: Ania discusses resident Anne Morrison's care plan with her.**

# Fireworks, fruit and vegemite!



- TOP: Residents Ella Thomson and Sheila Baxter prepare to enjoy another 'Fruity Friday' event.
- ABOVE: The brightly coloured Australia Day poster.
- LEFT: Resident Ann Valentine with her fantastic fireworks artwork.
- BELOW LEFT: Chef Colin cuts up different fruit for residents to try.
- BELOW: Activities Co-ordinator, Fiona, gives Annie Wands an Australian treat.



NOVEMBER 5 always goes off with a bang at Grange Hall as residents watch a super fireworks display on the front lawn, and last year they also made brightly coloured posters to celebrate the event.

And fruit galore was on the menu recently when residents enjoyed another popular 'Fruity Friday' event. They had to guess where different fruits such as pomegranate, pineapple, kiwi, mango, dragon fruit, passion fruit and papaya come from. And then there was the best bit – the tasting, when Chef, Colin Rae, cut up the different fruits for them to try.

Afterwards, the residents reminisced about how they used to pick out the seeds of pomegranates with pins or sewing needles when they were younger.

Strewth – Grange Hall was transported 'Down Under' as residents celebrated Australia Day on January 26. Members of the Art Club painted Australia-themed pictures and a special lunch featuring Aussie flavours was served. Residents also tried the famous 'love it or hate it' vegemite spread and tucked into Australia's well-known Cherry Ripe chocolate bars. Then they tied their kangaroos down, waltzed with Matilda and enjoyed other songs by that famous Australian – Rolf Harris!

# Polish celebrations



ABOVE: The happy couple after the ceremony.



## Dawid and Anna's special day

ON Saturday, October 9, wedding bells rang out in the town of Wladyslawowo in Poland as Senior Carer, Dawid Kubicki and Carer, Anna Krukowska, became husband and wife.

And colleagues from Grange Hall, past and present, including Matron/Manager, Wendy Smith, former Deputy Manager, Jean Carmichael, Senior Carer, Mania Malecka, and Carers, Gosia Wloch and Lukasz Szabat, flew over for the wedding.

Said Wendy: "It was a lovely ceremony and we all had a great time at the reception.

"Everyone was very friendly and made us feel so welcome.

"Jean and I stayed on for a few days after the wedding and managed to do quite a bit of sightseeing."

She added: "Anna's home town is on the Baltic coast and the beaches there are really beautiful.

"It was our first visit to Poland and we really enjoyed ourselves during our stay."



TOP: Krysia, Gosia, Wendy, Jean, Mania and Lukasz are pictured with Dawid and Anna.

ABOVE: The new Mr and Mrs Kubicki had some informal photos taken on the beach before joining their guests at the reception.

## A feast for Christmas

TRADITIONALLY, staff at Grange Hall have a 'night in' at Christmas to celebrate the festive season.

But last year it was one with a distinctly Eastern European flavour, as all the Polish staff prepared a spectacular feast for everyone to enjoy.

Everything was either home-made or arrived specially from Poland, including a fish, caught by Carer Gosia's Dad, and mushrooms sent over by Supervisor Ania's Mum.

And here is the menu, with translations!  
 Barszcz z uszkami – beetroot soup and beef ravioli;  
 pierogi z kapusta , grzybami – ravioli with sour cabbage and mushrooms; ryba smazona – battered Polish fish; rolada, kluski, modra kapusta – beef olives with pickles, red cabbage and potato dumplings; bigos – sour cabbage with pork, sausage and tomato puree; satatki – salad; makowki – poppy seed cake; ciasto z wodka – vodka cake and szarlotka – apple cake.

There was also chleb – bread plus, of course, wodka – vodka to drink!



Some of the delicious Polish food waiting to be devoured at the 'night in'.



## A day of hearts and hats!



IT was Valentine's Day with a difference at Grange Hall this year.

For the event was combined with 'Wear a hat day' to raise money for Age Scotland.

And the residents had lots of fun designing and making their own hats for the occasion.

Many wore their new creations to the special Valentine's Day concert in the Social Centre which was decorated with hearts and balloons.

Everyone enjoyed listening to the group 'Baseliners' then tucking into Valentine's Day treats with their tea after the show.

A total of £50 was raised for the charity.

ABOVE: Residents Margaret Dodd, Sylvia Lister and Margaret Mitchell set a new fashion trend with their colourful hats!

LEFT: A member of the group goes down on one knee to serenade the residents at the concert.

## Jewellery is a sell-out success

IF you've seen female residents wearing lovely pieces of jewellery, the chances are they've made them themselves!

Beautiful necklaces, earrings and bracelets have all been made right here, with the residents choosing all the colours and designs themselves.

And when the pieces went on sale, they were immediately snapped up by relatives and friends.

Said Occupational Therapist, Sasha

Noel: "I bring in Fimo clay which is very easy to grip with the fingers.

"The residents then make it into beads or pendants and choose all the colours themselves.

"Debi, the reflexologist who comes to Grange Hall on a regular basis, then takes the jewellery away and adds the spacers for the bracelets, tops for the earrings and attachments to the pendants."

Added Sasha: Debi does all this voluntarily and when she brings the jewellery back, the residents decide whether they want to keep or sell the pieces they've made.

"We are delighted this project has been so successful."

BELOW: Left - some of the lovely pieces the residents have made, Right - Sasha and resident, Dorothy Heveran, model some jewellery.



# News and pictures

## Fond farewells

IN February, a popular Carer said goodbye to Grange Hall.

Iwona Adamczyk decided to return to her home town of Oswiecim in Poland as her teenage children want to finish their education in their home country.

Iwona joined the staff back in 2006 and we couldn't let her go without having a party in her honour.

Matron Wendy presented Iwona with a beautiful charm bracelet to thank her for all her hard work over the years and she also received a box of her favourite breakfast cereal – porridge – to take back to Poland with her!

We wish Iwona and her family every success in the future.

Also bidding farewell to Grange Hall are Lucille Fenton and Flora Pretswell who run the popular Art Club on Wednesday afternoons.

The ladies have decided its time to retire and we would like to thank them for all their work with the residents over the years and wish them both every happiness when they are 'ladies of leisure'.



ABOVE: Iwona gets a great send off from her friends at Grange Hall.



LEFT: Lucille and Flora of the Art Club with some of the members' work. Lucille and Flora have decided to retire.



ABOVE: A visit by the Frantic Theatre proved very popular in January and the residents loved the different puppets.

RIGHT: Resident Archie Dallas entertains family members by playing the mouth organ.

