

**100%
Good**

OSJCT Oxfordshire &
Lincolnshire achieve
100% good rating
pg 12



Trust employees
recognised for
excellence
pg 20



Trust in Care

WINTER 2019 · EDITION 39

THE MAGAZINE OF THE ORDERS OF ST JOHN CARE TRUST



Virtual reality
helps residents
reminisce

pg 03

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A message from Dan

Welcome to the latest edition of our Trust in Care magazine, where you can find all the latest information about what's going on in the Trust and in the care sector.

I am delighted to announce that every single one of our care homes in Oxfordshire and Lincolnshire, and all of our Extra Care Housing Schemes, have achieved a 'good' or 'outstanding' rating from the Care Quality Commission (CQC).

I'd also like to applaud the six Trust employees who were shortlisted as finalists in the prestigious Great British Care Awards, plus those homes that have enjoyed success in county care awards.

Elsewhere in this issue you can read some of our Trust news stories that have appeared in national, regional and local press. News of our virtual reality reminiscence sessions for the benefit of residents at Marston Court in Oxford was covered internationally, appearing on BBC World News!

Other Trust news includes the opening of a beautiful woodland walk at Edwardstow in Gloucestershire, a project at Gregory House in Lincolnshire that has seen residents' memories captured in a book, and you can also read how I took to the dance floor to help one of our residents at Lake House in Oxfordshire celebrate her 99th birthday.

In recent weeks our homes have celebrated harvest and are now gearing up for the busy Christmas season.

We had to say goodbye to Southfield House and Wyatt House, and I would like to thank everyone who worked over many years in those homes, for making them such wonderful places to live. I would like to pay particular thanks to Karen West, Nicky Priest, and the current care teams, who closed the homes with such professionalism and dignity.

Finally, as this is the last edition of Trust in Care for 2019, I would like to take the opportunity to wish you all a very merry Christmas and the happiest of times in 2020.

Dan Hayes
Chief Executive



OSJCT embraces new technology to help residents re-live their past

The Trust has been trialling innovative virtual reality reminiscence sessions at one of its homes in Oxford to help residents re-live special memories from their past.

The BBC made a seven-minute film about the virtual reality sessions which have been offered to residents at Marston Court in Oxford.

The BBC film showed three residents Bill, Betty and Sarah experiencing the personalised 360-degree footage to help re-live some of their formative memories, including favourite hobbies and significant places from their past.



Bill was taken back to the dance halls of the rock n' roll era, Betty saw where she started her married life in the house, street and church where she was married, and Sarah visited France where she ran a bed and breakfast with her son and reminisced about her time there.

They described the experience as "marvellous", "unreal" and "beautiful". Betty added:

“It's unreal, really. It just transports you back and how can you do that when I am sitting here? It's beautiful.”

Dan Hayes, Trust Chief Executive, said: "Virtual reality is such an innovative concept and one which the elderly are not frightened to embrace. We hope to continue to provide our residents with these wonderful opportunities and experiences." *



Marston Court
Marston Rd, Oxford OX3 0DJ
01865 241526
www.osjct.co.uk/marstoncourt

Moved by *music*



We have all experienced the power music has to bring joy, evoke memories of the past and provide comfort. For years, people have benefitted from music therapy, which helps with physical, mental and emotional challenges in people of all ages.

Music therapy is used to help older adults deal with age-related issues, such as stress, depression, chronic pain and even memory impairment. It's used in memory care treatment to slow the decline of speech skills in those who are living with dementia.

Music can bring people together to help combat feelings of loneliness and isolation and playing music can also motivate older adults to get moving.

Goodson Lodge in Trowbridge is looking to harness the power of music by launching a choir. All are welcome to take part, with residents, family, friends and members of the local community all invited to join in.

If you are a singer at heart, rehearsals take place **every Thursday evening at 6.30pm at Goodson Lodge**. The choir even has its first booking: it will be performing at a festive celebration at Paxcroft Community Hall in December.

To book onto either event, please call 01225 617000 and speak with Sue or Leanne.

Tony's Night at the Opera

Life-long classical music fan Tony was treated to a trip to the opera after the team at Grace Care Centre discovered he would love to go.

Tony told the team about his passion for classical music during an All About Me session, which are held to help us better understand our residents and help enhance their experience whilst staying with us.

On finding out that he hadn't recently been to the opera Activities Coordinator Emma organised to take him to the Bristol Hippodrome to see 'Un ballo in Maschero' presented by the Welsh National Opera.

Tony said he had really enjoyed the trip, adding "I had a wonderful time, I used to enjoy the opera with my mother growing up in Wales." *



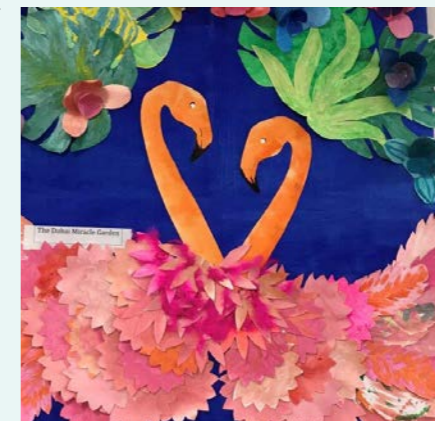
Vibrant artwork inspired by gardens around the world has been created by residents of Longlands Care Home in Oxford as part of a national project.

An exhibition of artwork at the home was the culmination of a national project run by Creative Mojo, which specialises in providing craft experiences for the elderly and people with learning disabilities. The initiative encouraged care homes and other community centres across the country to create and showcase artwork inspired by gardens around the world.

Emma Polin, the local Creative Mojo co-ordinator, who has been running regular arts sessions with residents at Longlands since the start of the year, said: "It's fantastic for them to see their work on display like this. They really enjoy recognising what they've worked on and it keeps the conversation going about their art and what they've achieved." *



Art in Action



Longlands activity co-ordinator Donna Shirley added: "Emma has really inspired our residents and helped many of them discover hidden artistic talents. She's so good at getting them involved and encouraging those who don't usually join in with activities. Her sessions have really brought a lot of residents out of themselves." *

Other Trust homes which also took part in this project include Townsend House in Headington, Henry Cornish in Chipping Norton, Madley Park House in Witney and Langford View in Bicester.

Renee's Art Exhibition

St Wilfrid's Arundel Priory helped celebrate the artistic legacy of one of their residents Renee at a special event this summer as part of the annual Arundel Gallery Art Trail.

Renee was one of the founding members of the art trail which has been held at the end of August for more than 30 years. The event sees 150 artists and makers in the town open up their studios, houses and galleries to create a walkable, open-house arts trail.

This year St Wilfrid's took part in the festival, displaying some of Renee's work as part of the trail. Home Manager Rachael Staker said: "We were very proud to be able to exhibit some of Renee's artwork as part of this year's Arundel Art Trail.

"It was a very fitting way of celebrating not only her individual artistic achievements, but also her important legacy to the town in helping to set up this fantastic annual arts event." *



Flying High

Eleanor Wadsworth, Britain's last surviving female pilot from the Second World War, celebrated her 102nd birthday at Oxlip House last month.

Eleanor was one of the famed 'Spitfire Women', serving as a female pilot in the Air Transport Auxiliary (ATA) from June 1943 to September 1945 ferrying Spitfires, Hurricanes and other types of new, repaired and damaged military aircraft planes between units across England.

Eleanor initially went to work for the ATA at White Waltham in Berkshire in 1941 as an assistant architect, but after seeing a notice saying the civilian organisation needed more pilots, including those with no flying experience, she put her name down.

In June 1943, the 25-year-old began her initial training and was one of the first six people on the course.

Eleanor said: "Before we got into an aircraft, we had to do meteorological training and learn all about internal combustion and the different engines.

"Navigation was also really important because we never

had any air to ground connection in those days. We couldn't phone or get in touch with anyone else. Once we were in the air we were on our own."

Flying solo after just 12 hours of training, the then 26-year-old went on to pilot 22 different types of aircraft in the war effort, including 132 Spitfires, 28 Hurricanes, two Hellcats and one Mustang.

But the Spitfire was undoubtedly her favourite plane to fly.

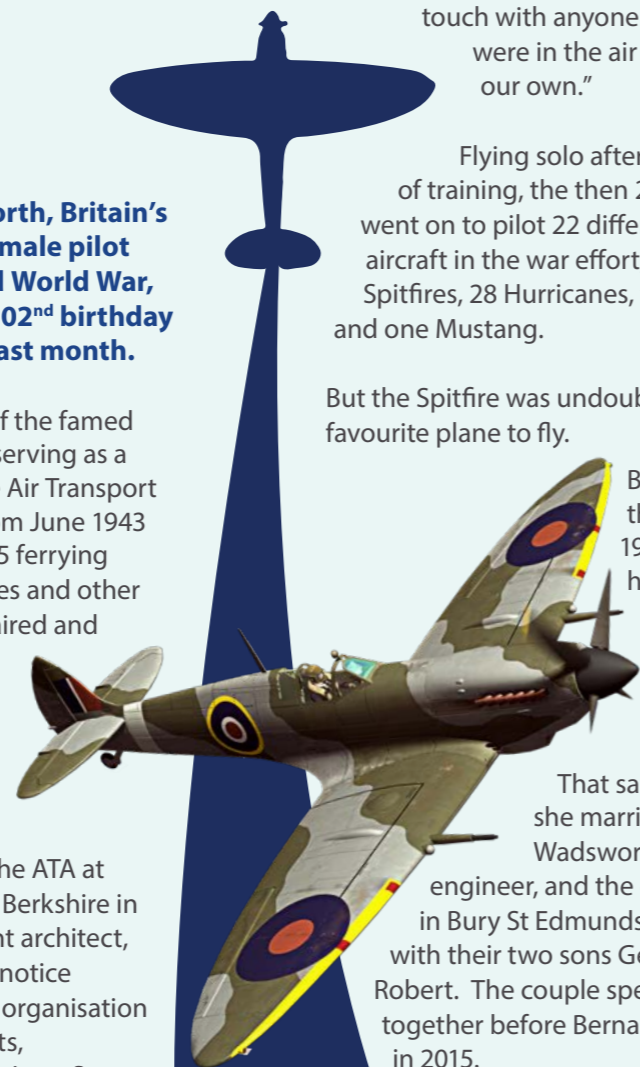
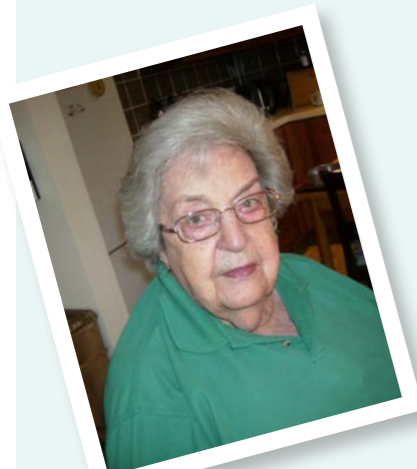
By the end of the war in 1945, Eleanor had clocked up 590 flying hours, 430 of which were solo.

That same year she married Bernard Wadsworth, a flight engineer, and the couple settled in Bury St Edmunds 11 years later with their two sons George and Robert. The couple spent 70 years together before Bernard's death in 2015.

Eleanor also has five grandchildren and seven great grandchildren, some of whom were able to help celebrate her 102nd birthday at Oxlip House.

Eleanor, who enjoys recalling her memories of her time with the ATA, said: "Sometimes it gets a bit fuzzy and seems like so long ago. But there are things that are always so clear and when I look at my logbook and my pictures I remember little details about that time and it all comes back to me." *

"It had a lovely sound. It doesn't sound as loud when you're in the plane as when you see one go past. And it just looked as though it ought to be flying."



A dream come true...



Eresby Hall resident Peter Horry's dream came true when he took a taxi ride in a Lancaster Bomber.

Peter got the chance to sit behind the pilot in the navigator's seat on the Avro Lancaster NX611 'Just Jane' during his visit to Lincolnshire Aviation Heritage Centre.

His visit was made possible after a group of people from the local church fundraised for it.

Peter said he never dreamed that this would have been possible, and that he was most grateful for all those who helped make it happen. *

The sky's the limit!

Athelstan House resident Cyril Foulds fulfilled a life-long ambition by passing his pilots licence aged 81!

Cyril was in the RAF from 1944 until 1948 and had wanted to be part of the aircrew but was told he was too short.



After his wife Dorothy died his children, Alison, Richy and Ros encouraged him to take up a new hobby, prompting him to think again about taking to the skies.

He approached the Leicestershire Aero Club and the then chief flying instructor John Pugh agreed to take on the challenge of teaching him.



It took slightly longer than the regulation 45 hours of flying time required to qualify but 18 months later, and after passing seven examinations, Cyril was finally awarded his Private Pilots Licence.

At 80 years old, Cyril was the oldest student the aero club had ever had, and he impressed all with his sheer determination to achieve his lifelong ambition.

He was even voted Student Pilot of the Year by all the instructors at the club.

In an interview with BBC Leicester for a feature on growing old disgracefully, Cyril said: "I've always wanted to fly ever since I was a youngster and joined the RAF. I volunteered for air crew but the selection board suggested I wasn't tall enough to be a pilot and I wasn't educated enough to be a navigator."

Cyril, now 93 years old, enjoys thinking back to the words of the RAF selection board. *

"They were wrong, they didn't know what they were talking about. I proved it to myself and that's the most important thing."

In the Press

Some of the highlights from across the Trust over the past few months. Find more news stories online at www.osjct.co.uk



Woodland Walk

BBC Radio Gloucestershire ran a fantastic piece about Edwardstow's new woodland walk, which was opened for the benefit of residents and the local community.

Over the last year a patch of woodland next to the home in Stow-on-the-Wold has been transformed into an attractive and tranquil outside space. A new path, accessible for all, including wheelchair users, now winds through the woodland, and new seating areas have been added.

The woodland, which is hoped will become a haven for wildlife, will be a lovely spot for residents and their loved ones to sit or enjoy a gentle walk. The local community has been very involved in the regeneration project and are also very welcome to use the space.



The Mayor of Stow-on-the-Wold, Ben Eddolls, officially opened the woodland walk, describing it as a real asset for the town and a great way of bringing younger and older generations together.

Many of those who had supported the project also attended the opening event, including representatives of Cotswold Friends, which created bug houses for the woodland, and local artist Louise Evans, who painted a watercolour map of the site. Pupils from Stow-on-the-Wold Primary School also attended and were excited about how they could use the woodland for outside events and activities.

Residents who had been heavily involved with the project, including choosing seating and judging the winner of a best bird box competition, loved getting their first chance to explore the finished woodland walk.

BBC Radio Gloucestershire attended and interviewed Trust Deputy Chief Executive Kerry Dearden, residents and members of the community who had been involved in this special project.

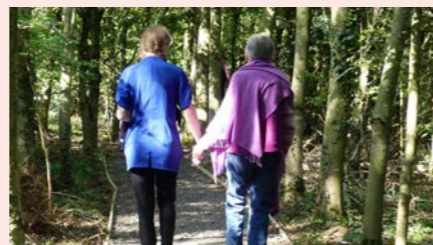
Edwardstow resident, Shirley, told BBC Radio Gloucestershire that the

new woodland walk was a "fabulous idea" where both young and old could experience the seasons and wildlife.

Another resident, Tom, added: "It's a wonderful place, they have done a terrific job. I have already come out here twice in the evening just to listen to the birds."

Kerry Dearden, Deputy CEO, commented: "The woodland walk opening was a wonderful event which was shared not only by our residents and the team at Edwardstow but by several members of the local community who came out to support this venture.

"I would like to thank everyone involved who helped to prepare the woodland walk and the Trust hopes it will be fully utilised by all in Stow and the surrounding region."



To find out more about events at Edwardstow Court Care Centre please phone **0800 9888133** *

Living Memory

Avonbourne's amazing Phyllis Haley was featured on BBC Radio 4's series Living Memory.

108-year-old Phyllis answered an array of questions, talking proudly about her husband, who was a colonel in the army, and of her siblings whom she misses greatly.

When asked if she was an optimist, Phyllis answered: "Oh rather. I take each day as it comes and I always have done – just live, and enjoy it. No use worrying about things. If you worry they don't come and if you don't worry they come."

The journalist also asked if she had any advice for the younger generation, to which Phyllis replied:



Life Stories

The Grantham Journal highlighted a lovely project at Gregory House which saw residents' memories captured and published in a book.

The Elder Tree Project, which aims to celebrate the wealth of experience, knowledge and talent that older people bring to communities, involved residents being interviewed by professional writers who then collated these stories in The Gregory Book.

Home manager Anna Lewkowicz said residents really enjoyed sharing their memories in this way. She

"No, let them get on with it!"

Dan Hayes, Chief Executive at the Trust, said it had been fantastic to hear Phyllis take part in this programme, which discusses topical issues with some of Britain's centenarians.

He added: "This programme was a reminder to us all of the vibrancy and good quality of life that can be enjoyed at over 100 years of age. It also showed that people of such great age remain engaged with current issues and can offer a real contribution to the debate."

To find out more about events at Avonbourne please phone the home on **01722 429400** *

added: "It was also lovely for our residents to spend quality time together getting to know each other's life stories a bit better.

"The Gregory Book is our real pride and joy – a great memento of a fantastic project."



Photo by Toby Roberts of the Grantham Journal

To find out more about events at Gregory House please phone the home on **01476 562192** *

Dancing with Dan

The Banbury Guardian shone the spotlight on Alison Prew, of Lake House in Adderbury, who celebrated her 99th birthday by taking to the dance floor with Trust CEO Dan Hayes.



Dan said he was "honoured" to be asked to help fulfill Alison's birthday wish to "dance the waltz with a strapping man," even taking a waltz masterclass beforehand to ensure he got the steps right!

At a special birthday tea dance the couple danced a waltz to one of Alison's favourite songs, Vera Lynn's Somewhere in France watched by fellow residents, colleagues and Alison's daughter Sue.

Alison said dancing the waltz with Dan had been "wonderful."

You can watch a video of Dan and Alison's birthday dance on our Facebook page at www.facebook.com/osjct/videos

To find out more about events at Lake House please phone the home on **01295 811183** *





Lincolnshire & Oxfordshire achieve **100% Good** rating!

We are delighted to announce that every single one of our care homes and extra care housing schemes in both Oxfordshire and Lincolnshire have achieved a 'good' Care Quality Commission (CQC) rating.

The CQC is the independent regulator for health and adult social care in England that inspects and rates care homes to ensure people receive safe, effective, compassionate, high-quality care.

In total, 31 homes and schemes in Oxfordshire and 15 homes in Lincolnshire have been rated good or outstanding.

Lucy Holl, Trust Operations Director, said these ratings are an "exceptional achievement".

She added: "We are absolutely delighted to have this independent endorsement of the quality of our care. To achieve a 100% good rating across two counties is a truly exceptional achievement and reflects the absolute commitment and dedication of our employees to our residents and their work as a cohesive deliverable team, led and supported by strong management."

“We are absolutely delighted to have this independent endorsement of the quality of our care.”

Patsy Just, the Trust's Assistant Operations Director for Oxfordshire, comments: "I am delighted by

this recognition and thankful for all the hard work delivered by our colleagues in Oxfordshire to ensure this independently endorsed success across the region. The knowledge that our residents and clients are happy and receiving the best possible care with individual needs being met is a testament to the values and ethos of the Trust and the hard work of all the teams."

Caroline Dunagan, Assistant Operations Director for OSJCT, added: "Our homes in Lincolnshire take much pride in delivering the best possible care and always go above and beyond their roles to ensure the residents living in the homes receive excellent positive outcomes. I would like to thank everyone for being so committed to those in their care, which reflects the values and ethos of our Trust." *

FREE HOT DRINKS

for Health Care Professionals and Emergency Service Crews

As a small thank you for your work, our care homes would like to invite all public service men and women to join us for a FREE hot drink any day.

For participating homes and for event information, contact: **0800 988 8133**, go to **osjct.co.uk**, visit our Facebook pages or see page 14 of this magazine.

Free coffee mug also available for Health Care Professionals and Emergency Service crews.



What's on across the regions?



Memory Café

Please join us and share your experiences and ask for advice or information about any memory difficulties. Held at:

- Watersmead
- Monksroft Care Centre
- Windsor Street
- Chilterns Court Care Centre
- Chestnut Court
- Athelstan House



QUIZ NIGHT

Testing your general knowledge and having a little fun all in the aid of charity!

Reminiscence Club and Memory Cafes

Monksroft Care Centre
1st Wednesday of every month
2:00pm – 4:00pm

Henry Cornish Care Centre
Every Wednesday
10:30am - 12:00pm

Avonbourne Care Centre
Every Monday
10:30am

Hayward Care Centre
2nd & 4th Tuesday of the month
10:00am - 12:00pm

All these events were correct as we went to press but before you attend please do double check with the home to make sure they're still going ahead as planned!

You can find out phone numbers for all our homes on our website at www.osjct.co.uk/homes-directory

Quiz/Bingo

Gregory House: Quiz
Every Saturday
3:00pm

Gregory House: Bingo
Every Monday
10:00am

Oxlip House: Bingo
Every Monday
2:00pm - 3:00pm

Henry Cornish Care Centre: Quiz
Every Tuesday
10:30am - 12:00pm

Avonbourne Care Centre: Bingo
Every Saturday
10:30am - 12:00pm

Hayward Care Centre: Bingo & Quiz
Every Wednesday
1:45pm - 4:00pm

Coffee Morning/ Afternoon

Edwardstow Court
Every Friday
10:30am - 12:00pm

Grevill House
Every Wednesday
3:00pm - 4:30pm

Jubilee Lodge
Every Tuesday
11am

Millbrook Lodge
Every Wednesday
10:30am - 12:00pm

Orchard House
Every Monday
2:30pm - 4:00pm

Windsor Street
Every Saturday
11:00am - 12:00pm

Beckside
Every Friday
10:30am - 12:00pm

Patchett Lodge
Every Tuesday
10:45am - 11:45am

Oxlip House
Every Wednesday and Fridays
10:30am - 12:00pm



Coffee Morning at a home near you...

Coffee Morning to meet new people, so come and join us for hot drinks, cakes and entertainment.

CONNECTING COMMUNITIES

Henry Cornish Care Centre
Every Friday
10:30am - 12:00pm

Langford View
Every Friday
10:30am - 11:45am

Meadowcroft
Every Thursday
10:00am - 12:00pm

Ashwood Care Centre
Every Friday
11:00am - 12:30pm

Avonbourne Care Centre
Every Thursday
10:30am - 12:00pm

Brookside
First Friday of the month
10:30am - 12:00pm

Buckland Court
Every other Wednesday
10:30am - 12:00pm

Goodson Lodge
Last Friday of the month
10:00am - 12:00pm

Marden Court
Every Wednesday
10:30am - 12:30pm

Willowcroft
Every other Tuesday
10:30am - 12:00pm



Cream Tea

Edwardstow Court
3rd Tuesday of the month
2:30pm - 4:00pm

Brookside
Every day
3:00pm - 3:45pm

Jubilee Lodge
3rd Wednesday of the month
2:45pm

Fish & Chip Club

Edwardstow Court
Every Friday
12:30pm - 2:30pm

Avonbourne
Every Friday
12:30pm - 2:30pm

Hayward Care Centre
Every Friday
4:00pm - 5:00pm

St Wilfrid's Arundel Priory
Every Friday
12:45pm - 2:00pm



Fry day fish & chip club

A lunch club for older people. Serving fish and chips from 12 - 1.30pm

£5 per person

Gents' Club

Langford View
Every Tuesday
2:30pm

Avonbourne Care Centre
Every Friday
6:00pm

Brookside
Last Tuesday of the month
10:00am - 12:00pm



Cinema Club

Every Second Tuesday at 4:00 to 6:00pm (Approx.)

Showing at:
Grace Care Centre
Whitebridge Gardens, Thornbury, BS35 2FR

If you would like to attend, please call reception on 01454 549400

FREE ENTRY
ADULT TICKETS
+10
CHILDREN
+5

Cinema Club

Apple Trees
Every Saturday
2:30pm - 5:00pm

Fosse House
Every Thursday
5:00pm - 8:00pm

Gregory House
Every Tuesday
2:00pm

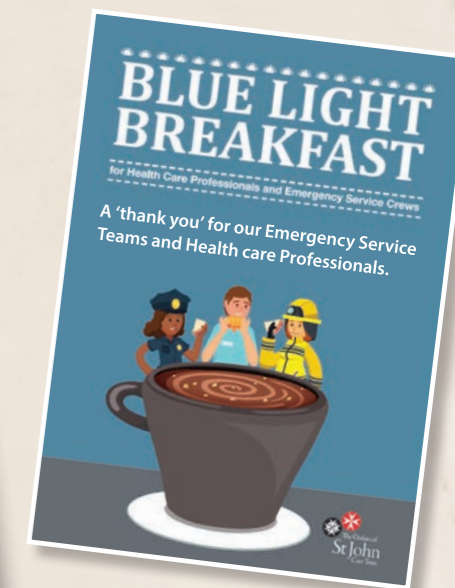
Isis House
Every Tuesday
5:45pm - 8:00pm

Arts & Crafts Club

Oxlip House
Every Saturday
10:30am - 12:00pm

Ashwood Care Centre
Every other Thursday
10:30am

Seymour House
Every Wednesday
2pm - 4pm



BLUE LIGHT BREAKFAST

A 'thank you' for our Emergency Service Teams and Health care Professionals.

Blue Light Breakfast

Edwardstow Court
Every Friday
8:30am - 10:00am

St Wilfrid's Arundel Priory
Every Monday
8:00am - 10:00am

Knit & Knatter Knit2gether

Fosse House
Every Monday
2:30pm - 4:00pm

Langford View
Every Tuesday
2:30pm

Athelstan House
Every Thursday
2:15pm

Goodson Lodge
Every other Saturday
10:30am - 12:00pm

Hayward Care Centre
Every Tuesday
4:00pm - 5:00pm

St Wilfrid's Arundel Priory
Every Wednesday
11:00am - 12:00pm



KNIT & KNATTER

Thursdays at Larkrise Care Centre and The Lakes Care Centre

Making the right choice

Choosing a care home is often an emotional and complex process.

The decision to move into a home, or to help your relative to do so, is such an important one, and you will undoubtedly have worries about the impact of this change.

Alongside this, the decision as to which home to choose can be daunting, particularly if time is a pressure, and you or your loved one needs to make this move as soon as possible.

We know that often people start the decision-making process by doing some online research into providers or homes that may have been suggested by family or friends.

The next step usually involves shortlisting two or three homes to visit from those discovered in your research.

If you are just embarking on this stage of choosing a care home the Trust has prepared a checklist to help prepare for your visits to shortlisted homes. This covers key areas to consider, including what your first impressions are, what care is provided and what facilities the home offers.

The checklist will also prompt key questions to ask while you are looking around such as:

- Is the location suitable?
- Does the home provide the right type of care for your needs?

- Are there activities and events available for residents to get involved with?
- Do health care professionals, such as opticians, chiropodists and physiotherapists visit the home?
- Can residents eat when they want to and is there a choice of menu options?

The full Choosing a Care Home Checklist, along with other helpful guides, can be downloaded from our website at:

www.osjct.co.uk/help-advice or if you have any questions please get in touch on **0800 988 8133**. *

Paying for care

Paying for long-term care is a complex subject and many people don't know where to start.

Unlike healthcare delivered in the NHS, residential and nursing care for older people is not free for everyone. Exactly how much you might be asked to pay will depend on your individual circumstances and will also vary depending on where you live and the kind of care that is needed.

Generally, there are three ways to meet the costs of your care:

- NHS funded nursing care
- Local Authority funding
- Self-funding

Local Authority state funding is means tested, based on nationally set guidelines, unlike medical care on the NHS that is free at the point of need. If you're not eligible for NHS fully-funded care or Local Authority funding then you'll need to pay for your care yourself.



For many people payment of care costs is often made using a mix of Local Authority funding, personal savings and assets.

Whatever your situation it is definitely a good idea to get some specialist financial advice on the funding of your care. We recommend you contact the independent, accredited Society of Later Life Advisers (SOLLA), which can put you in touch with a local accredited financial adviser. They are completely independent of OSJCT but can offer advice on a range of issues. They also offer one hour's free advice without any obligation on your part.

To find a SOLLA adviser near you please see www.societyoflaterlifeadvisers.co.uk

We also strongly recommend that you make arrangements to appoint a Lasting Power of Attorney (LPA) within three months of moving into an OSJCT care home. This will enable the people you choose to appoint to make decisions on your behalf if you become incapable of making them yourself. *

For more details on this subject as well as other useful sources of helpful advice see www.osjct.co.uk/help-advice where you can download a Paying for Care leaflet.





Reaching out at Christmas

Whilst the festive season can be a joyous occasion for many, the experience can be different for some and unfortunately circumstances can mean that some people may spend this time alone.

Loneliness and isolation can be felt at any age in society, but it is particularly prevalent in older generations and particularly during the winter months.

Age UK research reports that if loneliness is not addressed it can become chronic and could have a serious effect on people's health and well-being, making it hard to cope during Christmas time and into the long month of January. The research found that over 230,000 older people spend at least one day alone during the Christmas period (from Christmas Eve to New Year's Day) and that the time of year is not always something the elderly look forward to as it often reminds them of those who have passed away.

Additional research found that 1.7 million older people in England can go for a whole month without seeing or meeting up with a friend and during this time over 300,000 people aged 65+ will have no communication with family or friends at all.

At OSJCT we understand how important social interaction is for the elderly. This can be as simple as sitting with someone to find out their hobbies and helping them to engage in an activity, as well as arranging various group activities to suit all tastes.

Our homes' daily activities programmes promote conversation and a sense of community, and we are very in tune with the challenges that can be faced by some during

the Christmas period and the importance of company for older people.

We would encourage everyone to reach out to those in the community who may feel lonely and to engage in conversation or recommend local community events they could attend.

Our homes are warm and welcoming and hold regular events for the community to join, including coffee mornings, fish 'n' chips lunches, knit and knatter sessions, reminiscence and memory cafes, and much more.

Please see page 14 for a calendar of events and share this with family and friends who may benefit. *

For more information:

0800 988 8133

www.osjct.co.uk



Our finalists

in the Great British Care Awards

Six dedicated Trust employees were shortlisted as regional finalists in the prestigious Great British Care Awards, which celebrate excellence in the care sector.

Kerry Dearden, Deputy CEO for the Trust, said: "At the Trust we are proud

of all our employees and volunteers who support residents to achieve person centred care and outcomes every day. We are thrilled that six of our fantastic colleagues at the Trust were shortlisted for the Great British Care Awards. Like many of our employees, they are all known for going the extra mile for our residents."*



Cheryl Gilderdale, Home Manager of Hartsholme House, Lincoln, Lincolnshire Winner of *The Care Home Registered Manager award at the Great East Midlands Care Awards*

Cheryl has been with the Trust for more than 17 years and has been manager of Hartsholme since 2012. Cheryl is dedicated to providing the best care experience for all and has championed inclusive strategies to support residents with dementia. Professional, responsive and proactive, Cheryl has been recognised by the CQC as outstanding.

Judges commented: "Cheryl's passion really shone through with her dedication to the residents and team members. Person centred care is at the heart of the home and residents are empowered to remain a human being."*

Maggie Coleman, Home Manager of the Chilterns Court, Henley, Oxfordshire

Maggie, who has more than 30 years' experience working in the care industry, joined the Trust in 2014 and became Home Manager of Chilterns in 2017. Maggie is passionate about providing quality care, devoted to her residents and a true team leader, always striving to help, support and develop others.*



Catriona (Cate) Jones, Home Manager of Henlow Court, Dursley, Gloucestershire

A registered nurse for 32 years, Cate has worked for OSJCT for 14 years, becoming Home Manager last year. With her holistic and compassionate approach, Cate works tirelessly for her residents and is committed to person-centred care. As Home Manager she leads by example to inspire confidence in colleagues, clients and families.*

Carol Parker, Nurse, Monkscroft Care Centre, Cheltenham, Gloucestershire

As a nurse with more than 40 years' experience, Carol feels privileged to look after people, and their families, who are approaching their end of life. She strives to make the home calm and caring, with a welcoming atmosphere, where people feel safe, secure and loved.

For more about Carol see below.*



Jeff Denton, Activities Co-ordinator, Old Station House, Abingdon, Oxfordshire

Jeff has been at OSJCT for 10 years and loves coming up with innovative ideas to ensure his residents lead full and meaningful lives. Highly motivated, Jeff has recruited 20 volunteers to increase the number of events offered as part of his varied programme. Jeff is always positive and cheerful, and Jeff is incredibly popular with residents.*

Jane Mealing, Activities Co-ordinator, Avonbourne, Old Sarum, Wiltshire

Jane is committed to enriching the quality of residents' lives and expanding their horizons through a varied programme of inclusive activities. She has also built strong links with the local community, particularly with younger generations. Jane brings drive, energy and passion to her role, always going the extra mile for residents.*



Monkscroft recognised at Gloucestershire Care Awards

Monkscroft Care Centre in Cheltenham had two finalists at the Gloucestershire Care Providers Association Awards.

Carol Parker, a Nurse at Monkscroft, won the End of Life Care category and her colleague Lynne Donaldson, who is Head of Care, was a finalist in the Dementia category.

Helen Bayliss, the Trust's Regional Assistant Director for Gloucestershire (East), attended the prestigious awards ceremony with Carol and Lynne together with Monkscroft Home Manager Doreen Paisley.

Helen said: "We were delighted to have been shortlisted for the GCPA awards with two of our colleagues from Monkscroft.

"Carol's win was a wonderful achievement for her and the Trust.

Lynne being a finalist added to the richness of our recognition and presence at these Gloucestershire care awards. The dedication of all our employees is a testament to the values and ethos of the Trust which places the resident at the heart of everything we do."

Carol will now represent the Trust as a finalist in the South West Region finals.*



Two Lincolnshire homes shortlisted for a county care award

Congratulations to Boultham Park House in Lincoln and Gregory House in Grantham which have both been shortlisted as finalists in the 2019 Lincolnshire Care Awards.

Both homes have been shortlisted in the Healthy Nutrition category, and Gregory House's handy person Andrew Saunders has also been shortlisted for a Behind The Scenes award.

Judging is taking place this month and the winners will be announced at a gala award evening in February at the County Assembly Rooms, Lincoln.*

Celebrating success!

The Chairman's Commendations and Awards



The exceptional service of 25 Trust employees was recognised at the Chairman's Commendations and Awards Ceremony 2019.

The employees, who were nominated by colleagues for their dedication, commitment and outstanding contribution to the work of the Trust over the last year, received their awards from Trust Chairman Don Wood at the ceremony held at Stanton House Hotel.

In addition, The John Monckton Memorial Prize was presented to Buckland Court in recognition of the home's innovative work creating strong community relationships, and The Earl of Gainsborough Award was presented to Monkscroft Care Centre for excellence in care delivery. ✱

This years exceptional employees who received the award are:

ECH

Tara Barber
Domiciliary Care Manager
(Oxlip House)

Jane Hayhoe
Domiciliary Team Leader
(Oxlip House)

Daphne Robertson
Area Operations Manager (ECH)

Gloucestershire

Charlotte Turville
Care Leader
(Monkscroft Care Centre)

Mandy Waite
Cook (The Coombs)

Pat Spiller
Volunteer (Chestnut Court)

Daphne Smith
Volunteer (Paternoster House)

Lincolnshire

Helen Shotton
Senior Carer (Patchett Lodge)

Helen Maltby
Administration Assistant
(Southfield House)

Terrence Grummitt
Handy Person (Whitefriars)

Oxfordshire

Maria Csetri
Care Leader (Larkrise Care Centre)

Joanna Wojcicka
Head of Care (Chilterns Court)

Anna Odeyemi
Home Manager (Spencer Court)

Denise Hayes
Care Leader (Chilterns Court)

Sophie Gapper
Carer (Westgate House)

Mary Fidler
Laundry Assistant (The Meadows)

Wiltshire

Dean Palfrey
Head of Care (The Cedars)

Jackie Ayliffe
Head Housekeeper (Watersmead)

Laura Walker
Care Leader (Buckland Court)

Trust

Helen Green
HR Shared Service Co-ordinator (Eyre Court)

Helen Collip
Secretary to AOD (Eyre Court)

Beverley Wilson
Secretary to AOD (Wiltshire Office)

Sara McCartney
HR Shared Service Team Leader
(Eyre Court)

Paula Taylor
Learning and Development Advisor
(Operations Centre)

Will Tree
Property Surveyor (Eyre Court)

Our NEW Website is now live!

Compare your local homes

Become a volunteer

Apply for a job within our career pages

Visit at:
www.osjct.co.uk

A message from Don

I was delighted to receive the news in September that two of the Trust's operating regions, Lincolnshire and Oxfordshire had achieved 100% Care Quality Commission compliance. This is a tremendous accomplishment and I am sincerely grateful for all the hard work delivered by Patsy Just, Caroline Dunagan and their fantastic teams to deliver this outcome. It is reassuring to know that our residents and clients are receiving consistently good care, thanks to the dedication of our employees.

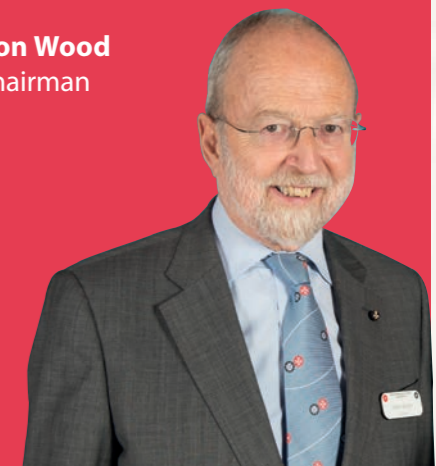
Further good news followed with the announcement that six colleagues at the Trust have been shortlisted

for the Great British Care Awards. I am delighted that their commitment and hard work has been recognised in this way. Thank you for going the extra mile and I wish Maggie Coleman, Cate Jones, Cheryl Gilderdale, Jeff Denton, Jane Mealing and Carol Parker the best of luck at the awards.

On a sadder note, the very difficult decision was taken with our partner Gloucestershire County Council to close Wyatt House and Southfield. The closures were handled with compassion and professionalism and the team worked hard to support residents to move to their new homes. I am grateful to everyone involved but would particularly like to thank those members of staff and residents who have chosen to continue to work and live with the Trust.

Finally, this Autumn has brought about some changes to the Trustee Board with the retirements of Robert Ferrers, Ralph Stephenson and Claire Goodman. They are long-standing members of the Board and their advice, insight and enthusiasm for the Trust will be missed by Trustees and colleagues alike. I hope to be able to update you soon on some new appointments. ✱

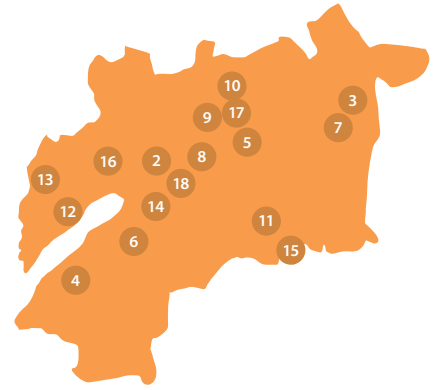
Don Wood
Chairman



Where we are

Gloucestershire

- | | |
|--------------------------------|-------------------------------|
| 1 Bohanam House | 9 Monkscroft Care Centre |
| 2 Chestnut Court | 10 Orchard House |
| 3 Edwardstow Court | 11 Paternoster House |
| 4 Grace Care Centre | 12 Rodley House |
| 5 Grevill House and Ashley ICU | 13 The Coombs |
| 6 Henlow Court | 14 The Elms |
| 7 Jubilee Lodge | 15 The Lakes Care Centre |
| 8 Millbrook Lodge | 16 Westbury Court |
| | 17 Windsor Street Care Centre |

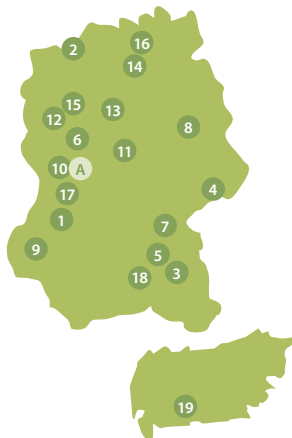
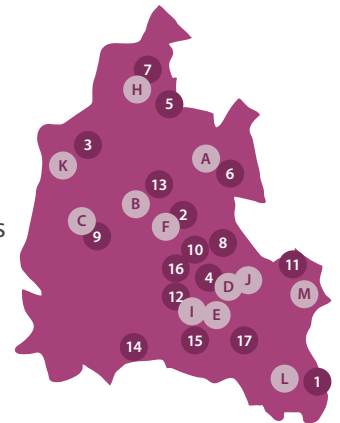


Lincolnshire & Suffolk

- | | |
|--|--------------------------|
| 1 Apple Trees Care & Reablement Centre | 9 Gregory House |
| 2 Beckside | 10 Hartsholme House |
| 3 Boultham Park House | 11 Patchett Lodge |
| 4 Digby Court | 12 Skirbeck Court |
| 5 Eresby Hall | 13 Southfield House |
| 6 Ermine House | 14 The Poplars |
| 7 Fosse House | 15 Whitefriars |
| 8 Foxby Court | 16 Oxlip House (Suffolk) |

Oxfordshire

- | | | |
|-------------------------------|---------------------------|-------------------|
| 1 Chilterns Court Care Centre | 10 Marston Court | B Erdington House |
| 2 Glebe House | 11 Meadowcroft | C Fernleigh |
| 3 Henry Cornish Care Centre | 12 Old Station House | D Isis Court |
| 4 Isis House | 13 Spencer Court | E Mayott House |
| 5 Lake House | 14 Stirlings | F Moorside Place |
| 6 Langford View | 15 The Meadows | H Orchard Meadows |
| 7 Larkrise | 16 Townsend House | I Petypher House |
| 8 Longlands | 17 Westgate House | J Shotover View |
| 9 Madley Park House | | K The Paddocks |
| | Extra Care Housing | L Towse Court |
| | A Centurion House | M Windmill Place |



Wiltshire & West Sussex

- | | | |
|--------------------------|------------------------------|--|
| 1 Ashwood Care Centre | Court | 15 Seymour House |
| 2 Athelstan House | 9 Fives Court | 16 The Cedars |
| 3 Avonbourne Care Centre | 10 Goodson Lodge Care Centre | 17 Watersmead |
| 4 Bartlett House | 11 Hayward Care Centre | 18 Willowcroft |
| 5 Bemerton Lodge | 12 Hungerford House | 19 St Wilfrid's Arundel Priory (West Sussex) |
| 6 Brookside | 13 Marden Court | |
| 7 Buckland Court | 14 Ridgeway House | Extra Care Housing |
| 8 Coombe End | | A Florence Court |

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The Orders of
St John
Care Trust