

# Northern Cryer

Autumn  
newsletter

## Upcoming Events



**Wear it pink for Breast  
cancer now**

Friday 18<sup>th</sup> October

**Clothes Party 2-4pm**

Friday 25<sup>th</sup> October

**Halloween Party 5.30-7pm**

Thursday 31<sup>st</sup> October

**Elvis is in the Building**

**2.30-3.30pm**

Tuesday 5 November

**Coffee Morning**

**10.30-12.30pm**

Thursday November 7<sup>th</sup>

**Musical Entertainment**

**Chris Gilly 2.30-3.30pm**

Saturday 30 November

## *Hello and Welcome!*

Hello my name is Daniel Hart and I am the General Manager for North Park.

On behalf of myself and all the staff we would like to thank everyone for their support during the summer months, we have seen lots of new activities within the home.

I would also like to personally welcome all of our wonderful new staff not forgetting all of our new residents who have joined us at North Park.

North Park has been very busy of late with maintenance works ongoing and lots of new faces appearing and it's great that everyone has been so on board with all the positive changes.

It's been a great experience to meet all of you as families and work with others on a professional point and I look forward to those ongoing relationships'.

So on behalf of everyone here at North Park be safe with the future festivities and have a great time.

General Manager  
**Daniel Hart**

# News in and around *North Park*

## Getting fit for Winter

With winter fast approaching residents at North Park are enjoying armchair aerobics and relaxation classes in the evening. The classes are held every other Tuesday and begin at 6pm. In a group session residents are encouraged to use every muscle in their bodies and are shown techniques to enhance their breathing and lung capacity. The session ends with 15 minutes of relaxation or guided meditation which can be adapted by individuals to enhance sleep patterns and feelings of wellbeing



## Postcards of Kindness

Residents have been spending time looking at, chatting about and sending postcards to other care homes, schools, Scout groups and individuals not only in the UK but across the world. The card which has travelled farthest to get to us is from Perth Western Australia, we have one which was written by a member of the cabin crew on a 747 on its way back to Heathrow and a class of year 4 pupils from a London school each designed their own card and wrote a lovely greeting to our residents. Resident Kathleen said "isn't this lovely, people taking time out of their lives to cheer us up, I love looking at these ". These sessions are becoming a firm favourite of some of our residents.



## Garden Wall Art

Darlington Teenagers left our residents a reminder of their visit by covering a dull brick wall in the garden with their interpretation of 'The Tree of Life', by using their hand prints to add colour and vibrancy to the garden. Residents who use the garden are so impressed with this there are plans to add their hand prints to the tree in seasonal colours too.



# News in and around *North Park*

## Birthday or party

September 30 saw our oldest resident turn 103. Family, friends and fellow residents marked this immense achievement with an afternoon tea party with balloons, delicious cake and treats. Geoff who was still driving around Darlington at the grand old age of 100 said he had enjoyed his special day and was going to enjoy getting through all his gifts of wine and sweets over the following



## Macmillan coffee morning

On Friday 27<sup>th</sup> September Staff and Residents joined in 'The World's Biggest Coffee Morning' in aid of cancer research. Everyone who came along indulged in the delicious cakes on offer and said they thoroughly enjoyed the morning chatting and catching up with everyone's news. We raised an impressive **£73.81** and a big thankyou goes out to everyone involved and who came along.

## Halloween

Join us as we celebrate Halloween at North Park where we will be giving out prizes for the best pumpkin design and scariest costume as well as a spooky disco and trick or treats. Themed refreshments will be available throughout, we hope you can all come along to join in the fun.



# A few words from *Barchester*...

## 'Excellent' Result for Canmore Lodge

Staff and residents at Canmore Lodge Care Home in Dunfermline are celebrating their recent Care Inspectorate Report result, where they scored an overall 'Excellent' after receiving a score of 6 for supporting people's well-being, and 6 for how well the home supports and plans care. The report follows the home's recent success on carehome.co.uk where Canmore Lodge achieved a perfect 10/10 rating. Currently only 1.5% of Scotland's care homes for elderly people have an overall 'Excellent' rating, making Canmore Lodge ranked among the best in the country.



## Follow us on social media!

Keep up-to-date with the latest news and stories from us and see pictures of life at Barchester homes by following us on Twitter and Facebook:



@Barchester\_Care



/BarchesterHealthcare

## 2019 Barchester Care Awards

The Barchester Care Awards is an annual event that showcases the very best that Barchester has to offer. The Care Awards celebrates the fantastic individuals who work and volunteer in Barchester care homes across the UK; and also has a category devoted to recognising the beautiful outdoor spaces tended by residents and staff members.

Our Divisional Winners have already been named, and the award ceremony will be held in Manchester on 3<sup>rd</sup> October, when the National Winners will be announced. Good luck to all our Divisional Winners and thank you to everyone who took the time to make a nomination.

BARCHESTER  
**CARE**  
**AWARDS**  
*Amazing people*

## Barchester Nominated for 3 Laing Buisson Awards

Barchester is proud to have been named as a finalist in 3 Laing Buisson Awards categories: 'Residential Care (Larger Organisation)', 'Property Developer' and 'Property Investor'. The ceremony will take place on Wednesday 13<sup>th</sup> November 2019 at Park Plaza Westminster Bridge, London, where the winners will be announced.

This year, the awarding body received a record-breaking number of nominations for every single category, with over 400 entries in total.

Last year, we were delighted to take home the 'Property Developer of the Year' award, and Barchester CEO, Pete Calveley was recognized for his amazing work in the care sector by being presented with the 'Outstanding Contributions to Care' award.



## Barchester Holds Key to Future Care

Barchester recently received the keys to Mortain Place in Eastbourne, enhancing our portfolio of care homes.

Lesley Standing, the General Manager of Mortain Place was delighted to accept the keys to the latest 80-bed property on Pevensey Bay Road from the Project Construction Manager Mark Tomalin, from McGoff Construction.

Mortain Place will provide personalised residential and dementia care for 80 older people in the neighbouring community, and will open its doors to residents in October.

Barchester will also be opening another care home in 2019: Trinity Manor in Sherborne. This service will offer dementia and residential care for 64 residents.

