



July 2015

Introduction

Summer has arrived even though we have had some heavy rainy days and most of the activities we would like to share with you in this edition are outdoors. National Homes open day was celebrated by many homes and we had the privilege of visiting Bennett House in Telford to celebrate the completion of their new garden and to complete their 2nd validation. We also visited the Briars on the Isle of Wight for their 3rd validation. What has been most impressive about the homes that are well advanced on their Eden journey is the way they are beginning to meld with the community. As residents are more frail and unable to get out into the community the community has been invited in not just to visit and chat but to become part of projects being undertaken. There has to be a win win situation for all, like the school on the Isle of Wight who have adopted the Briars and Bennett House who have community exercise classes in the home.

Congratulations to Speirs House, Parkwood House and the Old Rectory who completed the requirements for inclusion on the Eden Alternative Register of Homes since the last newsletter. This brings the number of homes on the Register to 30 including our first two in Devon. We have developed a document to help with explaining how implementing Eden helps to meet your requirements for CQC Accreditation 'KLOE and the Eden Alternative' and the Eden domains of wellbeing are being included in all training delivered by our Educators. The latest development we have to share with you is that Canterbury Christchurch University has agreed to a partnership with Eden UK and work will start in developing Eden involvement for students in the autumn. We are off next week to seek some sunshine and I hope all of you are taking the opportunity as well to recharge your batteries.

June Burgess EARC

National Gardening Week at Cartlidge House

With the support of staff, family and friends, we raised £125 through an Easter Fundraising event and residents were consulted on how they would like the money to be spent. I suggested that National Gardening Week was approaching and perhaps we could use the money to make some changes to our own garden. Residents were all very supportive of this idea and as a result, we have spent the week commencing 13th April, planting, potting and painting. I tailored the activities to ensure that all residents can engage with the project, so our more mobile residents have been digging and painting, whereas our less mobile residents and those living with dementia have been sowing seeds and planting bulbs. Individuals in wheelchairs have been able to be involved, as we have specially adapted planting boxes, built by Alan Williams, our maintenance operative.



The boxes have been built to a height which allows wheelchairs to fit under the box, and plant



from the chair. Our residents living with dementia have particularly enjoyed helping create a sensory section within the garden, as the tactile nature of the task has proved both stimulating and relaxing. The sensory garden includes lavender alongside edible herbs and mint, which, as part of the Eden Alternative, will be used in the food within the scheme. We also have a vegetable planting box including carrots, beetroot and lettuce and a flower garden planter, which has all been created by residents. The Eden Alternative encourages care schemes to involve residents in daily decisions and reminds us that all caregivers and care receivers are each

an active participant in the balance of giving and receiving. By supporting customers to plant their own vegetables and herbs, they have more choice in regards to the food they eat, and a sense of ownership by being involved in the process from planting to plate!

Sophie Meredith, Lifestyle Assistant, Cartlidge House

Bennett House

Last year Bennett House was successful in their application for a grant from The Community Development Foundation to create an all year round bright garden environment for their residents. The application was significant in that it involved three parties, Bennett House, Woodlands Primary School and Octopus Arts Shropshire. The plan was to create mosaics on the side of raised beds, paint bright colours on benches & chairs, pot and lay artificial grass. The project involved children from the age of 7 years up to adults aged 98 including students from Telford College.



The project brought together different generations within the local community to work cohesively on the project. Two gardens were created which will benefit the resident's wellbeing and also created a sense of pride and achievement in the younger people involved.



The project was capped off with a grand opening on National Care Homes Open Day when all the children involved in the project visited the home (as did a couple of Shetland ponies) for cakes and squash and a rendition of 'All Things Bright and Beautiful'.

Congratulations to everyone involved. This project shows the value of thinking beyond the confines of the home and involving the local community and especially the value of long term relationships with primary schools and other youth groups.

Pam Rollings

One last story from Bennett House. "Our Eden is not just in the day time. Sharon McCreadie, a night worker at Bennett House who is new to our team has been getting to know the residents, discovered that Peter has been an avid Wolves supporter all his life. Sharon contacted the team saying there was a resident residing at Bennett House and had been a very keen supporter of Wolverhampton Wanderers all his life. They then sent through this signed memorabilia. Can I just say Peter's face was priceless!"



Lisa Johnston

High Mount, Telford

The Eden Alternative: Combatting meaningless activity

Since August 2014, residents from High Mount, a facility in Telford that provides round the clock care and support for up to eight adults with learning disabilities and complex needs, have been attending the St Matthews Church on a weekly basis, supported by staff.

Two in particular are very committed to attending the service on a Thursday morning and gain a great deal of enjoyment from the experience. They have built very meaningful relationships with members of the congregation and as a result, feel an important part of their local community.

Over the last few months, they have held fundraising events for their scheme, and have managed to raise £230 with the support of the church. Residents attend events that the Church holds, to return the level of support they have received. Residents were also involved in a charity drive that the Church took part in, where small boxes of aid were sent to Sierra Leone. They helped load the boxes into the aid vans and they felt really proud to be a part of this project. To see their level of commitment was also very rewarding for staff and served as a motivation to continue advocating residents to take ownership of activities.

Aside from the sense of partnership and community that the residents feel, they have started to be given responsibility within the congregation and this has added a new meaning to the weekly sessions, by giving opportunity for them to deliver help, rather than always receive it. One resident was tasked with the challenge of creating a prayer that was inclusive for everybody. The resident willingly took on the challenge and created a gestural prayer which is now featured at the end of every Thursday service. As a result of their commitment to the Church, one of our residents now helps set up the resources for the service on a Thursday, whilst another helps with teas and coffees at the end of the session. They have become an integral part of the church community and this opportunity for meaningful activity has enlightened the lives of everyone involved. Both staff and residents look forward to the weekly activity, and we are all excited to see what the future holds working in partnership with St Matthews.

The Briars, Sandown, Isle of Wight

The Briars has had a close relationship with The Bay C of E Primary School for many years. The children have come in to sing to residents or share other activities at Christmas, Easter and other times. Over the last three years, however, this has developed to something more. Kids Community is the school's after school programme and for the last three years they have come into the home every one to two weeks to work with the residents on various projects. Last year, being the anniversary of the beginning of the first World War, many of the projects centred around this event and included interviewing the home's oldest resident a 105 year old man, planting hundreds of poppies and placing information/education boards around the garden with facts about the war. At Christmas the garden shed was transformed with lights to be Santa's Grotto and after Christmas has become a reminiscence room and quiet space for residents to sit with their families. The major project this year has been a refurbishment of the garden including planting garden beds and pots and repainting garden ornaments.



Residents are involved at all stages of the planning and assist with the activity where they are able. Over the years close relationships have developed between the children and residents and the programme is a key part of the home's life. It's worth noting that the home is a specialised unit for residents living with moderate to severe dementia. Concerns that children might find it difficult being with people who are clearly declining and may forget ever meeting them before have not been realised. The children are very good at adapting to the ever-changing situation. All the projects are based on the simple premise that The Briars provides the materials, i.e. seeds and bulbs, fairy lights, paint and brushes, and the children provide enthusiasm, noise and activity and their presence.

To celebrate the good work done by everybody the Briars National Care Home Open Day included a BBQ for the children and residents and animated discussions on what would be the next project on the programme

Fiona O'Regan



Borovere, Alton, Hampshire

Borovere is a small residential care home in Alton. Like many of their colleagues up and down the country they celebrated National Care Homes Open Day. Borovere's celebration included a visit from the local travelling farm which the residents enjoyed very much.



Tomas Kaluzak

Apna Ghar, Walsall

I have pictures of the day we started the wishing tree it was really enjoyed by all. One wish was to go to India, which we can't do but we are looking at a day in September where we are going to try to bring India to Apna for the day with market stalls entertainment and food and invite family and friends along.



Pat Roberts

Eden Associate Courses

There are usually a small number of places available on Eden Associate courses around the country. If you would like to be contacted regarding courses as they arise please call June on 01225 309 238.

4th European Eden Alternative Networking Event

The fourth Eden Alternative Europe Networking event will be held in Dusseldorf on the 17th and 18th September 2015. Come and see what your Eden colleagues in Europe are doing. We are promised simultaneous translation into English, so a lack of German is no excuse.

If you have any questions please call June on 01225 309 238.

In Conclusion

Thanks to everyone who sent material for this newsletter. We just sorry we couldn't get everything in.

Please keep sending us your stories and photos. They provide inspiration and ideas to others and are a way of recognising good practice in your homes. All we need is a paragraph or two and a photo to go with it.

June Burgess

Eden Alternative Regional Coordinator,
UK and Ireland

Paul Bailey

Eden Mentor and Trainer