

St David's Nursing Home

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"Living well every day"

Autumn 2021

St. David's Newsletter for Family and Friends

Hello. It's difficult to believe that autumn is nearly here. But before the leaves come down, we have some wonderful memories of summer at St. David's to share with you.

Concerts

We have organised a wide variety of concerts for residents and staff over the summer months. July saw two concerts organised by the English Chamber Orchestra and the Little Theatre Sheringham. The first concert by 'Close Encounter' featured a quartet while the second concert also included two singers from the Little Theatre Sheringham.

August featured the 'Barry Tone Experience', an Elvis impersonator and at the beginning of September, we had 'Darrin Sings' perform songs from the 50s and 60s. The live performances were also accompanied by a wonderful 'High Tea' and a glass of 'Bubbly'.

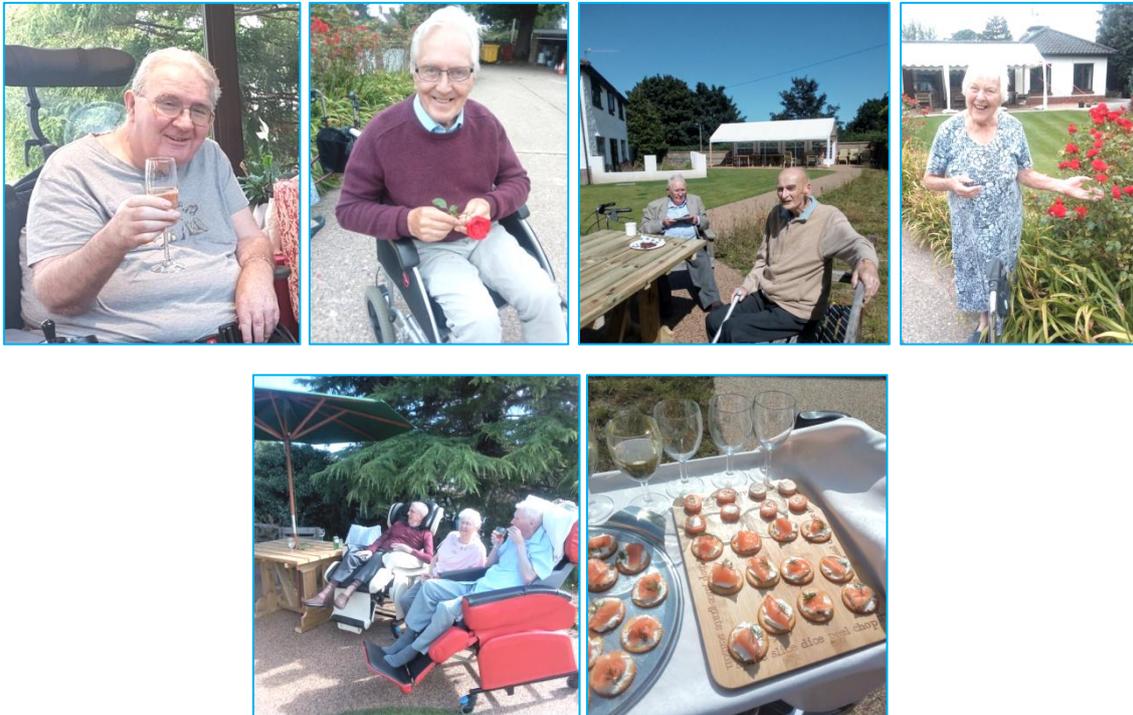


Manager – Linda Cooke RGN

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Enjoying the Gardens

The resin pathways now link all the gardens at St. David's – Front, Back and Main. This has allowed residents to discover their favourite spots to read a book, do some light gardening or enjoy a cup of tea. The paths also provide a great area for strolls.



Expansion Project

We are nearly finished. We are waiting for local authority comments before reseeding and landscaping the part of the garden used by the builders.

Staying Active

The music and movement sessions on Tuesday afternoons, see a packed conservatory. In addition to lifting light weights and cycling, residents really enjoy ball games and keeping track of the score.



Shared Interests

Residents also meet up in small groups to share their interests. Here we captured two knitters sharing tips.



Hair Dresser Visits

Our Hair Dresser visits were able to resume over the summer. They take place on alternate Mondays.

As you can imagine these visits are very popular. Like all good salons, residents can enjoy coffee, tea or a more interesting beverage during the visit.

Residents meet about once a month to discuss what they would like to do in the following month. As the days grow shorter, more of the activities for residents are likely to be held inside or on the heated patio.

Visits Update

As you are all probably aware we still have rising cases of COVID in our locality, mostly due to Sheringham being a holiday destination and the schools returning. We will continue to err on the side of caution. However, going forward we will be continuing our 12 visits a day.

Once the booster vaccinations have been rolled out, I believe that we will have gained better resistance to COVID and possibly with the advice of the Government scientists we will be able to further relax our visiting policies. We have come to these decisions with discussions we have had with our residents, family members, visitors, and our staff to help guide us.

Our detailed visiting policy and current information on vaccinations can be found at the end of this newsletter.

Best wishes

Linda Cooke, Matron, RGN

Covid-19 Updates- September 2021

Booster Vaccinations

We have just received the Department of Health & Social Care's notice regarding COVID-19 booster vaccines. It appears that we will be offered either a single dose of the Pfizer/BioNTech vaccine or a half dose of the Moderna vaccine, following scientific evidence showing that both provide a strong booster response. This will be regardless of which vaccine the individual had previously received. In cases where people cannot be offered these vaccines for medical reasons, vaccination with the AstraZeneca vaccine may be considered for those who received AstraZeneca vaccine in their primary course.

We will be in touch shortly with regards to gaining consents and confirming programme dates. I'm happy to say that all the staff to date have voiced that they would wish to have their booster.

We are also coming up to our yearly flu vaccines. Unfortunately, the GP surgery has had their delivery delayed by 2 weeks, but we will be going ahead as soon as the surgery contacts us.

Covid-19 Updates- September 2021 (con't)

The Visit Process

To continue to open for visitors, we will need to follow the Visit Process laid out below regarding:

1. Booking a Visit
2. Testing before a visit
3. PPE ('personal protective equipment') for a visit
4. Tracking test results
5. Special Requests

1.Booking a Visit - Visitors must call and arrange their visits (inside and outside) on 01263 822671. All visits remain morning only and our Marquee and outside visits will continue as normal. We have visits available all week at 10.30, 11.00, 11.30 & 12.00 enabling a visit in the marquee using the PA system and the garden at the rear of the Home. We also offer inside visiting slots but unfortunately, we are unable to offer these on a Saturday or Sunday.

2. Testing before a visit - We have an outside facility next to entrance door for inside visitors to take their Lateral Flow Tests (LFT) and put on their PPE. Regular visitors may take their LFT at home and need only show the NHS test results on their mobile to staff prior to putting on their PPE.

3. PPE for a visit - The LFT test must be done before every visit. The tests take 20 minutes to complete during which time we will provide Personal Protective Equipment (PPE) for each and every internal visitor. The PPE is apron, gloves, shoe covers & mask. For external visits we can supply a visor (this can be taken home, cleaned, and reused during each returning visit) rather than using a facemask/covering.

4. Tracking test results - We need to keep records of the visits and visitors. We will also ask you if you have had contact with anyone with Covid to your knowledge, or if you or any of your contacts have had any signs or symptoms of Covid i.e., a continuous cough, loss of taste or a temperature. We will also ask if you have received your Covid-19 vaccinations.

5. Special Requests – If someone is nearing the End of their Life, we are happy to allow visiting times agreed with Linda Cooke. There may also be a specific occasion or request that we will try and accommodate for you. Please direct any such request to Linda Cooke or Susan Brand, when making your booking.