

St David's Nursing Home

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Winter 2020

"Living well every day"

St. David's Newsletter for Family and Friends

Hello. It's difficult to believe that Christmas and the New Year are nearly here. In this newsletter, we want to show you that despite the unusual year we have all experienced, Residents are 'Living Well Every Day'. We will also update you on COVID-19 Guidance as it effects St. David's in a separate section at the end of the Newsletter.

Nature Lovers

As you may know from our facebook posts, many of our Residents are Nature Lovers. So the visit of the Alpacas was a great hit. The Alpacas were very good natured and came as close to the residents as possible.



Busy Afternoons

Residents can be busy and social every afternoon. The introduction of a film afternoon complete with popcorn and ice cream has proved popular.

Comedy is the preferred genre. Ball games are the preferred activity in the Music and Movement sessions.

With the cold weather, baking has replaced our gardening activities. Like everyone else in the country, we are baking up a storm. First, scones and now mince pies.



Manager – Linda Cooke RGN

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Halloween

Halloween is always popular at St. David's. This year the creativity in making the costumes was outstanding. Just look at these hats. Observe the make-up! There was also much amusement as Residents competed for the prizes awarded to those who could make the scariest faces.





Countdown to Christmas

Like many other places, we started decorating earlier than usual this year. The Christmas trees are up. Tinsel abounds and there are festive lights everywhere. Here are our plans to enjoy the festive season.

December 1 st & 3 rd	<i>2.30pm Baking Mince Pies</i>
Wednesday 9 th December	<i>2.30 pm Maria Kesselman – Opera Singer performs on the Patio</i>
Thursday 10 th December	<i>6.00pm Virtual Christmas Concert by the East Anglian Air Ambulance</i>
Wednesday 16 th December	<i>2.30pm Residents’ Christmas Party + Prizes + ‘Darren Sings’ on the Patio</i>
Sunday 20 th December	<i>4.00 pm Carols by Candlelight Mince Pies and Refreshments</i>
Monday 21 st December	<i>2.30pm Carols by Staff on the Patio</i>
Thursday 24 th December	<i>Christmas Eve Communion</i>
Friday 25 th December	<i>Santa and Elves Visit Special Christmas Activities</i>

Thank you for all your support this year. We know Christmas will be different, but we hope to make it very enjoyable for Residents.

Best wishes for Christmas and the New Year

Linda Cooke, Matron

Covid-19 Guidance

Visiting Policy-Lateral Flow Devices – Rapid Testing

Please continue to book your visits in the Marquee as usual. Until we know more, such as when these tests will arrive, and when staff training materials will be available, we will continue as usual.

However, if there proves sufficient interest, we are considering dedicating certain days of the week to indoor visits, and other days for outdoor visits, once we can facilitate indoor visits.

The reason we would continue outdoor visits is due to the conditions that the government is advising with indoor visits. For some, outdoor visits may be preferred.

Now is a good time to begin to think about your own preference to continue outdoor visits, or adapt to indoor visits. The guidance policies set out below should be noted as you consider your own preference. Outdoor visits are not subject to these indoor visit policies set out below. The resident and family will have to commit to **either** indoor or outdoor visits, not a mix of both.

The government has promised these tests will arrive at all care homes before Christmas, so we may be able to offer indoor visits according to guidance soon. For reference, it was six weeks between the government announcement of comprehensive care home staff testing and receipt of such tests, so we expect you will have some weeks to consider the new guidance.

In broad outline, the new indoor visit guidance is:

1. Residents and their families can nominate up to two visitors. However, the guidance prefers there to be only one constant visitor.
2. No-one else will be able to visit beyond the two nominated persons, even outdoors.

Visits then could proceed as follows:

1. The visitor will be tested outside the home. It should take about 30 minutes to receive a result.
2. If the test is negative (no Covid detected), the visitor will put on appropriate personal protective equipment, including mask and gown outside the home.
3. The visitor can then enter the care home for a twenty minute visit.
4. To reduce the risk of infection, visits may take place in the Conservatory
5. After the visit, we then need to sanitise the Conservatory before the next visit can take place.

Vitamin D

We have been advised that some of our Residents will be receiving supplies of Vitamin D thorough the NHS for the rest of the winter months. Vitamin D helps strengthen the immune system.

Covid-19 Vaccine

What good news! Our nurses are undertaking the training needed to provide the Covid-19 vaccine to residents. We do not have any details on when these will be available to us. We will of course let you know as soon as we have more information.