

**I**T WAS supposed to be Freedom Week, when all the Covid restrictions came to an end and normal life was restored. But it didn't quite work out like that. Here we are, still wearing masks, many of us self-isolating, including the Prime Minister and the Health Secretary, and with the number of Covid cases in society still rising at a rapid rate.

Some of you have asked how the new rules this week affect care homes. Here's a summary of how the guidance applies to Springdene:

- Every care home resident can have "named visitors" who will be able to enter the care home for regular visits. There is no limit on the number of "named visitors" that a single resident can have and no nationally set limit on the number who can visit in a single day. However, we are limiting numbers to three for a single visit.
- Named visitors and residents are advised to keep physical contact to a minimum. Physical contact like handholding is acceptable if hand washing protocols are followed. Close personal contact such as hugging presents higher risks but will be safer if it is between people who are double vaccinated, without face-to-face contact, and there is brief contact only.
- All visitors to Springdene homes must take a lateral flow test before being allowed to enter the home. We would prefer you to be vaccinated. You must wear PPE while on the premises.
- We'll continue to offer visits to friends or family members through visiting in the gazebos, where visitors do not have to be "nominated".

The good news is that none of our residents currently have Covid and there's a lovely mood in the homes, especially with the beautiful summer weather. Lori, our fabulous manager at Spring Lane, has hosted two brilliant parties – a super gin and tonic party in the gardens (below), with music, snacks and ice cream, followed by an ice cream party, with multiple different flavours. Thanks, too, to family member Chris Eracieous, who donated delicious snacks and fizzy drinks for the staff.

The parties came after our celebrations for Wimbledon week, with strawberries and cream all round and the special French-themed meal for Bastille Day on July 14.



The Gallic repast was a great success, with French onion soup, coq au vin and dauphinoise potatoes for lunch. There was a French quiz at Spring Grove and French-themed keep-fit at Spring Lane and Springview, complete with berets. World Chocolate Day was marked with a fantastic chocolate fountain. Who cared if everyone had sticky lips!

---

For more cerebral interests, there was a virtual talk from our friends at the Wallace Collection to residents at Spring Grove and Springview. They picked out some of the summery themes from their fantastic collection of paintings. They will be entertaining our folk at Spring Lane next week.

And everybody has been getting out for the lovely weather. The gardens, created by our director Stacey-Louise, are looking ravishing, especially at Springview where the ambience is of a classic English country garden, with clematis, lavender, black-eyed Dahlia and Morning Glory. The wonderfully named Devil's Fishing Rod, with its hanging pink flowers, is a key feature. The red, white and blue hanging baskets look especially smart!

It is no wonder that we are getting so many complimentary comments from residents' families. Anne Rawcliffe writes about Spring Lane:

"I am delighted with the kindness and care shown to my mother during her years at Spring Lane. The carers became like a family to my mother and myself. They were always so welcoming to me when I visited. They contacted me straight away if there were any worries or queries to sort out. I recommend Spring Lane wholeheartedly. I am tempted to book a room for myself when and if the time comes!

John Kiddy is a fan of Springview, writing: "The care provided by Springview is outstanding. The staff are conscientious and professional, and crucially, this professionalism is underpinned by kindness and good humour. I cannot recommend them highly enough, and it is a great comfort to know my mother is being cared for by such dedicated, skilled and nice people."

Today we are celebrating some very special residents. At Springview, Violet Stone had a wonderful 100<sup>th</sup> birthday. Congratulations, too, to Robin Young, our long-standing chair of the residents' association at Spring Grove, who has just returned from a protracted stay in hospital. When we visited him last week, Robin, who used to be the diarist of The Times newspaper and wine critic of the Spectator, was in good form.

This week's residents of the week have much to be proud of. Ken Mason at Springview hails from Liverpool. He is a big fan of sports and the outdoors. He prefers to have peace and quiet, but as the weather has been so lovely lately he's been soaking up the sun in our gardens and listening to the birdsong.

Ken has been given some chocolate, roses and a golf magazine as a treat, and has requested bacon and eggs for his breakfast, and fish and chips for his special

---

meal on Friday. He's also going to have a refreshing cool beer in the garden. Cheers, Ken!

Irene Champion at Spring Lane grew up in and around London and has spent most of her recent years living in Hornsey. She was a semi-professional dancer and particularly loved tap dancing. She still loves music and lights up when she hears some notes. She enjoyed Roddy's music therapy session on Thursday and has requested a fish and chip supper on Friday.

Alan Thorman at Spring Grove is great fun to be around. Occasionally he will join in with arts and crafts, but mostly he likes to take part in our exercise and sports sessions. He loves to be kept active and is a superstar at balloon volleyball! He really enjoys sago pudding, so that will be his special treat on Friday. Well done, all.

Last, but not least, we are privileged to announce the arrival of Spring – not the season – but our sponsored puppy from Medical Detection Dogs. Spring, who has recently come into the world and is pictured below. We have received the following letter from the charity, for which you raised more than £10,000:



---



"We are thrilled to inform you that we have sourced a new puppy and named him Spring, in accordance with your wishes. As you will see from the photo we have sent you, Spring is an absolute delight and has already started training with his socialisers, the first phase of his journey to become an accredited Medical Alert Assistance Dog.

"We will write again with "pupdates" soon. He will have come a long way by then and we can't wait to share what he has been up to. The charity has never been busier. Our Bio Detection department continues to conduct ground-breaking research into the potential of dogs to assist with Covid-19 detection and we have now placed 84 accredited Medical Alert Assistance dogs across the country. We look forward to Spring joining this illustrious team."

We'd also like express a special thank you to Kathy, our business administrator at Springview, for initiating all the fund-raising for Medical Detection Dogs. Kathy has been in hospital for a serious operation, and we wish her a speedy recovery. Spring also sends his best wishes. From us and him, a big Woof! Woof!

---