

## Springdene newsletter May 29 2020

The Spring Grove Music Festival is one of the jewels in Springdene's crown. Over the years thousands of young performers have come to Spring Grove to showcase their talents and entertain our residents, while winning prizes awarded by an eminent panel of judges.

However, back at the start of March, Robin, our medical director, decided – quite rightly as it turned out – that it was unsafe to invite large numbers of people into the home, and this year's festival was cancelled. But now we have been sent a recording of a delightful "mini-concert" from some of the participants who have prepared a special tribute to the residents and staff of Spring Grove.

A group of students from *Dame Alice Owen's School* in Potters Bar got together in their living rooms with their respective instruments, ranging from French horn to cello, to record on video the *Allegretto* from Beethoven's Seventh Symphony. The senior chamber choir also sang *Blue Skies* by Irving Berlin.

"Just to say," wrote Katherine Bamber, head of music at the school, "our thoughts are very much with you at this time. Sorry we can't be there in person...". But it was enchanting nevertheless and really cheered us up. The young musicians who contributed are a credit to their school! You can view the videos here:

<https://bit.ly/2ZQF2tY> and <https://bit.ly/2yMCO3O>

The main news at Springdene this week has been getting the results of the official testing for Covid-19, after at last receiving sufficient numbers of test kits from the government. You will by now have received details of the main findings in a note circulated to all next of kin. We pay special tribute to our managers, Mark, Sony, Lori and Mary for getting the results collated so efficiently.

The good news is that Spring Lane is completely clear of infection. And there is just a small handful of residents testing positive in Spring Grove and Springview – three and two respectively. All of these are asymptomatic – ie, without any symptoms. There are still some Springview test results awaiting return from the lab.

This does mean that some residents have been asked to remain in their rooms for a limited time, for their own wellbeing. But it shouldn't be for long. Public Health England have advised that quarantine measures can be eased by the first week of June.

Meanwhile the residents have accepted the new restrictions with good humour and good grace.

As always the homes continue to undergo regular deep cleaning, while all our care staff wear PPE according to the regulations. And as usual, there are extra smiles and chats from the carers to make sure no-one gets lonely. Don't forget, too, that we have tablet devices available for video calls to relatives. They are easy to use and it is always so much nicer to see your loved ones face-to-face.

The fact that some folk are staying in their rooms at the moment has not deterred our busy activities coordinators. Steve, at Spring Grove, has been conducting his famous sing-alongs on the corridors to much applause, while many of the residents are in good voice.

Before this week's quarantining, Steve was keeping residents amused with his packs of cards. Folk in the High Dependency Unit had a tournament of "Play Your Cards Right" – socially distanced, of course. The teams were divided into Gents versus Ladies – and the gentlemen were delighted to have won. In the main lounge there was great fun with a game called Hoy, which is a version of Bingo, but played with cards.

At Spring Lane, Caroline organised a splendid mural to mark National Creativity Day on Friday, to which individuals added their socially distanced contribution. And in the warm weather she has been taking residents out into the garden, with fruit, fruit water and ice cream on offer.

Caroline is busy, too, with a calendar for the days ahead. Next week is Teddy Bears' Picnic week, with all staff bringing in their own bears to form a parade of teddies. There will be chats about people's favourite toys, and, naturally, chequered tablecloths, cucumber sandwiches, scones and jam.

There will be more Springdene jollities on the Queen's official birthday on June 9 when, Caroline says, there will be a "right royal everything", with a quiz, bunting and Union Jack cake.

At Springview Eirlys has been busy filming our Fight Coronavirus song – we're looking forward to seeing it on YouTube! And there has been great feedback for the Residents' Advice Line that we wrote about last week. "What a really good idea," said one family. "It is something really positive in these difficult times and made my day."

It is always a pleasure to get feedback from the wider Springdene family. This week we got a lovely note from Dyann Rowe about her relative Joan, who is a resident at Springview:

"Thank you for all your regular updates and especially, the most recent one regarding testing. The contents of your letter are very reassuring. In fact all the measures you have taken during the lockdown period have been most impressive.

"We truly appreciate what you and your staff are doing to keep the residents happy and safe. We are also very grateful to Eirlys and her team in keeping everyone active, engaged and entertained despite the many constraints facing them. Joan has been in Springview for almost four years now. And there's not a day goes by when I don't thank my lucky stars that there was a room available when we most needed it."

Stay well and stay safe!

A handwritten signature in black ink, appearing to read "Jeremy Balcombe". The signature is written in a cursive, flowing style with a prominent underline at the end.

**Jeremy Balcombe**  
CEO Springdene Group