



The Daffodil

The Newsletter of the
Springdene Care Homes Group

Autumn 2017

Welcome
to this edition of *The Daffodil*.

Welcome to the latest edition of the Daffodil. It's been a busy and enjoyable few months and we wanted to share with you some of the highlights. Come and see what we've been up to and see some of the many events that residents have enjoyed.

Jeremy Balcombe, CEO

Music festival hits a high note

Music is at the heart of all our care homes – and one of the highlights of the year was the **Spring Grove Music Festival**, which brought together young musicians from schools and music groups to compete to a very high standard, playing both chamber and more modern music in front of some top professional judges over a series of weekends from January to March. This was the 13th Spring Grove festival and in the opinion of many, it was the best. Residents were treated to some marvellous playing from dozens of youngsters through the heats but it was the finals that brought the greatest delights. Who could have failed to enjoy the playing of flautist **Anna Ryan** from **Henrietta Barnett School** who was one of the prize winners, along with equally powerful performances from students at **Camden School for Girls** and groups such as the Moonlight Ensemble from the **Youth Music Centre**, whose rendering of Mendelssohn's Octet in E-Flat Major was much applauded.

The judges, who included the leading pianist **Tessa Uys**, cello teacher **Wendy Max** and the broadcaster **Lucie Skeaping** noted the extent to which everyone clearly enjoyed their music-making and were very complimentary about the overall standard of performances.

The performances were accompanied by delicious tea and cakes – very well deserved! **“And the residents loved it,”** said Robin Powell, director in charge of the festival. **“Here is a benefit for everyone, across the generations, for which Spring Grove can be proud.”**



Regulators give thumbs-up to quality

We're delighted to be able to say that we facilitated the Care Quality Commission regulators this year, who, after rigorous and thorough inspections, deemed all the homes to be **Good**. Staff continue to care for residents guided by the five golden principles that are at the heart of our caring: that residents are safe, that the staff are caring, that the staff are responsive to people's needs, that the homes are effective and that they are well-led.



Across the homes

If you can't always get out, then bring the community in

The communities local to the homes are welcomed in with open arms and we have a great hinterland of schools, churches, synagogues, playgroups and volunteers who want to come and perform, sing, play the piano and entertain in other ways. There are ukulele players, violin quartets, tuba players, and larger orchestras, volunteers who run quizzes or just sit and talk with residents.

We are always grateful for anyone who wants to come and engage with our residents, it brings diversity to our



days and our weeks.

We have local schools and toddlers' groups who come and visit us. Our residents really love to see the young people, full of life and bouncing

with energy. The youngsters can learn a great deal from their elders, and we encourage them to come and chat (a very important skill in life), to perform, or to share any new experiences they are having in their lives.



One of the most successful of our visiting groups is a toddler group called

"Ally and her Little Singers."

The session is based around songs that have been passed down through the generations, and is much loved by both our elders and the tiny tots.



Residents and families raise £11,200 for the dogs that can sniff out diseases

Our ever-generous residents and families have put fundraising at the heart of many of the activities in the homes whether it is an afternoon tea quiz at Spring Grove or a fish and chip supper quiz at Springview or a summer fete at Spring Lane. One of the highlights of the year was in July when a team of fundraisers from Springview handed over a cheque for £11,200 to the **Medical Detection Dogs** charity, part of a total £33,200 donation, raised through quizzes, fetes, tombolas in the home along with the help of a generous benefactor inspired by the work of the fundraisers.



Medical Detection Dogs trains dogs to detect the odour of human disease. It is at the forefront of the research into the fight against cancer and helping people with life-threatening illnesses. Residents met **Simba**, a labrador who is trained to sniff out the blood sugars of his diabetic owner, alerting her when they go too high. "It's amazing what they can do," said reception manager **Kathy Dunn** (left of picture), who led the fundraising effort. Medical Detection dogs have not been the only focus for Kathy's team. Over the past few years, nearly £100,000 has been raised for a variety of charities by the team at Springview alone.



Across the homes

FOOD, GLORIOUS FOOD is at the centre of care home life

Those of us who have been glued to the Great British Bake Off and MasterChef on TV recently won't have failed to notice that we are a nation obsessed with food.

At Springdene homes, too, food occupies a great deal of thought and time. Jeremy Balcombe, CEO of the company, oversees the menus personally. He says 'We design the menus with people in mind'. We are in the business of making people's lives interesting and comfortable and food is a large part of that'.

When Jeremy, the homes' chefs and the kitchen teams put their heads together, their considerations for the residents are about eating healthily, offering a variety of food, giving people the choice of flavours, textures, colours, that will satisfy a wide variety of preferences.

Jeremy talks of his care about food, from how it is produced, to how it is cooked and presented and is very quite particular that the food in front of any residents be visually pleasing and something to look forward to.

Each meal, each day, has a balance of proteins, carbohydrates, fats and key elements such as Vitamin C, E, antioxidants, probiotics and omegas. There are always at least six choices of food on the menu – three for lunch and three for dinner on any day. There are always vegetarian options, too.

The main ingredients are fresh every day, and the popularity of the various menu options are carefully noted. The aim is to keep residents happy by providing their favourites wherever possible!

The kitchen teams place a focus on allergens when designing new menus, for those with diabetes and other dietary requirements. They also have a great understanding of the traditional style of meals that people love, such as roast chicken and all the accompaniments, as well as extra-healthy options such as Quorn and salads.

Residents especially enjoy the theme days – a cultural celebration calendar that highlights a different nationality dish each month. January saw a Chinese meal celebrating the Chinese New Year, May saw an Africa Day menu with a goat stew; 14th July had a French menu to celebrate Bastille Day – involving a lot of garlic – and Brazilian Independence Day was marked in September.



The cycling chef who goes the extra mile

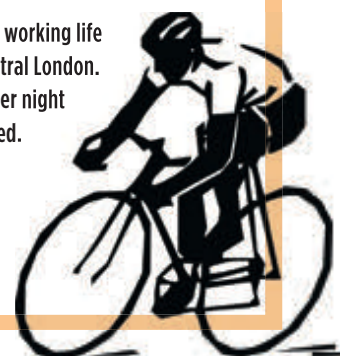
IAN LEE, the Spring Lane chef, has been nominated Staff member of the Month with the new scheme that has been brought into all the homes called 'Going the Extra Mile'. It celebrates the efforts of a member of staff that, as the title suggests, are going above and beyond the call of duty, in their working day, and the scheme honours those staff with a voucher to spend as well as being added to the photographic tree of Extra Milers.

Ian certainly does go the extra mile and is often seen out on the floor, talking to residents and making sure they are enjoying their food. Arriving at work in his lycra shorts and helmet after his rigorous daily cycle from home, he is always smiling and affable and this makes him very popular with staff, residents and their families.

Ian trained to be a chef at Waltham Forest College and started his working life aged 17 at Soho House, a prestigious private members club in Central London. Ian recalls a night when he was cooking for Tom Cruise and another night

when Denise Van Outen sent him a message saying that she loved the way he had cooked the potatoes. Ian said he was well chuffed.

If you ask Ian about cooking, what he likes about this job, what his particular skills are, he says that he find the job fun, he really enjoys cooking and works with a great team. In the team are Maria Renton, Wiestaw Nawotczyński and Ingrid Delemanova and between them they cook three meals a day for sixty people, plus cakes and food for room service, and they do it with a smile and with panache.



Spring Lane



105 “It’s been a hard life but a good one,” says Spring Lane’s sprightly 105-year-old

“IT’S been a hard life but a good one,” says **Ethel Mattison**, one of our residents at Spring Lane. But Ethel has a very special story to tell, since she happens to be 105 years old. She is currently sharing her account of her life with the other residents each week, which she has written in instalments at various times over the years.

Her recall of the world of the past is crystal clear, and being born before the first world war, her stories of growing up in Walthamstow, street life, local shops, school life, training to be a nurse, become a fascinating historical and social diary, with great detail and observation of sights and smells, room interiors, working conditions and all the warp and weft of life for more than a century

Ethel starts her autobiography with this statement: **“I was born on January 21st 1912 around 7am. The midwife, having delivered me, said, ‘Oh my gawd, there’s another one’”** – and so started life for Ethel and her twin Gracie.

She grew up in a terraced house in Walthamstow with four siblings and hard working parents who, whilst not hugely educated, were keen learners. Ethel remembers her childhood full of busy chores, lighting fires in the rooms, brother Ernie running errands, sister Jenny cleaning knives, her father polishing everyone’s shoes on a Sunday and mother working very hard keeping a house of even people fed and clean.

Out on the street, according to the season, the muffin man would appear with his bell and tray of muffins on his head, the carbolic man, the winkles and cockles man, and the baker with his hand cart. Ethel remembers the carbolic was black and says it smelled lovely and turned milky white when water was added. In the house it was used at the kitchen sink and lavatory. Other vendors would cry: “Okey Pokey, penny a lump”, calling attention to the sale of a watery drink chipped from an ice slab which was carried on the head in a wad of sacking.

The milkman came down the street with his grey metal hand churn and she recalls her parents telling her that when they were younger there was a man

at the end of the road with a cow, where you would queue up to get milk.

There were gas lamps for street lights that were lit at dusk with a charcoal burner on the end of a pole with a hook that pulled on a lever that would turn on the gas. And inside the house the incandescent mantles gave a good light.

Ethel was in the “scholarship class” at Chapel End school, and then went onto Walthamstow High School, working on getting the General School Certificate.

She trained to be a nurse at Guy’s hospital in the early 1930s and she describes

her days then, as brutal and exhausting, being paid a pittance, working six days a week with just two half days off. Ethel loved the work and learning to be a nurse but the austerity and punishing nature of the teaching style and those in power, she hated. She went on to work in a sexual health clinic and as a nutritionist.

In the early years of Ethel and husband Jack’s married life, they moved to Hampstead with her sister and brother in law and shared a house paying a third of the £100 yearly rent. The young couple acquired most of their marital things as hand-me-downs, being given an iron, a tea set and chest of drawers from parents and friends.



Four generations: Ethel with her grand-daughter, daughter and great-grandson

During the war years Ethel worked first at the local Labour exchange, and was sent to St Pancras Town Hall. She was in charge of starting the rationing of milk and then the dispensation of cod liver oil and concentrated orange juice. Jack was not called up until January 1942. He wrote letters throughout the war to Ethel and would start them with “My Darling”. Ethel says they never called each other darling day to day, as this was not an expression used by the working classes.

Ethel’s first child Patricia was born during a very heavy air raid and a blizzard, followed by son Charles at the end of the war. Now family life was at the centre of everything, as it is today with life enriched by her young relatives who love to hear the tales from the past. But none are listening more enthralled than her present “family” – the residents of Spring Lane who enjoy sitting down to hear more tales from the autobiography of our very own 105-year-old.

Spring Lane



We got rhythm!

Spring Lane Poetry Festival 2017

Among the regular highlights of the week are the meetings of the poetry group, which are very popular with residents, and explore different genres, different poets and different aspects of poetry. For those who love verse, it is a great pleasure, filling heads with colours, images and sensibilities that enrich our lives.

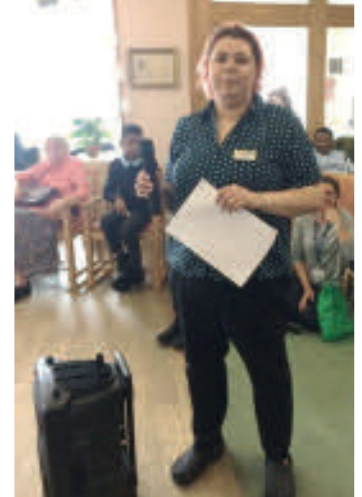
In October we introduced a new event that combined the **Macmillan Biggest Coffee Morning** and **National Poetry Day**. We invited the local schools, families and friends to read poems and for the wider community to join us for culture, coffee, and cake.

Ethel Mattison gave us the Hilaire Belloc cautionary tale about Jim, who ran away from his nurse and was eaten by a lion, which she had memorised

since her childhood. **Liz Roberts, Hilda**

Gilbert's daughter, read 'Albert and the Lion', about another child that was eaten due to bad behaviour. The schoolchildren from **Our Lady of Muswell**, read a variety of poems that included 'The Lake Isle of Innisfree' by W.B Yeats, and staff members **Joanne Simpson, Jonis Luigino** and **Oscar Areola** read some poetry more for the children that included, 'The Owl and the Pussycat' by Edward Lear, 'Jabberwocky' by Lewis Carroll, and 'The Kingfisher' by W.H.Davis.

The old enjoyed reading to the young and the youngsters enjoyed reciting to their elders. A rhythmic time was had by all...



EVERY PICTURE TELLS A STORY...

One popular activity enjoyed by our residents this year is called, 'Story Weaving'. This gets people engaging with pictures, landscapes or faces but also gives them an opportunity to share their own experience of what they see and feel about the images. We looked at the pictures of Renoir, Manet, Brueghel and Monet and start to imagine what might be happening. Reading the expressions on faces, looking at body language, clothes, seasons and possible dialogue gives us some ideas to start to write some words that might reflect the paintings.

Here are some words devised by the residents of Spring Lane to accompany this picture by Renoir, called 'Le Bal du Moulin de la Galette':

Men in their summer boaters... Women in their fine floaters... Pretty hair and pretty light... Dancing in the dappled light... Families and friends out for the day in the gardens... Sharing a glass of rosé.

Residents also had some fruits and flowers to feast their eyes on to mark a time of harvests and the changing of the seasons. Cezanne, Caravaggio and Rachel Ruysch's still lives provided a welcome opportunity to discuss the deliciousness, flavours and experiences of our favourite fruits and also the significance of the symbolism of fruit in paintings.



Spring Lane



Caring and sharing – tea and cake

It's not just our residents with dementia, for whom – no matter how perfect the care – life can be emotionally challenging. The same applies to relatives and friends, too. One of the ways in which they



Sue Whiteman,
Dementia Support Nurse and Group Facilitator

can get help is through our **Relatives' and Friends Support Group**, where people can get together with others in a similar position.

Our support group meets each month at Spring Lane and people come together to talk about ways of coping and sharing emotions such as grief, abandonment and guilt.

"It's so nice to know that you're not alone with your feelings," says one regular. *"It's non-judgmental – a lovely friendly space"* says another.



Marilyn Catterill, Carer and Counsellor

Another relative says: *"I don't always come but I'm delighted to know it's there."*

"You can get support from people who really understand," says another, *"because they*

have been there, too. It's a safe, passionate environment and you are all part of the Spring Lane community."

Dr Robin Powell, the medical director, says:

"I can explain things about dementia, but I've had no direct experience of it. The room is full of people who have. They are the experts and we can all learn from them."



Dr Robin Powell, Medical Director

For instance, one relative was unsure whether to explain to her father with dementia an important piece of news about his family, in case it confused him. After consulting with others in the group,

she decided to do so. *"I'm so relieved I got help from the others in making what was turned out to be the right decision."*

But it's not all about serious matters. *"We do have fun, too, and having a laugh keeps you sane,"* says another relative. *"And there's all the tea and cake that keeps us going..."*



Jo Scott, Group member

ALL SPOOKY FOR HALLOWEEN

You might have been forgiven for thinking we were at the Venice Carnivale with the wild and wonderful outfits and masks here, but we are only in Muswell Hill, north London.

The flavour of the Halloween season was definitely silliness for both the staff and residents and masks and festivity wear, and some wonderful hats, were created in the art sessions by the residents.

Ingrid in the kitchen excelled in making a very orange spooky cake that also tasted fantastic.



Spring Lane



The British Museum comes to Spring Lane

The British Museum



It was a great delight to welcome the British Museum education department's presenter **Reagan Kiser** to run another fabulous cultural session, showing off some of the contents of the museum's great collections.

The outreach programme arm of the museum takes sessions out to the community, schools, hospitals, care homes and other community institutions. The sessions are often designed to be sensory in nature.

This means the residents can touch and feel the items, and run their hands over their surfaces or textures. Reagan often brings fabrics, carved wooden artefacts, tools and utilitarian items and this works particularly well for those with challenging eyesight.

This time she brought ceremonial fabrics, shells and carved wood shoes from Samoa, rattles from South America and a hair skirt from the Solomon Islands, worn becomingly by **Mary Kelly**. We talked about weaving and manufacturing techniques and were allowed to have a good 'feel' of everything.

It was a great day.



Spring Grove

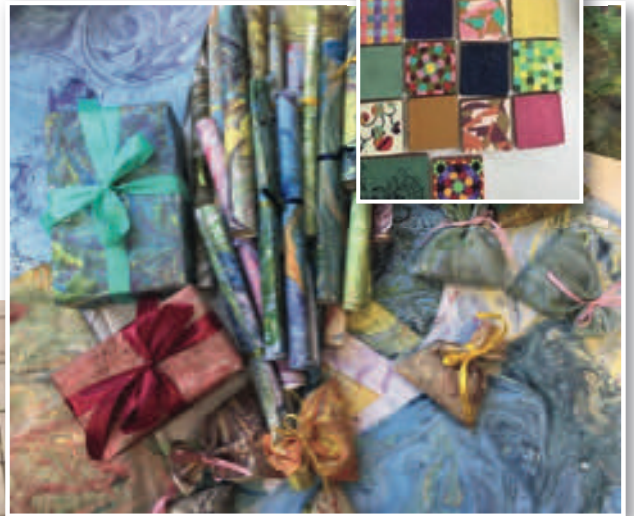


Out on the tiles

Colour was on everybody's mind when residents painted 60 terracotta tiles, each 10cm square. Half of these tiles were painstakingly painted with special attention to decorative pattern and colour combinations, the other half were painted with flat colour. Each was then sealed and varnished in preparation for the outdoors. They were then aesthetically arranged around the edge of the pond and sealed. What a marvellous colourful effect they have had on our outdoor area!

Also, in preparation for the **Spring Grove Viennese Fair** in December, Spring Grove residents marbled paper and fabric. The fabric was then heat set and sewn into lavender bags and the paper rolled as gift wrap.

Spring Grove artisan bakers bake once a week under Astrid's watchful eye. Favourite recipes are recreated and enjoyed by everyone.



Valerie Taylor, who has served tirelessly as chairman of the Residents' Association, has stepped down after six years and the residents have voted for former journalist Robin Young to replace her. Plans are afoot to set up a Friends of Spring Grove organisation, which would support and nurture the home.

The residents also enjoyed visits from the JW3 Jewish Nursery (the Jewish centre on Finchley Road) on the festival of Purim and were treated to a concert by students of the violin by Vista from JW3 in addition to a concert from the St John's Wood Jewish Nursery. There was also a visit from a Blue Badge Tour guide, who gave the second part of series of three talks on the history of London.

Spring Grove



Eyes down for Spring Grove roulette

The residents of Spring Grove were treated to an exciting afternoon of roulette with **Steve Pointer**. They played for chips, placed their bets and were delighted when they won. Steve brought prizes with him for the winners. Not only did they have a flutter, but they also had a music quiz which they thoroughly enjoyed. The residents were also treated to Steve singing and a wonderful afternoon was enjoyed by all.



Wouldn't it be lovely – My Fair Lady tea

For a special My Fair Lady tea, all the residents dressed up and wore beautiful hats that were supplied by Pamela Roditi, daughter of Betty Klaber, one of the residents at Spring Grove. The residents were also treated to a wonderful afternoon of entertainment by the great-grandchildren of another resident, Era Golletz. Everyone thoroughly enjoyed the afternoon tea and entertainment.



Betty Klaber and Joan Sandham



Hannah Whitwell with Lucy



Manfred Durst, Robin Young and Avis Woolliff.

Spring Grove



A classic re-telling of one of the great stories

Another highlight for residents of Spring Grove was a mock Seder given by **Frederick Powell** and his mother, **Adrienne Rosen**, on April 17. Fifteen residents sat at the table and enjoyed listening to both Adrienne and Frederick talk about the Passover Seder, its origins and why the Jewish Community would celebrate it for eight days. Everyone said it was extremely interesting.



Robert Mendelsohn, John Atkinson, Claire McCall, Elsie Dermott and Dr. Akrawi



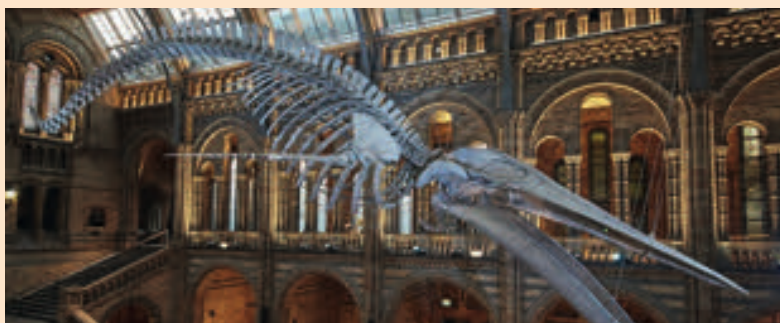
Elena Flynn, Christina Davies and Adrienne Rosen

Visits from the National Portrait Gallery, the Science Museum and the RAF Museum – and three curious histories

During the year the residents have had visits from the **National Portrait Gallery**, the **Science Museum** and the **RAF Museum**. The story of how the National Portrait Gallery was formed and the history of its building was one theme, while the Science Museum gave a fascinating exposition on the history of telegraphy. The RAF Museum, meanwhile, told the story of the involvement of servicemen from the colonies in two world wars. Everyone who attended the sessions said how much they enjoyed listening to the talks, looking at the items and pictures that were brought in. The residents also enjoyed the questions and answers afterwards.

The story of a whale called 'Hope'

The story of the whale that graces the entrance hall of the Natural History Museum was told at Spring Grove by **Richard** from the Museum's outreach department. The skeleton of the 82 foot blue whale, our largest creature offers a more contemporary theme than that of 'Dippy the Diplodocus' the dinosaur that it replaced, representing some of the ecological challenges for the planet today. The whale is nicknamed **Hope** because of what it symbolises for the future of the earth. Residents were invited to the museum's South Kensington home to see for themselves.



Mix 'n' Match

The Spring Grove Cocktail Party

In February, the residents were treated to a great afternoon of cocktails made by cocktail barman Kyle Gould. The residents enjoyed a number of fruity cocktails, alcoholic cocktails and a special cocktail for Spring Grove. It was a fantastic afternoon, enjoyed by all.



Audrey Burt, Clair McCall, Robin Young, Dr. Moss, Robert Mendelsohn

Springview



Blooming marvellous! Springview wins award in garden competition

Congratulations to our green-fingered gardeners at Springview who are delighted to have won a Certificate of Merit in the Enfield in Bloom 2017 Garden Competition, sponsored by Tottenham Hotspur Football Club. It's awarded for our horticultural contribution towards making the borough a more attractive place to live and work. A big "thank you" to the team who designed, planted and tended it. (All that watering was worthwhile!) And, of course, the garden has been a delight for our residents and their families, who enjoyed the colours and the scents all through the spring, summer and autumn – especially the wonderful hanging baskets.



Making the day for St Patrick

There was much jollity on St Patrick's Day, with a giant shamrock made by some of the residents as well as a leprechaun. Quizzes and a story about St Patrick read aloud were just some of the activities that filled the day.

Live music entertainment, which included favourite Irish songs and some entertaining Irish dancing by staff and visitors resulted in lots of enjoyment, many happy faces, smiling and laughter. The food was Irish-themed – naturally complemented by a drop of Guinness.



Flying high at Springview



It was a lovely July day when Springview's residents and staff enjoyed a great afternoon of fun outside. Various outdoor games, including floor darts and giant badminton, were played and raised lots of laughs. The best aspect of the day was reminiscing about games people used to play outdoors – and flying model planes.

Some staff had to duck and dive as the model planes whizzed through the air. It was a glorious afternoon and the sound of cheering and laughter added to the happy atmosphere.

Springview



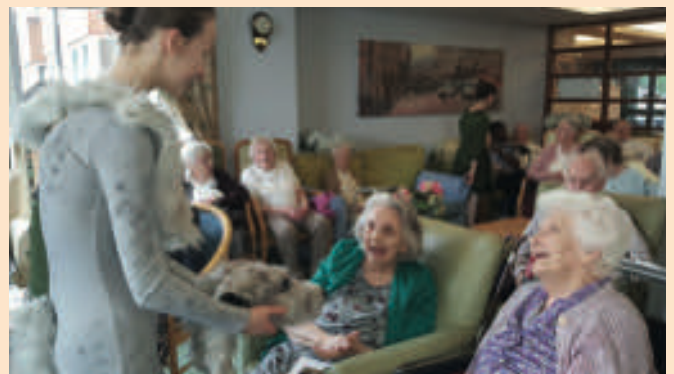
Say it with flowers Springview's new craft club blossoms

The introduction of a weekly craft club has proved very popular with our residents. With individual talents in mind, a different craft activity is on the schedule each week. Still-life drawing, flower arranging and pottery are some of the activities we've enjoyed so far. Residents have joined in eagerly, and there has been much positive feedback. They are looking forward to flower pressing in the near future, and glass painting is also on the agenda.



London Children's Ballet come to Springview to perform Little Lord Fauntleroy

Springview was thrilled to welcome the **London Children's Ballet** in February. They performed '**Little Lord Fauntleroy**' for us, and what a wonderful performance it was. The children danced beautifully, with delicacy and grace, and there were lots of floaty white tutus everywhere. The residents loved talking to the children after the performance and asking them questions. It was lovely to see such talent among those so young. The performance was the subject of discussion for many days after. We look forward to welcoming them back next year.



**Call for
volunteers
and
donations**

The homes are always interested in anyone who would like to come and participate in some of the activities in the homes. Perhaps you are retired or have an area of interest you would like to share with us. Some of the topics we would love to expand are:

- Creative storytelling/sounds
- Art talks
- Talks on history, travel and literature
- Chair-based dancer x 2
- Bridge teacher
- Chess teacher
- Reading groups participant
- Scrabble players
- Coffee morning in the community.

Don't hesitate to let us know if you would like to join in.
Telephone: 020 8815 2000.

