



Kinton Manor Nursing Home

December 2020 Newsletter



A Message from Matron

How to Fight Covid with Kindness

For all of us at Kinton Manor, 2020 has been a year we will never forget. It was challenging for our residents, families, friends, and staff. However, hardship and barriers force everyone to improvise. You are already aware of what we implemented to give extra attention to the mental wellbeing of our residents and staff. Fortunately, we have received excellent feedback about our visiting pod, so please book your visits - ***by telephone, no more than a week in advance.***



Another strategy that we will emphasise and of course implement will be to use the power of kindness. We will look out for our residents and one another – ***kindness*** will be the buzz word for December to celebrate the spirit of Christmas. I believe that it will be like Covid-19 – ***“contagious” because we will pay kindness back and pass it on.***

Thank you to all our lovely residents, families and of course the staff who are all making the effort to see through kinder eyes and act accordingly. Kindness brings surprising rewards to yourself and the recipient and anyone who witnesses it. As a manager it is very rewarding to observe the magical effect of kindness on our residents.

Urszula is now our full time cook and Piri deputises when she is off. Jamal assists them both. The food they provide is excellent and residents look forward to their meals and regularly compliment the kitchen staff on the delicious food that is served.

Continued overleaf

A Message from Matron - Continued

Even one of our residents who lived in France (and rather a connoisseur) praises our food! We as staff are very fortunate because we also eat the delicious food. We will never upset the cooks as they feed us! During the festive time there will be lots of surprises for residents and staff. I am already looking forward to the Christmas meal!

Further in the newsletter we will explain our plans for Christmas Day. Unfortunately, there will be no relatives party this year. We will have several small gatherings for residents in the big lounge – obeying the guidelines.

We have not so far received guidelines re indoor visiting. We are aware that it was mentioned on the news. We will keep you updated when we have any information, also when we know more about the vaccine.

I wish you all very good wishes during the festive times and as always please do not hesitate to tell us if there is something about which you are unhappy.

Toiletries and Clothing

We kindly ask that you keep an eye on the stock of toiletries. Please don't forget disposable razors and either toothpaste and tooth brushes or denture tabs. Shower gel or body wash should preferably be one that is suitable for sensitive skin. If you could please review their stock monthly and if unsure please telephone us for guidance on their requirements.

Please can you ensure that your loved one has enough warm clothes—especially nightwear and warm bed-socks. The ladies also need pop socks to look smart. If clothes need trying on for size, please tell the Nurse on Duty when you drop them off.



Video Calls

Following the purchase of two iPads, the Video Calling is bringing much happiness to residents. The majority of residents benefit from being able to talk to their family and friends. However, should we experience that the resident is upset either during or after a call we may need to reconsider. We will speak to the family should this be the case.

Times for Video Calls are: 10.30am, 11.30am and 3.00pm.

We have dedicated staff members on duty at these times in order to assist. Please remember to download the “Whereby” app in advance.

Please telephone (rather than email) to book your slot (up to a week in advance).

Calls are limited to one per week per resident so we can be fair to all our residents.



Activities during Covid

We have obviously had to reduce the group sizes of residents in the Big Lounge to ensure safe distancing but Hilary and her team have worked hard to ensure the residents are stimulated and have enjoyed themselves as much as possible.

Many of the Residents are very fond of Hilary's dog Bonnie who comes to visit from time to time. Our resident cats are also much loved by the Residents.

Recent activities have included exercises to YouTube videos, various art projects and our annual pumpkin making.

Kitty is very good at playing board games—such as draughts and scrabble, with some of the residents, and jigsaws are also very popular.





Activities (Continued)

We have additional activity staff who visit every resident in their room and spend time with them. They take the “trolley of fun” around the home and residents can choose if they want to do crossword games, try on jewellery, page through magazines, listen to music, browse the internet on our tablet or just have a chat and a cup of tea or coffee. We bought a special cage with wheels so our budgies, Cyril and Wally, can visit the residents in their rooms.



Birthdays are always important at Kineton Manor and every resident has a cake. Our lovely resident Addie was 99 this year. She was still able to celebrate with her family who could see her by making use of our Covid secure visiting pod. There is a microphone so hearing each other through the Perspex is not a problem.

Happy Birthday



Manicures, Hairdressing and Aromatherapy

Our Lead Carer Tintu spends time with the residents doing manicures and performing aromatherapy. This one to one care is greatly appreciated by the residents.



Our Activities Manager Hilary has stepped in to look after the residents' hair during Lockdown. Especially for the ladies, having their hair cut and styled makes a big difference to their well-being.

Christmas Gifts for our Residents

We are pleased to inform you that we have decided to treat our residents to some gifts in time for the Christmas period. We are buying a large smart TV to replace the current television in the Big Lounge. The new one will have a slightly larger screen and we will be able to access YouTube for

We are also buying a karaoke machine which is likely to create much fun and laughter in the big lounge.



Testing for Covid

For some time we have been testing all staff on a weekly basis and residents are tested monthly—as per the Government Guidelines.

Christmas Plans

We do not know what Government plans will be in place at Christmas but please know that we will make the festive period as enjoyable a time as possible for your loved ones. There will be small, distanced gatherings for entertainment with drinks and mince pies, Christmas films to watch and small gatherings to include staff. We will also be making the most of the Tovertafel and the Karaoke machine. Christmas Day itself, as always, will be a day with lots going on for our residents. Please note that there will be no visiting due to the fact that the residents have very little spare time, plus it would be impossible to choose which relatives should visit. Please see over for details re phone calls and video calls.



Christmas Day at Kineton Manor



Christmas Day is a very special day at Kineton Manor.

8.00am to 10.00am - Breakfast & Personal Care

10.00am to 11.30am

Distribution of presents, tea, coffee, sherry & mince pies.

11.30am to 1.30pm

Our special Christmas Day Lunch.

1.30pm to 2.00pm—Personal Care

2.00pm to 3.00pm—Family telephone calls

3.00pm to 4.30pm—Family Video Calls

4.30pm to 5.15pm - Personal Care

5.15pm—Festive Supper

6.00pm to 7.00pm—Family telephone calls and video calls

*Please Note : All Video Calls must be booked no more than
a week in advance—and by telephone.*