

SPRING 2021
ISSUE 02



#ABBEYFIELDANGELS

THE ABBEYFIELD ANGEL

LIFE AT THE ABBEYFIELD WEY VALLEY SOCIETY

Care | Compassion | Companionship

Keep up to date with AWVS by following us on



@abbeyfieldweyvalley



CONTENTS

ISSUE 02 SPRING 2021

3 WELCOME TO THE ABBEYFIELD ANGEL

The Abbeyfield Angel is our newsletter keeping you up to date with all things within the Abbeyfield Wey Valley Society's family. As a charity, we love to embrace our local friends with our residents, staff and volunteers all playing an active role in putting us at the heart of our community.

3 NEW FEATURE - SHELTERED HOUSING

Sheltered Housing is an important ingredient within AWVS care offering and we profile our homes and the personalities enjoying independent life within them.

4 UPDATE FROM THE TRUSTEES

An update from Paul Whitlock, the Chair of the Board of Trustees.

5 THE ERA OF SMALL SHOPS

John Smart, one of our residents at Roundhay in Guildford writes a fascinating account of his childhood memories of the local shops.

7 WHAT'S BEEN GOING ON

As we get through the latest lockdown restrictions and look forward to spring and summer we take a look at how our residents and carers have been keeping busy so far this year and keep you updated on the latest AWVS news.

8 MY VACCINE EXPERIENCE

Dorothy Hulley, a Castle Gate resident tells us about her experience, as one of the first people in Guildford to receive the COVID vaccine.

9 SUPPORTING PEOPLE IN THEIR OWN HOMES

The Abbeyfield Wey Valley Society also cares for people in their own homes with a growing number of people, in and around the Farnham area, receiving the unique Abbeyfield care to help them continue to live independently.

It goes without saying that it's been a tough start to the New Year for everyone and we truly hope you are staying safe and well as we progress through lockdown number 3.

Since Christmas, life has remained very busy within all our homes, our community spirit is stronger than ever and we are turning our thoughts to the prospect of better weather on the horizon.

Our residents and staff have mostly now received the COVID vaccine and we hope to plan a host of trips and events that we can all enjoy as soon as we are able to do so safely. Opportunities for our residents to get out and about, enjoying the summer months will hopefully be plentiful; we hope, at some point to be able to invite you along to some events later in the summer to experience for yourself again the special relationship that our residents and carers share together at all our Abbeyfield Wey Valley homes.



The Abbeyfield Angels
X

INDEPENDENCE, SUPPORT AND COMMUNITY, ALL WRAPPED UP INTO ONE LIFESTYLE

Sheltered housing is a really popular way of remaining independent whilst feeling secure in the knowledge you have the support and companionship around you.

As Living at home can become harder as you get older, choosing to move into supported living accommodation doesn't have to mean losing your independence. In fact, many of our residents tell us it actually feels like a new beginning.

Abbeyfield Wey Valley's three sheltered homes enjoy fantastic locations and play a vital part within the complete care offering the Society is so passionate about providing to older people. Castle Gate and Roundhay are located in Guildford town centre while Kemnal is just a short bus ride from the lovely town centre of Haslemere.

At each home the House Manager provides two home cooked meals a day and also supplies ingredients for residents to make their own breakfast and afternoon tea in their spacious bed sitting rooms.

Residents at all three homes enjoy a relaxed and social atmosphere with a combination of social interaction and privacy. As with All the AWVS homes, a selection of activities, trips and events are offered to those residents who like to take part.

In each of the next three editions of The Abbeyfield Angel, we will be profiling one of the homes, talking to the House Manager about life within the home and meeting some residents who enjoy their supported lifestyle within the Abbeyfield Wey Valley family.

The first home we will featured will be Castle Gate, which is located just a few minutes walk from Guildford High Street and is adjacent to the beautiful castle grounds.



One of our residents favorite summer activities, a trip along the canal



Paul Whitlock
Chairman of the Board of Trustees

A few words from our Chairman of the Board of Trustees

FEBRUARY 2021

It's great that we now have our own publication in magazine format with articles about life at Abbeyfield Wey Valley Society - thanks to our PR and Marketing Manager, Iain Looms, who has driven this forward. We've needed something like this for a long time!

Obviously it is as yet in its infancy, but I hope you find it interesting and informative. In the first edition we focused on our care homes and in this second edition we are featuring our sheltered houses. I hope that 'The Abbeyfield Angel' will expand and develop so as to have articles of wide interest to us all as well as keeping everyone up to date with what is happening across the Society. There is a fascinating article in this edition by John Smart of Roundhay - let's have more reminiscences from you!

We take our mission of looking after older people very seriously (as does the Abbeyfield movement in total) and some you may not be aware that we have a Homecare Service run by Jill Foster who is based at Wey Valley House. In this way we can support folks who want and can manage to stay in their own homes with regular professional help coming in as needed. They're part of the 'family' too.

We've managed to cope pretty well during the pandemic so far. It has been a strain on our wonderful staff - maybe that's what happens when you're an Abbeyfielder! Anyhow they deserve our heartfelt thanks. On behalf of all the trustees, a warm welcome to any new recruits and congratulations to those taking up new roles in the society.

You will see that Tammie Baker is the new Registered Manager at Hatch Mill and we wish her every success in this very important post. (Rest assured that Shelley is not disappearing - she is moving to a vital new role in the society.)

Let's hope that some of the summer activities we usually enjoy will be possible this summer - outings, events in our local communities and so on. I know the staff are keen to make this happen but it all depends on the pandemic. Whoever thought that we would have to live through such a dreadful thing?

All good wishes from myself and the other trustees

Paul

THE ERA OF SMALL SHOPS..



By John Smart,

Roundhay Resident.

Whenever I watch "Open All Hours" on television I remember the shops of my childhood in the 1930s. That was a time when small shops flourished.

Though I lived in a residential area at one end of the road, at the junction, on the four corners were a greengrocer, a grocer a butcher and a bakery. A little way along from the bakery was a fish and chip shop, on its window in large letters, "all our fish cooked in pure beef dripping"; cholesterol hadn't been invented then. Many a Saturday I went there for rock salmon and chips, they only cost 3d.

At the other end of my road, just round the corner, were a dairy, a newsagent and confectioner, another grocer and a bicycle shop. The dairy bottled all its milk in an extension to the house behind the shop. On the shop counter was a large jug of thick cream you took your own bowl or jug and bought six- pennyworth of cream. The bottled milk was distributed by a man pushing a three wheeled cart.

The bicycle shop was where we took our "accumulator", that powered the wireless set, to be recharged. The baker had rounds-men that called at the house in the

morning with bread and rolls and again in the afternoon with cakes and fancy pastries, these were carried in a large covered two wheeled barrow.

At Easter time they sold hot-cross buns, 18 for a shilling! If you passed the bakery on a summer night you could hear the high-pitched song of the crickets attracted by the spilt flour and the warmth of the oven.

Some distance away was the small tobacconists shop where my father bought his cigarettes. I was always fascinated by the brass pipe protruding from the counter with a tiny flame burning at the end. It was for customers to light their smokes. Over all there was a smell of the loose tobacco kept in large tins which was sold by weight using a natty pair of brass scales.

Though all these shops did a good trade it was really the end of an era, by the 1950s all had gone, swept away by changes in buying habits (when the new supermarkets came in), redevelopments and road works.

John Smart



Our community in pictures



(top left) Alan Titchmarsh sending his personal congratulatory video to Frank Rhodes, and the not quite so well known National Chocolate Cake Day (top right).



Happy New Year from us to you



Tammie Baker, Hatch Mill's new Manager.



Everyone within the AWVS family would like to pay their respect to Captain Sir Tom Moore - A True Hero.

Care | Compassion | Companionship

Despite lockdown number 3 all of our residents and care teams have been doing their best to enjoy an action packed start to 2021



CELEBRITY RECOGNITION

Frank's gardening successes (featured in the last issue of the Abbeyfield Angel), have been noticed far and wide.

Alan Titchmarsh, the celebrity Gardner, TV presenter and novelist took some time out of his busy schedule to send a personal video to Frank congratulating him on his achievements and his stamina!

"I hope I have as much Stamina as you and can keep on enjoying gardening for the next 27 years ..really well done Frank" said Alan.

With spring fast approaching, we look forward to the prospect of sharing some time enjoying nature in our lovely gardens with residents at all the homes.

Perhaps Alan may pay us a visit and share a cup of tea with us at one of the homes.

WINNIE THE POOH DAY

National Winnie the Pooh Day, held on January 18th each year commemorates author A.A. Milne's birthday in 1882.

He brought the adorable, honey-loving bear to life in his stories for generations to enjoy ever since.

Winnie the Pooh first appeared on the printed page in 1926, together with friends Piglet, Tigger and Eeyore. All of them were based on toys owned by the author's son, who also featured in the famous stories as Christopher Robin. The character later starred in a series of much-loved Disney films.

The residents and carers at Wey Valley House enjoyed celebrating the day by taking part in a few themed games and reading some snippets of the magical books.

"Sometimes the smallest things take up the most room in your heart."

Winnie the Pooh.

NATIONAL CHOCOLATE CAKE DAY

Now there's a great excuse to celebrate, and everyone at Hatch Mill certainly took advantage of it.

The home made Chocolate cakes were divine (see pictures on page six) and the company was great too.

A big thank you to our catering teams. Not only do they always provide wholesome fresh meals for the residents daily, they also keep everyone well stocked up on treats - we're counting down the days to pancake day next :)

MOVING ON UP...

Due to the imminent retirement of Michael Maher, Abbeyfield Wey Valley's General Manager, the New Year has seen some management re-structuring within the society; same bright and friendly faces, but just taking on new roles and challenges within the Society.

Shelley Hartley has been promoted to General Manager to replace Mike, when he steps down in a few months time. Shelley will now take on more of the overall management role having a keen interest in the sheltered housing element of the Society.

Replacing Shelley as Hatch Mill's new Manager will be Tammie Baker. Tammie was originally the Deputy/Clinical Manager at the home and she will now lead the team at Hatch Mill. Tammie is now in the process of appointing a Deputy Manager to support her.

All the team at Abbeyfield would like to join with the Trustees in wishing all of them every success in their new leadership positions within the Abbeyfield family.

BEATING COVID

Dorothy, a Castle Gate resident talks about her experience as one of the first Guildford residents to receive the vaccine



Above: The meticulously planned vaccination Centre

Theatres, sports stadiums, concert halls and many other buildings all over the country are springing back to life in a new form, as vaccination centres.

On Wednesday 13th January, Dorothy Hulley, a resident of Castle Gate in Guildford, ventured forth for her COVID vaccination and here she describes the experience for us in her own words.

"G LIVE" in Guildford was the vaccination centre and it looked very different from when we saw Ralph Fiennes speak there a few years ago!

No queues outside, just really lovely smiling volunteers waiting to greet us. Everything was very efficient and after temperature checks and hand sanitizer we were asked to wait in a seating area, socially distanced and given pamphlets etc.

For the lady in front of us, it was her 90th birthday so we all had to sing Happy Birthday of course!

We then moved through (more hand sanitizer) to the main theatre where there was more seating and screens and cubicles. A lovely NHS nurse asked Dorothy some questions and explained everything very clearly. She then gave Dorothy her Pfizer jab in her left arm. We then moved over to the other side of the theatre for fifteen minutes just to make sure all was fine. The arm maybe a little sore but otherwise should be fineparacetamol was recommended for any headaches or chills.

As ever the NHS were outstanding and we could only thank them profusely before we left. The ladies outside in the drizzle and cold continued to smile. What would we do without such kindness.....



ABBNEYFIELD WEY VALLEY

SUPPORTING INDEPENDENCE IN YOUR OWN HOME



The AWVS Homecare team, supporting the community

With so much experience offering care within its homes, Abbeyfield Wey Valley Society is also passionate about offering people the support to remain independent within the comfort of their own home.

Four years ago, the Abbeyfield Home Care side of the Charity was set up and this has been developed and managed by home care Manager, Jill Forster.

Jill's team of care professionals offer the extra support, care, reassurance and companionship needed for each individual to remain independent.

As a Charity, rather than a profit seeking business, Jill has carefully grown the client base since first offering the service. "The people we care for come first in everything we do", explains Jill, "we are in a privileged position to offer a truly flexible and personal service that offers the best care and support for each individual".

While some people benefit from a detailed care plan, others may just need an half hour visit to help with personal care, medication or mobility to feel confident in achieving the goal of remaining in their own home.

A great example of how the little things really do matter was displayed over the recent hectic

Below, Barbara with her new Christmas tree



Christmas period when Donna who cares for Barbara on a regular basis noticed a tiny two foot Christmas tree on a little table with a few sparse decorations on it.. Not good enough she thought!

So on her day off, she searched on line for a second hand tree, raided her attic for some spare decorations and swiftly went back round to Barbara's house to spread some festive cheer.

Needless to say, the gesture brought a huge smile to Barbara's face and Donna's too!

Care really does come in all shapes and forms and it's wonderful to know that older people can benefit from Abbeyfield Wey Valley's unique caring ethos from the comfort of their own home too.

If you, or someone you know, lives in and around the Farnham area and would like any support or advice about continuing independence at home drop the Abbeyfield Wey Valley homecare team a call on 01252 735507 or email :

homecare@abbeyfieldweyvalley.co.uk

Our community in pictures



Top Right: Steph, a member of our care team and James on their recent wedding day.

Top Left: Daphne and Kieth celebrate their 65th wedding anniversary together at Hatch Mill

Centre: The Japanese garden at Hatch Mill looking splendid in the snow

Bottom right: Malcolm & Joy take their hand to a Pooh Stick challenge to celebrate Winnie The Pooh day

Bottom Left: Steve and resident Ken lighting up the house with an intense game of draughts.

