



HOLLY LODGE
FOREST CARE

Newsletter

WINTER 2022/23

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Activities at Holly Lodge

Take a look at what we've been up to before Christmas!

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Christmas Celebrations

Take a look at what we've been up to over the Festive period.

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Staff News, Celebrations & Resident Profile

New starters, awards, a Staff Spotlight and Mrs Joan McGrath's Resident Profile.

Welcome to Holly Lodge

Welcome to our Winter newsletter. With some of the restrictions being lifted, it was nice for the residents getting united with their loved ones again.

In this newsletter you will see that we have focused on activities that involve the local community and creating new memories and experiences for our residents. This year, we will be bringing new experiences to our residents like the "Train Experience", "Bouncing Bunnies Baby Group" and we will continue to look for new and exciting ideas.

A big 'thank you' to Ravenscote Children Choir, Parkside Young Adults Choir, Scots Guards Pipes and Drums (South), Birdworld and Long Acres. I also wish to thank all the staff for your great team efforts and continuous dedication towards our daily goal of making our residents and relatives smile. Thank you to all the families for putting your trust in us, and for working with us to make a positive difference in the lives of your loved ones.

To our new residents, families, and staff, welcome to our Holly Lodge family.

Alarico Bustamante, Care Home Manager at Holly Lodge





As we enter 2023, there is hopefully reason for optimism after all the gloomy headlines of recent months.

Covid has obviously dominated much of our everyday lives for the past couple of years and finally that no longer is the issue it was. While it is probably never going to go away, it has reached a point now where we all are able to live with it

as we do with other things. That does not mean we can ignore it completely and for the time being at least, our homes will continue to ask everyone visiting to wash their hands and wear a mask for the duration of their visit.

We are in the process of publishing the main points raised from our annual quality surveys completed last summer which I am pleased to say were overwhelmingly positive. However, we will still be looking to improve certain aspects of what we do, which includes further enhancements to the facilities in the homes and enhancements to

some of the services we provide. For example, we have introduced a new role to oversee the activities provision across the homes, with one of the aims being to include more of the things residents and relatives have told us they would like to see in our activity programmes.

We have also introduced “Familio” across our homes. This is a platform whereby family & friends can post photos of anything interesting they may be doing so that residents can feel a bit closer to what their family and friends are getting up to! It is personal to each resident and is automatically made into a personal “Gazette” which we then print and give to them, so in effect, it is their own personal newsletter. All the information is displayed prominently in our homes, and I would encourage you to at least give it a try!

I hope you enjoy our latest newsletter which once again highlights all the many positive things and varied activities that have been taking place over the past weeks, and in particular, the Christmas period.

Thanks again for your continued support.

Words from Mark Vickery, Director at Forest Care.

Activities at Holly Lodge



One-to-ones!



Smiles after a Pamper session



Flower arranging

Residents making ice cream to enjoy with cinnamon buns!



Karaoke time...



Parachute play



Music and dancing



Fun and Frolics



Halloween at Holly Lodge



Halloween activities



Christmas Celebrations at Holly Lodge



Residents watched the Christmas Lights turn on!



Tickled Pink's Christmas performance!



Holly Lodge won, 'Most impressive Christmas Craft Creation' by painting beautiful Pine Cones



Christmas Concert



Christmas Celebrations at Holly Lodge



Holly Lodge staff and residents enjoyed participating in Elf Day and fund raising for the Alzheimer's Society!



A special visit from Santa in the Christmas Grotto



Lovely gift from Parkside for our residents!



Family members visited Holly Lodge residents on Christmas Day, spreading warmth and happiness around our home!

Staff News & Celebrations



New Staff A warm welcome to our 3 new starters, Tanyalak Saensupha in Activities, Harimaya Gurung as Kitchen Assistant and Ann Best our Administrator who have all recently joined our amazing team at Holly Lodge and have quickly become valued members!

Staff Spotlight Nurse Rose has worked at Holly Lodge since 2009 as a nurse. She graduated with a Bachelor of Science in Nursing in the Philippines. After receiving her degree, she worked as a nurse for 5 years then went to Saudi Arabia to work for Aramco for almost 10 years. She also worked as a Chief Nurse for the Ministry of Health KSA for 3 years.



When Rose was 6-7 years old, she used to go to the hospital with her parents, during these times she saw nurses looking after the patients and told her parents that one day she wanted to be able to help people too.

Rose loves working for Holly Lodge because she feels as though she is treated like family, and feels valued by Forest Care. Rose enjoys shopping, visiting friends, singing and listening to music in her spare time.



Holly Lodge proudly won 'Nursing Home of the Year' at the Surrey Care Awards 2022!



Holly Lodge celebrated their long serving employees during their Years of Service event



Staff Celebrations



Holly Lodge celebrated their employees by hosting an appreciation week for each team



Resident Profile - Mrs Joan McGrath



Joan was born on a farm in Southern Ireland just outside a village called Ballycliff near a large town called Tralee in Kerry. She lived there with her four brothers and two sisters until the age of 18 when she came to England on her own.

Joan got a job in Hammersmith London where she met her husband, Hugh. They married in 1950 and years later they had a son, Peter.

She spent most of her life as a housewife and maintaining their small property portfolio that they had purchased in West London near where they lived. In the early 70s they sold their second house and moved to Hangar Lane to be nearer to Hugh's work. They have two beautiful grandchildren. Hugh sadly passed away in 2011.



Smoky chicken, bean & kale stew

Ingredients:

- 1 tbsp olive oil
- 8 boneless and skinless chicken thighs
- 80g cubed pancetta or smoky bacon lardons
- 1 large red onion
- 4 garlic cloves
- 2 tsp smoked paprika
- 2 bay leaves
- 1 tbsp red wine vinegar
- 2 x 400g can plum tomatoes
- 1 tsp caster sugar
- 1 chicken stock cube
- 400g can cannellini or butter beans, drained
- 100g kale, stripped from the stalk and roughly chopped
- Garlic bread, to serve

Method:

1. Heat oil in a casserole pan. Cook the chicken in batches for a few minutes until golden and set aside.
2. Cook pancetta for 5 mins until starting to crisp. Push to one side and add the onion, cook until softened (8 mins). Stir in the garlic and cook for another 1 min.
3. Add the paprika, bay, vinegar, tomatoes and sugar, then crumble in the stock cube. Add two cans full of water (800ml), season well and return the chicken to the pan. Cover and simmer over a low heat for 30 mins.
4. Uncover the pan and cook for another 30 mins until the stew has reduced to a rich broth. If the tomatoes are chunky, squash them with a wooden spoon.
5. Stir the beans and kale into the stew, cover with a lid and cook for 5 mins. Serve in bowls with garlic bread.

Holly Lodge

Award-winning dementia care

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[Review score on carehome.co.uk](https://www.carehome.co.uk)

Feedback Corner

"The care my wife receives is first class. The staff be they carers or admin are so kind and helpful and are always ready to answer any queries or provide any information I might request. They always pull out the stops for special occasions, especially for my wife's birthday...Thank you all so much."

"Holly Lodge is amazing; my mum has been a resident for four years and the care that she is given is outstanding. The staff do such a brilliant job and are all so friendly. I am always kept informed with any updates to my Mum's condition/medication etc. I honestly couldn't wish for a better home for my Mum. She is being looked after so well it really does make dealing with her illness slightly easier."

"As always, Holly Lodge do a brilliant job looking after dad. I cannot fault them. The extra fuss made on him for his 93rd birthday was perfect. He is so well looked after it takes the strain and worry from me and other family members. The staff are wonderful, and nothing is too much for them to make Dad and all the other residents comfortable. I would not hesitate to recommend Holly Lodge for dementia sufferers."

Holly Lodge Honey

Created in our very own gardens...and it tastes delicious! Just pop in to purchase a jar.



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Nursing Home of the Year

