

# 'ODD SOCKS' HARRY RELIVES RAILWAY CAREER FOR 100<sup>TH</sup> BIRTHDAY

Abbeyfield York resident, Harry Wilson, has been recounting his nearly 50-year career as a driver of the Deltic locomotives along the East Coast Mainline.



Harry was joined by family and friends for his special day

As a surprise for him on his 100th birthday in August, the Deltic Preservation Society – which keeps the old diesel trains in operation – organised a special train journey from York to Scarborough in a No. 55009 Alycidon. The train was temporarily renumbered for the day to that of its sister train, 55013 The Black

Watch, which was Harry's favourite to drive.

In addition to the specially commissioned journey in Harry's honour, the train carried the headboard 'Harry Wilson Centenarian'.

Upon arrival in Scarborough, Harry – known affectionately as 'Odd socks' to his railway colleagues – was invited into the cab,

where he recalled his countless journeys in the legendary class of locomotives over 48 years. The trains were the first 100mph diesel locomotives in the country when they were built in 1961-62.

[Read more about Harry's career on page 4](#)

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Join our residents' panel to help us improve your experience





## A MESSAGE FROM OUR CHIEF EXECUTIVE

Welcome to the autumn edition of the Abbeyfield Voice. I hope everyone is well as we move into the autumn with the cooler days and dark nights but at the same time see the splendour of the changing season and particularly the colours of the trees.

In this edition there are a number of achievements you can read about, along with lots of other news to catch up on. However, I also want to recognise the impact of the consultation discussions going on around the country.

I would like to acknowledge all those impacted by the consultations into the future of a number of our properties. We have endeavoured to explain the reason behind these discussions and to handle the individual situations as sensitively as we can. However, I realise it is a very difficult and uncertain time for those residents and staff affected, and we will continue to do everything we can to provide support. If you have any questions, please get in touch at [consultation@abbeyfield.com](mailto:consultation@abbeyfield.com).

Turning to other matters...

I would like to congratulate a number of people: the recruitment and management team in the North, and Liam Brown at Halcyon House, for making it through as finalists in the Great British Care Awards; our houses in Blackpool and at the Wey Valley Society for their prizes in their local 'in Bloom' gardening competitions; and Speedwell Court on being given special recognition for their sunflower retreat in Towergate's summer competition. Well done to all involved.

There is also the opportunity for residents to have their say in the way we do things at Abbeyfield. You'll see in the article on page 10 that we will shortly be setting up two new resident panels: one focused on how we can help residents make the most of digital technology; the other a chance to give more general feedback about the range of services we deliver. We would value your views, so please do get involved if this sounds like something that interests you.

Paul Tennant

CEO, The Abbeyfield Society

Follow Paul on Twitter @CEO\_Abbeyfield

# ABBNEYFIELD SHORTLISTED FOR MORE AWARDS

Following our success in the Housing with Care Awards earlier this year (see Abbeyfield Voice summer 2023, p.2), we are delighted that we have two further shortlisted nominations for the North-West regional Great British Care Awards. The Awards are to pay tribute to people who demonstrate outstanding excellence across the care sector.

The recruitment and care home management team in the North have been chosen as finalists in the Three R's category, recognising their success in the recruitment, retention and recognition of staff.

Liam Brown, Activities Coordinator at Halcyon House in Formby, has also been shortlisted for the Care Home Activity Organiser award, for his great work in

engaging residents in some excellent initiatives and activities to improve their wellbeing.

We wish both nominees every success in the regional final, which will be held in Manchester on 11th November, and we will keep you informed of the results. The regional winners will be invited to attend the national final in early-2024, where they could receive an even more prestigious national award.



## MIKE TURNER APPOINTED ABBNEYFIELD CHAIR

We have been delighted to welcome Mike Turner in his new role as Chair of The Abbeyfield Society.

Mike has been a Trustee on the Abbeyfield Board since September 2021. An experienced Board Director, he has held senior roles within the infrastructure and commercial as well as the social housing and retirement living sectors. He has particular specialisms in strategic planning, asset management, procurement and operational delivery within regulated markets.

Mike is a Non-Executive Director of Ian Williams Limited, one of the UK's largest property services companies, having been a Board Director for over 20 years. Mike is also an Executive Director of the National Housing Maintenance Forum (NHMF) and Chair of the NHMF Service Providers Forum, as well as a member of a number of industry bodies including the Associated Retirement Community Operators (ARCO) group, the Association

of Residential Managing Agents and the Chartered Institute of Housing. He was also an author of The Housing Forum's 'An Independent Future in Retirement Living' report.

Mike is a graduate of Cardiff University, a chartered engineer and has an MBA from the University of Bath School of Management.

He says: "I am looking forward to using my knowledge and understanding of housing provision for older people to support Abbeyfield in the next chapter of our development."



# BLOOMING MARVELLOUS!

Green fingers rewarded in Blackpool and Guildford.

Two sheltered housing schemes won prizes in the Blackpool in Bloom competition. The awards, which were presented by the town's Mayoress, were for Harrowside House and Norbreck House, which were runners-up and received a commendation for outstanding effort respectively in the Best Community Gardens category.

Sheltered Housing Manager, Sue Hendren, said, "No one was more surprised than me that we won prizes, as the weather wasn't

kind to us at all.

"Our residents at both houses have contributed to the upkeep of their gardens throughout the year. We are particularly grateful to a couple of residents at Nobreck House - Violet Overend, who donated the hanging baskets, and Kevin Magnall, who made the planters out of recycled materials and tended to the gardens.

"At Harrowside House, John Johnston – who unfortunately passed away recently – put a lot

of his time and money into the gardens and was in no small part responsible for their award."

Meanwhile, at Roundhay in Guildford, another sheltered housing scheme managed by the Abbeyfield Wey Valley Society, House Manager Daphne Oosthuizen was a Silver Gilt award winner in Guildford in Bloom's Best Container Garden category, for her display of beautiful pots and hanging baskets.



Sue receives the awards for Harrowside House (l) and Norbreck House from the Mayor



Daphne Oosthuizen

## ANNETT HOUSE CELEBRATES 40TH ANNIVERSARY

Annett House, a sheltered housing scheme in Potten End managed by the Abbeyfield Berkhamsted and Hemel Hempstead Society (ABHHS), commemorated its 40th anniversary with a party.

Residents of Annett House and the other houses run by ABHHS – St Mary's House and Sibleys Orchard, both in Hemel Hempstead – joined together to celebrate the house's ruby anniversary, alongside trustees past and present, and individuals who have enjoyed a relationship with the house over the years, including ex-Mayor Cllr. Gbola Adeleke.

Trustee of 35 years, Christine Hopcraft, said, "It was a great pleasure to celebrate this very special occasion together with residents, staff, volunteers, friends, neighbours and local dignitaries.

"We are all very proud to be a part of our very successful Society, providing quality services to our residents through dedicated staff and volunteers, making Annett House a special place in our vibrant community."

The house dates back to the early 1980's. Mrs. Helen Johnson, a local resident, donated half of her garden to what was then the Abbeyfield Berkhamsted Society, and a grant from the Housing Corporation saw

the construction of a new house that opened in 1983. The house was named after Mrs. Johnson, whose maiden name was Annett.

Annett House is engaged with its local community and regularly holds events to which their neighbours are invited, including coffee mornings, summer parties and the King's Coronation celebrations. They take residents on regular visits to local places of interest including the garden centre, and welcome in others who provide beneficial services, such as the weekly visits from a Pets as Therapy dog and its handler.

Resident Cathy Flowers commented, "The party was marvellous, especially the entertainment and the food. It was nice to see the families and my grandchildren loved it!"

Annett House is run by a dedicated team of staff and volunteers, who also joined the anniversary celebrations. One particular highlight of the party was when Christine presented flowers to volunteer Shirley Clark, who has given her time at Annett House since it opened.

Sheltered Housing Manager, Anna Walsh, added, "The party was a huge success due to the hard work of all the staff and volunteers. Everyone enjoyed themselves; the food and

entertainment were great.

"It had such a sense of family and community with the staff, residents and families, local residents, friends and volunteers of Annett House past and present."



Guests and residents celebrated Annett House's anniversary together





## ➔ HARRY'S CAREER ON THE DELTIC LOCOMOTIVES (CONTINUED FROM COVER)

During his long career, Harry drove the British Rail Class 55 trains, also known as Deltic locomotives, from the late-1960s.

He feels privileged to have driven the A3 2750 Papyrus, A4 Mallard and A3 4472 Flying Scotsman 'Pacific' locomotives, alongside the V2 4471 Green Arrow, which he remembers as the most powerful.

However, special praise was reserved for Harry's favourite train.

"I loved the Deltic locomotive," he says, "and I will never forget my exploits with the 55013, The Black Watch – she never let me down."

Harry – described as "one of York's characters" by Deltic Preservation Society Chairman, Murray Brown – was also honoured during his career to drive the Royal Train at York for Royals including Queen Elizabeth, Prince Philip, Princess Anne and Princess Margaret.

Many celebrities used the Deltics in their heyday, and perhaps Harry's most famous passenger, and his favourite, was Charlton Heston.

Harry recalls, "Charlton Heston was a US film actor of the finest degree. He was very rail-orientated, being a director of Amtrak [the national passenger railroad company in the USA]."

"He came in a private coach to York to appear at York Theatre Royal in a play called Man of all Season, with Roy Kinnear, and stayed at the Mount Royal Hotel. On his final performance, he praised the city of York and the theatre.



Harry waits at York station for his specially commissioned train to arrive

"I was a proud to drive him from Kings Cross Station, and my wife and I were given two dress circle tickets to the play. He was a fine gentleman and a superb actor."

Harry moved into Abbeyfield House sheltered housing scheme, in the Dringhouses area of York, in March this year, and is very happy in his new home. He says, "I am living in a home with a garden that I love, and I am feeling very well."

On your average day, Harry enjoys reading his newspaper, going out for a walk and doing his daily exercises.

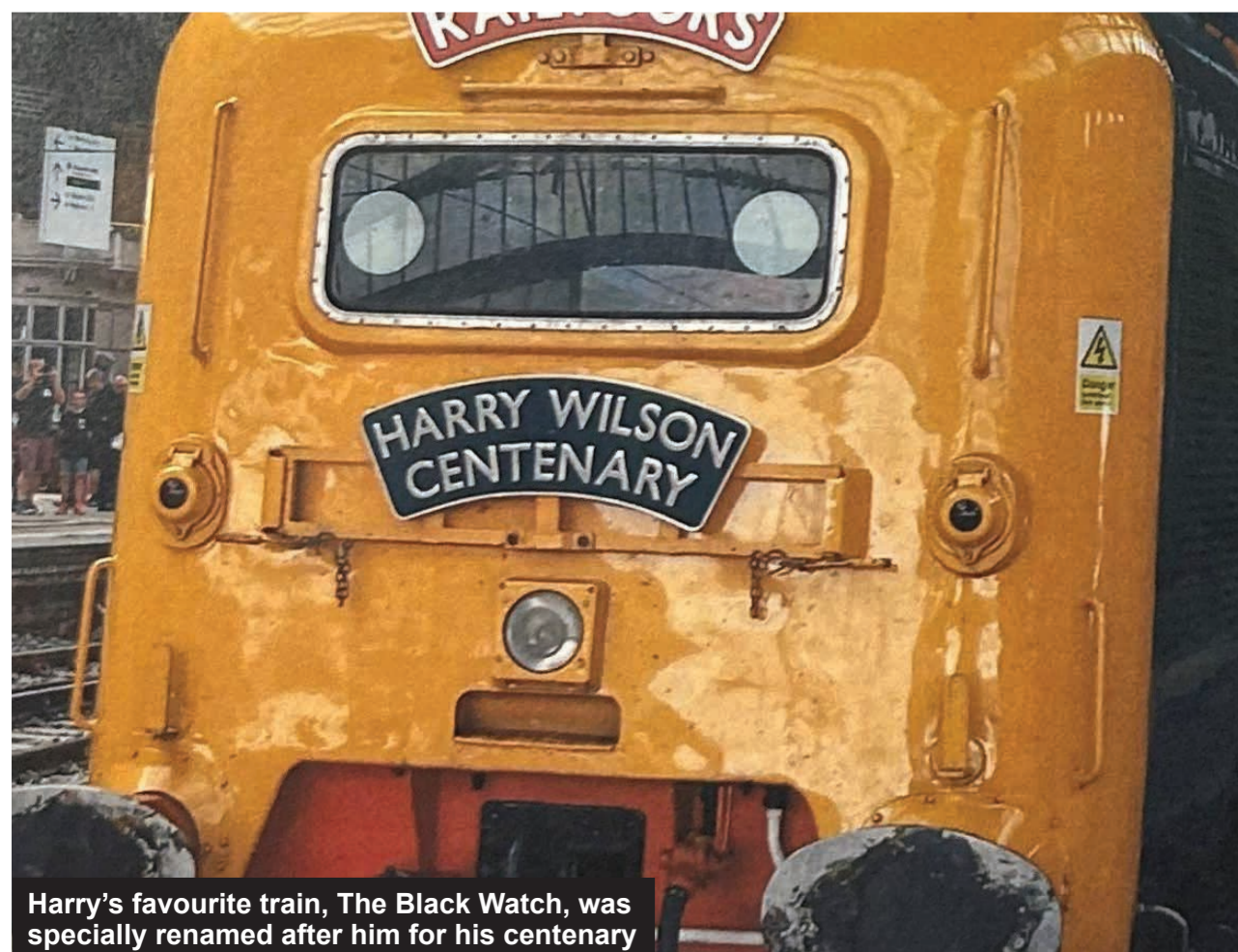
Care Manager, Jane Nicholson, said, "Harry is very proud of his railway career and age and how well he is doing since he moved

**"My favourite train was The Black Watch – she never let me down."**

to Abbeyfield.

"He is a lovely jolly person, a pleasure to have around."

"I am now over 100 years old," Harry continued, "but I am a lucky man, with a lovely family, friends and home. I thank God for finding me Abbeyfield, and for taking care of me and protecting me."



Harry's favourite train, The Black Watch, was specially renamed after him for his centenary



Harry was delighted to once again sit at the controls of his beloved Deltic



# NORTHFIELD COURT PROVIDES VALUABLE EXPERIENCE FOR GCSE STUDENT

Northfield Court sheltered housing scheme in Taunton has been providing work experience for a student from The Castle School.

Noah Rowntree, who is studying for his GCSEs, worked for a week at the scheme, which is managed by The Abbeyfield Taunton Defendamus Society and is home to 12 residents.

Northfield Court Manager, Sam Corrie, gave Noah a range of responsibilities where he assisted the staff in preparing meals, running activities, ensuring the house was clean and tidy and maintaining the garden.

Sam said, "Noah also had a great many opportunities to talk to the residents. He is fantastic company for them, as many of them don't get to see their own grandchildren very often."

The week has clearly been an invaluable educational opportunity for Noah, who now has first-hand experience of what life is like in

the social care sector.

"We wanted him to spend the week gaining a greater insight into the mechanics of working in a setting such as Northfield Court," Sam explained.

"He has had ample opportunity to learn about the different roles our staff undertake, and has completed e-learning modules in safeguarding, GDPR and health and safety, all of which are critical aspects of knowledge when working with older people."

Noah said, "I thoroughly enjoyed my work experience placement at Abbeyfield. I think it is a very valuable place to do work experience as you get the feel of a real work environment, build up your confidence working in and around other people, and learn how to properly take care of and interact with older people."

Fiona Fomes, Noah's English teacher, was invited to observe him at work.



Noah outside Northfield Court

"The Abbeyfield work experience placement is a wonderful opportunity for young people to understand and experience a career in social care," she said. "Noah is learning so much about others and how to be sensitive, caring and patient. It was clear the residents enjoyed having him in their home."

"We will definitely be contacting Sam in the future about the possibility of work experience for more of our students."

# HOLDENHURST RAISING FUNDS FOR LIFE-SAVING KIT

Holdenhurst, a sheltered housing scheme for older people in Heathfield, is fundraising for an on-site defibrillator kit that could save lives during an emergency.

The house, which has over 50 residents, is managed by the Abbeyfield South Downs Society.

Scheme Manager, Anna Young, and Assistant Scheme Manager, Linda Smith, are leading on the crowdfunding project, hoping to raise the money to meet the cost of the defibrillator, spare pads and wall fixings required.

Linda explains, "Our nearest defibrillator is currently around 500m away from the house, which is out of reach for many of our residents, should they ever need to use it."

"I have seen the benefits of defibrillators and they play a crucial part in saving lives.

Therefore, we all feel strongly that this is something worth purchasing."

Resident Rona Stephens Hill said, "Our collective responsibility towards safeguarding the wellbeing of our fellow residents underscores the essence of our community spirit at Holdenhurst."

As well as contributions from the residents themselves, Linda and Anna have been reaching out to family and friends in the area and publicising the campaign via social media. They have raised over £900 so far, but still have a long way to go to meet their target of £2,000.

Linda continued, "An on-site defibrillator will give an added element of safety and security for our residents. We hope that a little extra peace of mind will help them to better enjoy the benefits of our regular activities, such as our weekly chair yoga and keep fit classes."

Rona added, "In times of need, the wider

community's generosity can be the beacon of hope that illuminates the path to safety.

"Every contribution, regardless of size, will make a meaningful impact. Your generosity will help us acquire a life-saving device and inspire hope and unity at Holdenhurst."

To make a contribution towards the Holdenhurst defibrillator fundraising campaign, please visit [www.justgiving.com/crowdfunding/holdenhurst-defibrillator](http://www.justgiving.com/crowdfunding/holdenhurst-defibrillator), or call the house on 01435 898380.







# A FULL-CIRCLE JOURNEY THROUGH ABBEYFIELD

Michael Staff MBE tells us about his remarkable history with Abbeyfield, which takes him through several voluntary roles, including as a Trustee, to becoming a resident at one of our state-of-the-art developments that he helped to create.

"I started my banking career in 1950 in the City of London and then held several managerial roles in Surrey, Eastbourne, Brighton, East and West Sussex, Jersey, Guernsey, and finally Eastbourne again, where I retired in 1990.

"I'd been retired barely a day when one of my friends, a customer at the bank and the Chairman of Abbeyfield Eastbourne, said 'We're looking for a Treasurer to start tomorrow, are you interested?' I had been Treasurer at many charities beforehand and found out that the commitment would be two hours a week and signing cheques on a Monday – that is how I started with Abbeyfield.

"I had been there for about 18 months when the regional Chairman, Colonel John Dent, came to visit me to see how things were going. He asked if I would be Regional Treasurer for the South East, which I accepted. At the time, we had 65 Member Societies, so I used to share the visiting with John, going from Hampshire through to Kent.

"The regional treasurers used to meet once a year and I was asked at one such meeting if I would sit on Abbeyfield's finance committee, which I did for a couple of years, before becoming the committee's Chairman, with a seat on the main board, while continuing my role as Regional Treasurer.

"I also became Chairman of Abbeyfield Eastbourne, taking the Society through some reorganisation and upgrading, and starting talks with the other East Sussex societies about merging.



Michael meeting Prince Charles

"When the role of National Abbeyfield Chairman became vacant, I was invited to take the post. My role involved a regular commute to St. Albans for meetings and journeying around the UK to attend other meetings, and of course to meet residents and volunteers.

"I remember I was once asked to visit a house in Ballachulish, near Fort William. I left my home in Eastbourne at about 6am and got the first flight to Glasgow, where I was met by the Regional Chairman, who took me to the house for a meeting. I left there about 5pm for Glasgow to get a flight back to Gatwick and was back home by 11pm. It was a long day, but it was important for an officer to be there to help and advise.

"I was also lucky enough to visit houses in Toronto, Duncan, Fort Alberni and Vancouver, and my last trip abroad was to Milan to open a new house. There were

## "Ruth and I have been married for 27 years – I blame Abbeyfield for that!"

some long days, but I enjoyed meeting so many like-minded volunteers and the residents.

"When I stood down as National Chairman I then returned to continue as Chairman of Abbeyfield South Downs, the mergers between the different Member Societies having been completed.

"I met my second wife, Ruth, widowed, when she was Abbeyfield's Regional Staffing Advisor for the South East Region. We discovered we have two children each and shared interests in music and drama – that was it, and here we are 27 years on. I blame Abbeyfield for that!"



Early Holdenhurst meeting



Michael and Ruth celebrating their silver wedding anniversary at Holdenhurst

It was during his time at Abbeyfield South Downs that Michael played a crucial role in the development of Holdenhurst sheltered housing scheme in Heathfield.

"We worked with the national Abbeyfield Society to design it, so that it could represent its values and ethos. It took two long years of working out how we were going to do it after acquiring the land in 2014.

"My main contribution was to get the whole project started, but I became seriously ill in 2015 and the doctors advised me to give up my involvement."

Despite initially having no plans to live at Abbeyfield, Michael's life took an unexpected turn after a serious accident in his previous home. After suffering a broken back, Michael and Ruth explored the possibility of moving to Holdenhurst. The warm and inclusive

atmosphere, coupled with the excellent facilities and vibrant social scene, convinced them to make the transition. Michael loved the sense of community and the opportunity to pursue his love for music, singing and opera.

## "My favourite thing is I have plenty of friends."

"Holdenhurst feels like a smart hotel, and I live in a suite. We all meet together at lunchtimes; we have film afternoons, and a social evening every Wednesday where everybody brings their own drinks. It's just nice with everyone getting together and chatting. There's a good mix of people age-

wise; I think the oldest is 92 and the youngest is in their mid-50s.

"My favourite thing is I have plenty of friends, and people from other flats come in to see me for a drink or I can go down to the lounge for a chat; but I also have the freedom to go out and about whenever I choose.

"I've been singing most of my life, since being a member of the Eastbourne Operatic and Dramatic Society when I lived in Eastbourne. I still sing when I can and I'm trying to persuade Holdenhurst to acquire a piano. The lady who does our keep fit classes encourages breathing techniques and gets the residents singing. If I have a bad day, I go to choir rehearsals and two hours later, it's like having a triple scotch!"

Michael's commitment to volunteering extends far beyond his involvement with Abbeyfield. His contributions to various charities, including founding a hospice and supporting organisations such as the East Sussex Blind Society, Care for the Carers UK, the Senior Citizens Club and the Church, were recognised when he received an MBE in 2010 – but he confesses he was shocked to receive the letter. HRH Princess Anne awarded the prestigious honour, affirming Michael's outstanding dedication to serving others.

Michael is also passionate about encouraging others to join Abbeyfield as Trustees.

"If you're thinking about becoming a Trustee for Abbeyfield, you need to be good with people", he advises.

"You'll meet lots of people with different ideas and views, but let that wash over you. I've met some people who have had incredible careers, including two ambassadors, and some brilliant residents. It is all so fulfilling"



Michael receiving his MBE from Princess Anne



Michael in his apartment at Holdenhurst



# SPECIAL RECOGNITION FOR SPEEDWELL COURT SUNFLOWERS THAT GIVE RESIDENTS A "MAGICAL" EXPERIENCE

Southampton care home Speedwell Court received a special mention from Towergate, after entering the insurance company's competition to show the benefits of gardening and getting outdoors for older people.

As a result of their hard work, residents at the home enjoyed a beautiful golden retreat over the summer and early autumn, surrounded by sunflowers up to nine feet tall.

Speedwell Court Catering Manager, Sam Woodhouse, saw the Towergate competition as a chance to create something beneficial for the residents and to engage the local community in a gardening project.

He explains, "We had help from the local primary school children to sow the sunflowers with the residents, and we offered the seeds we had saved from last year's sunflowers to the residents' families and staff so that they were able to grow sunflowers at their own homes."

Resident Lesley Bell said, "I enjoy sitting

and watching the world go past and the sunflowers are pretty to look at when we are doing that. It feels rather magical."

Fellow resident, Zofia Dewland, added, "The sunflowers are a lovely attraction to the garden and I like spending time there."

Although they did not win the Towergate competition, Speedwell Court did receive special recognition from the judges and a Love Bees seed kit set as "a thank you for entering and sharing your wonderful creativity with us."

The sunflower project complemented Speedwell Court's kitchen garden initiative, headed up by Sam.

He enthused, "We have great plans for the kitchen garden next year. There is a full planting programme we'll be starting in January and, fingers crossed, more growing space undercover so that we can grow some veg later on in the year. We hope to create a 'pick your own pumpkin' opportunity for the residents and their families."



Barbara, Lesley, Joan and Dorothy enjoy the colourful sunflower retreat



# NORTH-WEST HOUSES CELEBRATE SUMMER WITH GARDEN FÊTES

Bolton Lodge in Bolton-le-Sands and Abbeyfield House in Cockermouth celebrated the good weather in August with summer fêtes.

The celebrations were attended by the residents, who invited their family and friends, in addition to staff and volunteers. Guests in Cockermouth soaked up the rays in the house's sun room, while Bolton Lodge provided a buffet that was enjoyed on the patio. Both events also hosted tombolas, with gifts donated by some of the guests.

Sheltered Housing Manager, Mari Garaham, said, "We pulled together in a great team effort to make the fêtes a success.

"We were blessed with good weather and I was delighted to have been able to recruit two new volunteers. The tombolas also raised a fair bit of money, which will be put towards the residents' activity fund."



# HILL HOUSE TRIP GIVES VETERANS THE OPPORTUNITY TO RELIVE WARTIME EXPERIENCES

Four residents from Hill House care home in Honiton visited the WW2 Nissen Hut and Upottery Airfield Heritage Centre, through which they were able to recall their experiences as armed service personnel during the Second World War.

Stan, Carey, Derrick and Mervyn were able to relive their wartime exploits at the newly refurbished centre, which re-opened in April and is just a stone's throw away from their home in Dunkswell.

They relished the opportunity to sit once again at the controls of a Lancaster Bomber, and were intrigued by a so-called 'unlucky mascot' that had been found in the wreckage of a German Heinkel He 111 plane brought down over the area.

Stan said, "It really took me back to my time as an aircraft engineer during the war and seeing the planes return without all the crew that went out on them.

"It was a very tough time but it really made us appreciate what we had. I made sure to always make friends with the American airmen as they always had much nicer food than we did. They would turn up with the most amazing

sandwiches with huge cuts of ham – I can still see and taste them now!"

Derrick also recalled, "I remember it being built, as I have always lived in Dunkswell. The US airmen would come and drink in our local, The Royal Oak, and we would always have a good evening, consuming a bit too much alcohol together!"

Following the visit, the residents made potato shortbread using a recipe from one of the cookbooks that was on display at the museum.

The home's Activities Coordinator, Nicola Trueman, said that it was very different to sort of food that they normally receive.

She said, "Our residents are used to three home-cooked meals a day. The shortbread was something extra we made to try and we weren't sure how it would go down, but fortunately we were all pleasantly surprised by the taste and texture."



Unlucky mascot



Stan, Carey, Derrick and Mervyn enjoyed dressing up in wartime uniforms



Gwen rolling out potato shortbread



Lancaster Bomber controls



# JOIN OUR PANEL TO HELP US IMPROVE YOUR EXPERIENCE

Justin O'Brien, Abbeyfield's Resident Engagement Manager, wants you to help promote digital inclusion at Abbeyfield.

Since starting my role in August, I have been visiting lots of our services and meeting with residents. I have really enjoyed speaking to them and getting their feedback about living at Abbeyfield.

We have many exciting plans to get more resident input to help us improve our services. Some of these plans include setting up resident panels to look at different aspects of the services you receive and to see if we can find ways of making them better for you.

The first panel of residents will be looking at digital inclusion – how we can improve the availability of online services for our residents and make digital devices such as computers, tablets and smartphones more accessible.

As part of our digital inclusion project, we have been rolling out communal Wi-Fi (internet access) across all of our services, and we have reached about 70% so far. If where you live does not yet have Wi-Fi, don't worry, it will do soon. In services I visited where Wi-Fi has been installed, feedback from

residents has been overwhelmingly positive.

We now want to see how we can help our residents to develop their confidence in using Wi-Fi and digital devices. We need your help to achieve this.

We are looking to set up a panel of residents who can help us decide the best ways to promote digital inclusion, and ensure that residents can take full advantage of the benefits of engaging with modern technology. We firmly believe that engaging with you can help us to get this right.

If you are interested in finding out more about joining the panel, please email me at [j.obrien@abbeyfield.com](mailto:j.obrien@abbeyfield.com) or give me a call on 07553 424367 (if I don't answer please do leave me a message and I will call you back). We are looking for residents with all different levels of knowledge and experience with technology, so even if you are a complete novice, I would still love to hear from you!



### Do you use email?

We are also looking for residents to help us to improve the experience of living with Abbeyfield by responding to occasional emails asking your opinion on various aspects of the services you receive. If you are interested in becoming involved, please email me at [j.obrien@abbeyfield.com](mailto:j.obrien@abbeyfield.com) and I will get in touch to discuss these plans with you.

# COVE HOUSE TURNS CATWALK TO RAISE FUNDS

Cove House care home in Silverdale was joined by local shop Kitty Browns Boutique to deliver a fashion show for its residents and guests.

The home, which houses up to 23 residents and is managed by the Abbeyfield Silverdale Society, has previously held similar events with the shop, but recent obstacles, including the COVID-19 pandemic, have meant the show was postponed in recent years.

The house and the shop both advertised the event on social media, at a cost of £5 per ticket. With the residents attending for free, around 40 people watched the show and had the opportunity to browse the clothes rack before it began.

Cove House Care Coordinator, Nicola Stubbs, said, "We wanted to add some glamour to the event, so the ticket price included a glass of prosecco and a slice of cake, which went down a treat!"

"My Abbeyfield Silverdale colleagues, CEO Catherine Humphreys and Team Leader Joanna Barker, and Deirdre Dobson, one of



The models wore Kitty Brown Boutique's autumn and winter collection

our resident's daughter-in-law did a fantastic job on the catwalk, modelling Kitty Brown's new autumn and winter collection.

"The money raised will supplement our residents' activity fund which is used for day trips, visits to the local café, arts and crafts

materials and many other activities." Resident Helen Wilson said, "The afternoon was fantastic. The cakes were delicious and the models were so professional and looked lovely. I really enjoyed it."

# PUZZLE PAGE

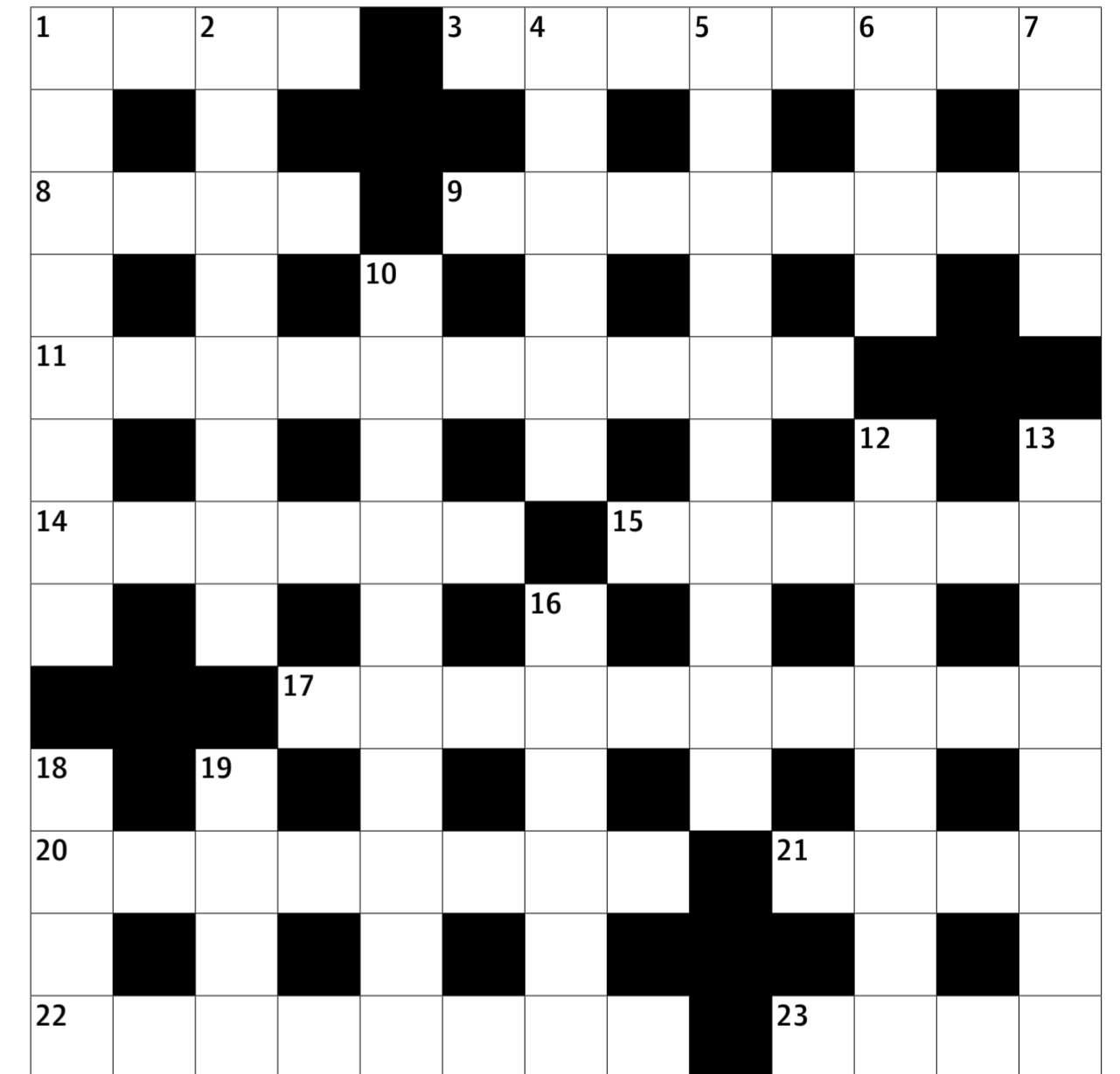
## CROSSWORD

### Across

- 1 Plunge (4)
- 3 With official authorisation (8)
- 8 Siberian city (4)
- 9 Supporter of a cause (8)
- 11 Improvised musical performance (3,7)
- 14 Very small freshwater fish (6)
- 15 Jolly good show! (6)
- 17 Red booths - 10 (anag) (5,5)
- 20 Path of a projectile subject to gravity (8)
- 21 Daze (4)
- 22 Work and vocation of the priesthood (8)
- 23 Mist coming in off the sea (4)

### Down

- 1 Upright post as part of a frame - do arm job (anag) (8)
- 2 Robe worn by choristers during services (8)
- 4 Forward surge (6)
- 5 Gibberish (5-5)
- 6 Skating jump (4)
- 7 Fine cord of twisted fibres (4)
- 10 Those who hate foreigners (10)
- 12 One in favour of the UK trying to go it alone (8)
- 13 Golden-brown horse (8)
- 16 Rod and line user (6)
- 18 Tinned meat (4)
- 19 Tiny songbird with a large high-pitched range (4)



## SUDOKU: MEDIUM

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	3	5			1		9
	7	4	6				
8		1			2		6 7

## HARD

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9			1		4	6	
1		5	2		7		
	8					5	1
				1		7	6



# 60 SECONDS WITH DRAGOS ZAHARIE

Maintenance Manager at Abbeyfield Winnersh



**How did you start working at Abbeyfield Winnersh?**

I am from a city called Cluj-Napoca in Transylvania, Romania. It is a beautiful and unique place with a great history and culture.

I arrived in the UK in 2014 with a contract in the healthcare industry that was mainly focused on working with vulnerable people, including those with dementia. I applied for a position at Abbeyfield Winnersh in August 2016, and I have been working here ever since.

**What drew you to Abbeyfield as an organisation?**

I have always enjoyed helping people, in particular being able to make a difference for people in need, and Abbeyfield has this value at its core. It enables people like myself to spend time hopefully improving the day-to-day lives of our residents.

**What is a typical day like for you?**

For me, as with all my colleagues, I have the drive and determination to improve the quality of life for our residents every day. I work across many departments to create a healthy environment and ensure safety, comfort and security for the residents, colleagues and visitors who pass through our doors every day.

**What is the most rewarding part of your job?**

Every day we see the change and challenges that our residents go through. It is extremely tough to witness, but we are working together to help ease their journey.

For me, every day has its own rewards. Sometimes it's a small "thank you", a kind look full of gratitude or a simple smile that says it all.

**What are some of the biggest challenges you face?**

All jobs have their own unique challenges and mine is no different. In a way it is a good thing that we have plenty of scope for improvement, and it's an ongoing process every day.

**How much opportunity do you get to spend time with the residents?**

There is plenty of opportunity for me to spend time with our wonderful residents and, as a part of the maintenance team, I enjoy helping them engage with a variety of hands-on activities, or simply having a conversation about their needs and how we can support and assist in any way we can.

**What has been your favourite part of working at Abbeyfield Winnersh so far?**

The interaction we have with residents. The connections we forge and the difference we make just by spending time with them is by far the most significant factor in my job. No two days are the same and one smile can make all the difference.

**What plans do you have for future improvements at the home?**

One of the main projects for next year is restoring and renewing the garden so that it is the most useful and gives the most benefit to our residents, their relatives and my colleagues.

Another side-project will also be reducing our CO2 footprint by increasing our recycling capacity, and hopefully helping the environment in other ways such as reducing our water usage.



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Company No 574816  
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## PUZZLE SOLUTIONS

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