

# RMBI news



## New Scarborough Court

The RMBI's newly built Home, Scarborough Court, recently held several open days and welcomed visitors into the Home to see the facilities, talk to staff and have their questions answered. The new Home is a 21st century care home designed with residents' health and well-being needs at the forefront, featuring the latest renewable energy technologies and the highest standards in health and safety.

Scarborough Court will continue to provide the same high level of care as the old Home, which was given three-star rating for excellence in care from the Commission for Social Care Inspection (CSCI).



*The new dining room at Scarborough Court*

Over 150 people attended each open day and £1,600 was donated by local masons to the new Home. Residents and their relatives also had the chance to look around the Home and they have now moved and settled in to their new home.



*The new Scarborough Court*

The new Scarborough Court will cater for 55 residents; 19 nursing and 36 residential. All bedrooms have incorporated en-suite showers, large windows and central heating throughout.

Rooms are neutrally decorated to accommodate any personal style or taste and can be easily customised. Additional amenities include a roof garden, on-hand 24-hour assistance, and a hairdresser and pamper room, Reflections, which has been funded by the Friends of Scarborough Court.

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*Reflections, hair salon and pamper room*

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## New Chief Executive

David Innes has joined the RMBI as its new Chief Executive, having been in the role since May this year.



David is enthusiastic about his appointment saying, "My initial impression of the RMBI is of a dynamic organisation at the forefront of the care provision business. I am excited by the ambitious building and refurbishment plans for the future; and look forward to making sure we continue providing the best possible care in a rapidly changing social and economic climate."

David has spent the past three years as Chief Executive of Canterbury Cathedral's £50 million Global Fundraising Appeal. Prior to that he enjoyed 34 years in the Army as a military engineer, working on construction and humanitarian aid projects in many parts of the world. He has also worked in the Ministry of Defence on strategic planning, finance, equipment, HR and training issues, and plans to use the knowledge and experience gained for the benefit of the RMBI.

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Kevin Harris, Executive Director of Care Operations says, "We are very excited to open our new state-of-the-art, 21st century care home. The newly built Scarborough Court will ensure that our residents and staff remain in the highest level of comfort and luxury for many years to come. Since the RMBI guarantees all of our residents a home for life as long as we can cater for their particular ongoing care needs and regardless of any change in their financial circumstances, it is therefore important that the standards of our Home are assured."

If you would like more information about the new Scarborough Court please contact us on 020 7596 2400 or email [marketing@rmbi.org.uk](mailto:marketing@rmbi.org.uk).

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### **Correction**

Apologies for incorrectly printing the name of the Manadon Masonic Widows' Association in the last issue of the RMBI news, Issue 18 Spring 2008.

## Shannon Court's Dementia Support Unit

Shannon Court's Dementia Support Unit has been recently refurbished, specifically designed to meet the needs of people with dementia. People with dementia can often become confused and it is important to consider colour schemes and types of signage appropriate to their needs.

Home Manager, Mary Maughan-Otten, says, "We researched the design and found colours and furnishings that were suitable to meet the therapeutic needs of residents with dementia and mental health as well as physical frailty.

"For instance, we chose red toilet seats and special dementia specific signage as many residents fall due to not being able to distinguish the toilet seat from the wall. Therefore we aim to minimise disorientation and falls by this means.



*Shannon Court's newly refurbished Dementia Support Unit's living room*

"The signage is 3D, and mounted and designed for people with dementia to make it easier to read and understand. We also purchased (thanks to the Friends of Shannon Court) memory boxes for outside residents' rooms. We have written to relatives and asked for memorabilia for this project and it will make a nice activity for residents in their reminiscence groups.

"The Davis Wing opens in August and this will create ten rooms for people with dementia also. Karen Thorne is the Team Leader for these areas and is doing a superb job, as are all my team."

## Harry Priestley House’s Island Holiday

Four residents from Harry Priestley House enjoyed a recent holiday to Cala D’Or on the Spanish island of Majorca, accompanied by three staff members.

The holiday was thoroughly enjoyed by those who went, particularly the flight, as some of the residents had never flown before. The group stayed in a private villa, enjoyed the swimming pool and also made regular visits down to the sandy beach as well as to the abundance of restaurants and bars that are on the island!



*Two Harry Priestley House residents enjoy time away on holiday*

## A Breath of Fresh Air at Prince George Duke of Kent Court

Prince George Duke of Kent Court recently took part in Breath of Fresh Air Week, a competition run by the National Association for Providers of Activities for Older People. NAPA encourages care homes to try out new and enjoyable ways to give older residents access to a breath of fresh air.

The Home organised a host of activities ranging from a stroll in the garden to a putting competition with the local Masonic Fellowship.

Sally Williams, Senior Activities Co-ordinator at the Home, says of their events, “We also booked an ice

cream van to come to the home. We invited a local Masonic fellowship group as well as a class to come along from a local primary school and join us for the afternoon. The idea being that the children would talk to the residents about ice cream and in groups carry out a questionnaire, relating to ice cream.

“The questions and answers caused much amusement for the children, residents, families and visitors alike. The children could not believe their good fortune at having an afternoon eating ice cream and talking instead of lessons!

“The residents found it amusing to think back about ice creams, which became quite a reminiscence session. One little boy found spelling and writing a bit difficult and asked to draw the answers, which the residents rightly thought very clever of him.

“The residents who were unable to go out to the van were taken ice creams and nearly everyone in the home had an ice cream, which really were the genuine “99s” complete with chocolate flake. The daughter of one of the residents on the nursing wing said that she had not seen her mother smile so much in years, and could we please have the ice cream van back soon!



*A visitor from the local primary school enjoys her ice cream with a resident*

“A lot of the children chose lollies, and I hope that the parents were as amused as the residents at the resulting blue tongues and lips! One boy declared himself an Australian blue tongue lizard, which made the residents laugh, let’s hope his mother was equally amused!

“I think that this afternoon really was a Breath of Fresh Air for everyone.”

# Queen Elizabeth Court's Garden Fete

Blessed by glorious weather, Queen Elizabeth Court had an extremely successful Garden Fete in June, organised by the Province of North Wales. Lots of people turned up on the day giving great support and everyone, in particular the residents, enjoyed time socialising and visiting the many stalls.

There were some very interesting stalls selling plants, books, bric-a-brac, cakes, local cheeses and paintings. Everyone also thoroughly enjoyed the games, raffles, face-painting, treasure hunts, coconut shire, sponge throwing and even a human fruit machine!



*Queen Elizabeth Court's Human Fruit Machine!*

# Award for Ecclesholme

At the 2008 Medirest Conference, the award for Best Care Home went to Dorothea Kenniston and her catering team at Ecclesholme. Medirest are caterers who look after most RMBI Homes and they work closely with each Home to develop a partnership which aims to enhance the daily lives of RMBI residents.



*Steve Cenci, Business Director for Care & Healthcare; Dorothea Kenniston, Catering Manager at Ecclesholme; Ian Sarson, Executive Director HEDG.*

# Out and About with Cornwallis Court

Cornwallis Court have recently been presented a new car, generously donated by the Friends of Cornwallis Court. The keys were handed over to RMBI Chief Executive, David Innes and Home Manager, Liz Fleming at Cornwallis Court's Strawberry Fair.



*David Innes cuts the ribbon with Liz Fleming*

Cornwallis Court residents have also been on two exciting outings recently, the first being an excursion to Felixstowe Beach Hut. Sue Gosling, Activities Co-ordinator, organised the trips and says, "The care staff and I took it in turns to take residents for a stroll along the promenade and residents said that it was lovely to smell the sea air. After the stroll, we listened to music and talked about treasured memories and experiences. All the residents said that they really enjoyed the day and were looking forward to another visit."

The second trip was to the Manger Restaurant and pub in the beautiful Suffolk Countryside. Everyone said that it was lovely to get out and about in the fresh air. Says Sue, "We had good food, good company and good conversation in a beautiful country pub."



*Cornwallis Court residents enjoy their pub meal*

# Green Fingers in the RMBI Homes

With the summer months upon us, many residents have been taking the opportunity to spruce up their Home's gardens and enjoy the sunshine.

Residents from Prince Edward Duke of Kent Court and The Tithebarn, pictured below, have been working hard in their gardens; planting, watering and weeding.

At Devonshire Court, on the 10 June, the weather was beautiful, so staff and residents on the Dementia Support Unit thought it would be nice to relax in the garden.

Sun cream was applied, trousers were rolled up and the staff arranged for everyone to have an ice cream and various other snacks.

Everyone enjoyed singing to the war time favourites and as the sun went down, it was time to water the plants they had grown from seeds. To finish off this glorious evening everyone returned to the lounge to watch Tom Jones on stage, and the residents enjoyed a sherry or two.

Two residents from Prince George Duke of Kent Court spent an afternoon potting tomato plants with six different varieties, as well as some sunflowers. The tomato plants will be a focus of interest for many residents during the summer and will culminate in a Tomato Tasting Session!

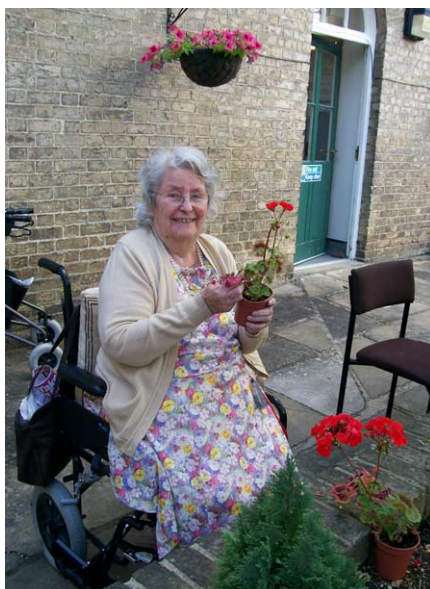
Let's hope the sunshine continues as well as the gardening!



*Phew, it's hot work at Prince Edward Duke of Kent Court!*



*Making the most of the sunshine at Devonshire Court*



*Prince Edward Duke of Kent Court*



*Residents from The Tithebarn after their planting*

## London to Brighton Cycle Ride

On Saturday  
28 June 2008,  
100 riders left  
Clapham Common  
at 7am to cycle the  
56 miles to Brighton Pier via Turners Hill and the  
infamous Ditchling Beacon.



The sponsored ride was organised by Paul Sully, from Ickenham St Giles Lodge, Middlesex, as part of the Middlesex 2009 Festival and was a terrific success. 58 lodges and six Provinces were represented. The oldest rider was aged 78, the youngest just 5.

Many volunteers from various Middlesex Lodges took the day off to help marshal the ride, provide refreshments along the way and keep everyone on the right track.

The ride ended at Barford Court where riders were met by RMBI Chairman, Chris Caine and Trustee, Dr. John Reuther, and were awarded with their medals as they crossed the finish line. All who took part were treated to a BBQ and there was a real party atmosphere.

Paul has now organised three such events during the Middlesex festival and this year's event has brought the total raised to over £50,000. A big thank you to Paul and all who helped on the day for all their efforts.



The ride begins at Clapham Common

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## Land's End to Dumfries Bus-a-thon

Michael Lewis, Master of Tamesis Lodge, will travel the length of Great Britain for free using his pensioners' bus pass to raise money for the 2011 Berkshire Festival. His wife Hillary is also making the trip, raising money for Save the Children. Their journey will cover the 497 miles from Land's End to Dumfries over seven days starting 2 August using only public buses.

The couple decided on the trip following the launch of the national bus pass scheme this year. Mr Lewis said, "When the bus pass scheme was announced I thought I'd give it a go, then my wife decided to come. Then we thought we might as well do it for charity."

The journey will see the pair travel from Land's End to Penzance, Exeter to Gloucester, then Stafford, Manchester and Carlisle, before completing their travels in Dumfries. Along the way they expect to take up to six buses a day and will stay in hotels each night. Mr Lewis said, "Life is about going out and doing things. People think you are over the hill when you get to a certain age but it isn't a question of can't if you think you can do it."

To sponsor Michael Lewis please visit  
[www.justgiving.com/michaellewis4](http://www.justgiving.com/michaellewis4)

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Hillary and Michael Lewis get ready for their trip

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