

RMBI

NEWS

ISSUE 25
AUTUMN/WINTER
2021



Out and about

Miniature therapy horses

bring joy to residents

Love birds
celebrate over
60 years
of wedded bliss



Kind Supportive Trusted

Caring is our way of life

www.rmbi.org.uk



If you would like an audio version of RMBI News, please email marketing@rmbi.org.uk



“It is a lovely environment to work within, with a great team and wonderful residents. It is very rewarding!”

Hannah Bromell, Care Assistant at Cadogan Court, Exeter

Do you share our values of **Kind**, **Supportive** and **Trusted**? Can you help make a difference, add value and meaning to the lives of older people in your community? Visit www.rmbi.org.uk/careers and check out our latest job vacancies.

If you're interested in becoming a volunteer in one of our Homes, visit www.rmbi.org.uk/our-homes to contact your nearest Home and speak to the Business Relationship Manager, who can provide you with more information.

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Front cover photo:
Resident Pat Johns takes care of the garden at Cadogan Court, in Exeter.

Send us your comments about this issue or any suggestions for future issues of RMBI News at marketing@rmbi.org.uk or write to us at RMBI News Team, 60 Great Queen Street, London WC2B 5AZ



A message from Mark LLOYD, MD



The last 18 months have not just been a challenge for all of us; it has also been an opportunity to learn how we can support one another.

As a charity, together we have navigated our way through this difficult period and demonstrated strong health and safety protocols, with Personal Protective Equipment (PPE) and testing in place to ensure the safety of all our residents and staff. I'm pleased to report that a strong demand for placements at all our care homes continues as each Home returns to a degree of normality.

During the past few months, our Homes have benefitted from a new video, giving an insight into each of our Homes, which can be viewed on our website www.rmbi.org.uk. RMBI Care Co. has also been rated a 'Top 20 Mid-size Provider 2021' for the fifth year running by carehome.co.uk, an online care home directory. This is an important

award for us as the scores are based on reviews from residents and their loved ones. In addition, Albert Edward Prince of Wales Court, in Porthcawl, has been named a 'Top 20 Care Home' in Wales.

Debbie Hollands, our Resident Placements Manager, remains able to assist with any guidance on placements in any of our Homes. You can contact her at dhollands@rmbi.org.uk.

This issue of **RMBI News** focuses on wellbeing and support for our residents, families and staff, so I hope you enjoy the particular features in this edition.

Mark LLOYD, Managing Director

Your say*

Mum has been treated with compassion, dignity and kindness. This has helped her to settle in. Our thanks to the staff for the professionalism and care that they have shown to her.

Relative at Barford Court, May 2021

Mum always had high personal care standards and it is noticeable how these standards have been maintained by the staff who care for her.

Relative at The Tithebarn, July 2021

High quality care with superb facilities. Dad was very pleased to have been able to stay at this lovely hotel!

Relative at Cadogan Court, July 2021

My husband received excellent care while he was in respite. Very clean. Staff very pleasant and helpful.

Relative at Ecclesholme, June 2021



*Source: carehome.co.uk

News in brief



Residents reunite with their beloved therapy dog

Residents at Albert Edward Prince of Wales Court, in Porthcawl, have finally been reunited with Stella, a therapy dog that used to visit them every two weeks. The affectionate pooch was unable to come to the Home during the national lockdown, but she resumed her visits in August. The residents were delighted to be reunited with Stella, who was excited to be petted and stroked.

The Tokyo Olympics arrive at Scarborough Court

Residents and staff at Scarborough Court, in Northumberland, enjoyed taking part in outdoor games and activities to celebrate the Tokyo Olympics. The staff organised and participated in classic sports day games, such as the egg and spoon race, sack race, and tug of war, while the residents enjoyed watching and cheering everyone on.



Resident goes the extra mile to raise money for Breast Cancer UK

Derick Marston, a 94 year old resident at Devonshire Court, in Leicester, clocked up over 44 miles on a tandem bike specially adapted for care home residents, to help raise funds for Breast Cancer UK.

Social media updates



RMBC Care Co. July 7

Our residents at Shannon Court, in Surrey, thoroughly enjoyed the fine weather while listening to some of their favourite tunes in the Home's garden.



RMBC Care Co. April 14

Hooray! The new bar and shop 'The George' is open for our residents at Prince George Duke of Kent Court in Chislehurst to enjoy.





Girlguiding member celebrates milestone birthday

A resident at Prince Edward Duke of Kent Court, in Essex, has celebrated her 100th birthday. To mark the special occasion, Nada enjoyed a small family gathering and was presented with flowers, a cake and a card from the Queen.

When she was seven, Nada became a Brownie, which was the beginning of a lifelong involvement and passion in Guiding. She later went on to run a Guide Group as well as becoming the District Commissioner.



Finding out what it's like to live with autism

Staff at Harry Priestley House, in Doncaster, reinforced their commitment to care for and support residents living with autism. The Virtual Autism Tour arrived at the care home for a one-off training session, in which staff members had the opportunity to get on the Autism Bus and experience what it feels like to live with autism.

They wore headsets, glasses and gloves to alter their perception and be transported into the sensory experience of people living with autism, who are often trying to function in an environment that can sometimes be difficult for them to connect to.



RMBC Care Co. August 2

Cadogan Court, in Exeter, have started their own Olympic Games. Our residents at the care home kicked off their summer Olympics by passing around the torch to the tune of Chariots of Fire.



RMBC Care Co. July 26

The Wild West arrived at Prince Michael of Kent Court, in Watford, and our residents and staff dressed up for the occasion. There were no tumbleweeds but they found a (harmless) cactus!



Out and about

While the necessary Covid-19 safety measures are still in place in all our care homes to protect our staff and residents, our residents have welcomed a return to some form of normality.



Resident Gwen Woodward, aged 97, with her abstract flowers painting for The Sketchbook Project at Queen Elizabeth Court.

Following the easing of government restrictions during the summer, residents have been delighted to receive an unlimited number of visits from named visitors, enjoy bigger group activities and experience day trips once again.

Our dedicated Activities Coordinators have been able to support them by arranging a wider range of social, cultural and recreational activities.

Meet **Jenny Rye** at Queen Elizabeth Court, in Llandudno; **John Clay** at James Terry Court, in Croydon; and **Tracey Esteve** and **Deane Robinson** at Lord Harris Court, in Berkshire, to find out more about their person centred approach to organising resident activities.



Q: How do you support residents' interests?

Jenny Rye: My primary role is to provide activities that benefit our residents' wellbeing, with an emphasis on their emotional, intellectual, spiritual, and physical health. It is critical to plan a varied activity week, and my weekly planned programme assists me in doing so.

John Clay: I spend a good amount of time visiting residents in their own spaces and chatting. This is a wonderful way of finding out about interests and hobbies. It has allowed me to develop relationships with them and plan activities together.

Tracey Esteve/Deane Robinson: We hold an activities and residents' meeting where we discuss the next three months of awareness days and if there are any activities, events or hobbies that our residents would like to be included in the activities programme.

Q: How do you encourage residents to join in the activities?

JR: Excellent communication skills are required, as is the ability to adapt and 'go with the flow' on some days. You may be pleasantly surprised to learn that a successful one-on-one or group session results in tangible benefits for a resident.

JC: With the individual visits to their rooms and talking about interests, I have been able to encourage participation from a number of people who wouldn't usually come down of their own accord.

TE/DR: Being an Activities Coordinator, you get to know the residents, what their favourite activities are, what they don't like as much, you get to know their routines, etc.



Resident Eve Dacey enjoys a gardening session at James Terry Court.

What has been the most successful activity you've put on recently?

JR: I recently organised and created an opportunity for residents and staff to collaborate on an artistic project, The Sketchbook Project, which is now being displayed at New York's Brooklyn Art Library.

JC: I have made particular use of our 'Yeti' tablet, a giant interactive tablet, which has allowed me to download various games for us to play together. One game in particular, a word puzzle game, goes down very well and many residents have fun trying to figure out the words for the answers.

TE/DR: At the last activities meeting, a group of residents asked if we could have a 'Tea at the Ritz' and we made this happen by collaborating with our new chef. Residents were reminiscing about their own experiences of having afternoon tea, whether at The Ritz or other large hotels. ■



Resident Angela Walmsley celebrates 'Afternoon Tea at the Ritz', a themed party at Lord Harris Court, with the Home's Activities Coordinators.

Miniature therapy horses bring joy to residents

Residents at Zetland Court, in Bournemouth, enjoyed a friendly visit from Copper and Zulu Warrior, two miniature therapy and wellbeing horses.

The residents were delighted to meet the affectionate animals, who were happy to be petted and stroked. Amy Tite, co-owner of Crazy Creatures, led the two miniature horses all around the Home's grounds and introduced them to the residents.

Taking part in this activity, 91 year old resident Joyce Burrell said:

“

This is fantastic. It reminds me of when I was young and used to ride into school!

”

Sophie Smith, one of Zetland Court's Activities Coordinators, said: "It was really lovely to see the residents' faces light up when the little horses came around and into the garden! They brought joy and calmness to our residents, which is wonderful for their mental health and wellbeing. Also, they were able to get very close and feel the horses' breath, their manes and forelocks, and this was a particularly joyful experience for residents who are visually impaired."

The Home's Activities Coordinators said they are looking forward to Crazy Creatures' next visit to Zetland Court, as the organisation owns a wide range of animals including dogs, tortoises, geckos and owls, among others. ■



Copper nuzzles up to resident Joyce Burrell, aged 91, at Zetland Court.

Resident Kathleen Powis, aged 99, feeds Zulu Warrior a tasty carrot.



It's up, up and away for York World War Two veteran!

A 99 year old World War Two veteran fulfilled a life-long ambition in August when he flew in a hot air balloon over Yorkshire.

Ron Shelley, who is a resident at Connaught Court in Fulford, York, confided to staff that he would dearly love to take to the skies to mark his 99th birthday, so they set about making it happen.

Ron, who supported the D-Day landings 77 years ago, was delighted when staff revealed the surprise and looked forward to flying over the glorious countryside of North Yorkshire with his son, Peter. He said: "I thought it would be a thrilling one off experience, a once in a life-time trip, so I'm seizing the chance while I still can!"

Fran Tagg, one of Connaught Court's Activities Coordinators, said: "Ron is a modest gentleman who is well known at our Home for his adventurous spirit. When he mentioned to us how he'd love to go up in a



Ron flies in the hot air balloon over Yorkshire.

hot air balloon, we were keen to create the opportunity for him. It's a dream come true for Ron!"

During the Second World War, Ron was a wireless operator. He was sent to France six days after D-Day in 1944, aged just 22. He was involved in sending out false missives to "confound and confuse" the enemy. Ron explains: "It worked. My dummy messages, which I



Ron getting ready to go up in the air.



Ron with radio equipment in his army days.

sent from a radio truck, led the enemy to believe that there was a whole division of 3,000 men, too many to take on, so they didn't attack."

Ron has lived at Connaught Court for three years. He is remarkably active and youthful, which he says is because he has: "always been sporty and used to be a physical training instructor in the Army." ■

Grand-parenting

An estimated 200,000 grandparents in the UK have grandchildren living with them due to challenging issues in their son or daughter's lives, such as mental illness, physical impairment or other personal reasons.



Terry, his wife Elaine and their granddaughters, Summer and Paige.

Terry, a Freemason, and his wife Elaine are grandparents to sisters Summer (13) and Paige (12), but in 2013, they also became their full-time carers due to changes in their parents' circumstances that meant they could no longer care for them.

The family structure of grandparents as full-time carers is more common today than ever. As people live longer due to advanced medical care available, and the traditional nuclear family is in decline, more grandparents are able to take a leading role in raising the new generations if circumstances make it necessary. For children like Summer and Paige, this possibility and shift in family structures has been a lifeline.

The girls describe their daily routine at home, and it is clear that their quality of life has not been worsened by their non-traditional family situation, but enhanced;

"We love to have KFC or pizza, so sometimes Grandad and Granny treat us... it's the best!" says Summer.

No two families are the same, and no family set-up is plain sailing either

Throughout the pandemic, Terry and Elaine's parenting duties were brought even further to the forefront as Summer and Paige adjusted to home learning. The struggle to afford the necessary devices became a concern for Terry and Elaine, so they reached out to the Masonic Charitable Foundation (MCF) for essential support.

As well as contributing towards the girls' day-to-day cost of living, the MCF were able to provide the pair with a digital tablet, meaning they could access online resources, attend virtual lessons, and even continue their dance classes remotely.

"Having a tablet has really helped us keep on top of communications from the school – from emails to video calls, we've been relying a lot on access to the Internet, so it's been really useful. It's meant they can get work and feedback from their teachers and that's helped them to keep up with their education," explains Terry.

The MCF recognises that every family is different, and can offer support to Freemasons and their families when life takes an unexpected turn. Their grants to support the education of children and grandchildren of Freemasons can fund or part-fund:

- Computer equipment
- Educational assessments
- School fees – in exceptional circumstances
- Higher education
- Apprenticeships
- Childcare costs
- Support for exceptional talent

This is not an exhaustive list of the support available, and all support is considered on a case by case basis. ■

The MCF is dedicated to helping young people achieve their potential despite the barriers they may face. Get in touch to find out more about eligibility and the support they provide:
0800 035 60 90
help@mcf.org.uk
www.mcf.org.uk

Love birds celebrate over 60 years of wedded bliss



A couple at Cornwallis Court have celebrated their 63rd wedding anniversary with the help of staff, fellow residents and family at the Home in Bury St Edmunds.

Residents Norah and Trevor Ball on their wedding day on 23 August 1958 at the Barking Abbey ruins.

Trevor and Norah Ball were married on 23 August 1958 in Barking, Essex. Norah was active in her church group and met Trevor whilst on a silent retreat. However, she broke the silence when she agreed to go on a walk with Trevor.

and, later, from their home in Norfolk. Norah trained as a teacher at St Osyth's Training College in Clacton. She became a secondary school teacher and taught Needlework at several schools.

The couple had two children, Sarah and Clare, and two grandchildren, Amy and Rose. When asked about the secret to their long and happy marriage, Trevor said:

Trevor was an RAF engineer with 263 squadron, working on Meteor aircraft, at the end of WWII before meeting Norah. He later qualified as a Chartered Accountant and started his own company, working from his home with Norah in Essex

They became part of the Norwich Cathedral community when they moved to Norfolk. To recognise their voluntary work, Her Majesty the Queen invited them to attend Royal Garden Parties at Buckingham Palace and in Sandringham.

“*We've always looked after each other, no matter what.*”

Residents Norah and Trevor Ball, celebrating 63 years of marriage at the care home in Bury St Edmunds.



Denise O'Brien, Home Manager at Cornwallis Court, said:

“Trevor and Norah are a fantastic couple to have at Cornwallis Court and we thoroughly enjoyed helping them mark their anniversary with fellow residents, staff and family at the care home.” ■

Find your local RMBI Care Co. Home

At RMBI Care Co., we provide residential care, nursing and residential dementia support to older Freemasons, their families and people in the wider community.

We have been caring for older people for over **170 years** and today we support over **1,000 residents** across **18 care homes** in England and Wales.

Check out our promo videos at www.rmbi.org.uk to find out more about our Homes.

- 1 Albert Edward Prince of Wales Court, Bridgend**
Tel: 01656 785 311
- 2 Barford Court, Hove**
Tel: 01273 777 736
- 3 Cadogan Court, Exeter**
Tel: 01392 251 436
- 4 Connaught Court, York**
Tel: 01904 626 238
- 5 Cornwallis Court, Suffolk**
Tel: 01284 768 028
- 6 Devonshire Court, Leicester**
Tel: 01162 714 171
- 7 Ecclesholme, Manchester**
Tel: 01617 889 517
- 8 James Terry Court, Croydon**
Tel: 020 8688 1745
- 9 Lord Harris Court, Berkshire**
Tel: 01189 787 496
- 10 Prince Edward Duke of Kent Court, Essex**
Tel: 01376 345534
- 11 Prince George Duke of Kent Court, Kent**
Tel: 020 8467 0081
- 12 Prince Michael Of Kent Court, Watford**
Tel: 01923 234 780
- 13 Queen Elizabeth Court, Llandudno**
Tel: 01492 877 276
- 14 Scarbrough Court, Northumberland**
Tel: 01670 712 215
- 15 Shannon Court, Surrey**
Tel: 01428 604 833
- 16 The Tithebarn, Liverpool**
Tel: 0151 924 3683
- 17 Zetland Court, Bournemouth**
Tel: 01202 769 169
- 18 Harry Priestley House, Doncaster**
Residential care for adults with learning disabilities.
Tel: 01405 814 777

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