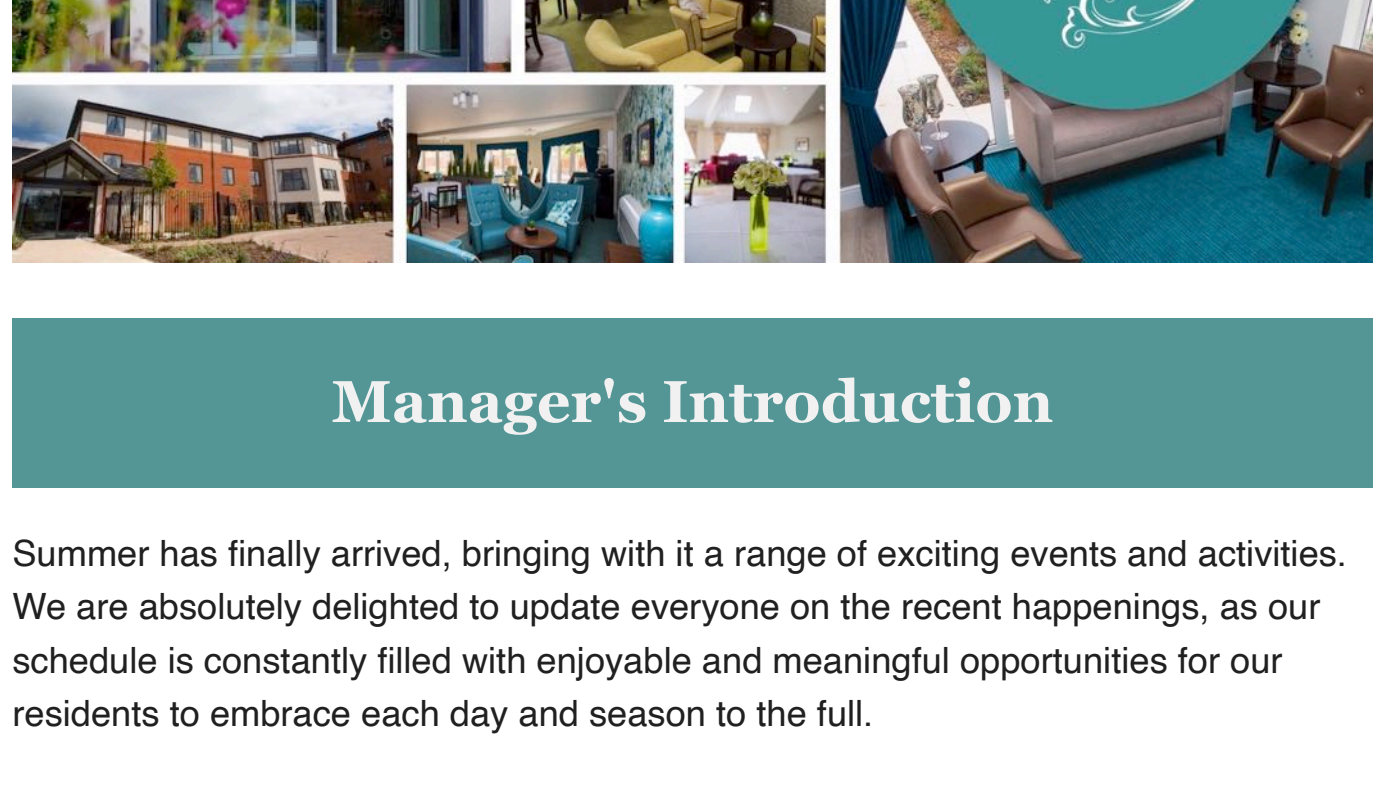


A WARM WELCOME TO OUR SUMMER 2024

Quarterly Newsletter



Manager's Introduction

Summer has finally arrived, bringing with it a range of exciting events and activities. We are absolutely delighted to update everyone on the recent happenings, as our schedule is constantly filled with enjoyable and meaningful opportunities for our residents to embrace each day and season to the full.

Also, if you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

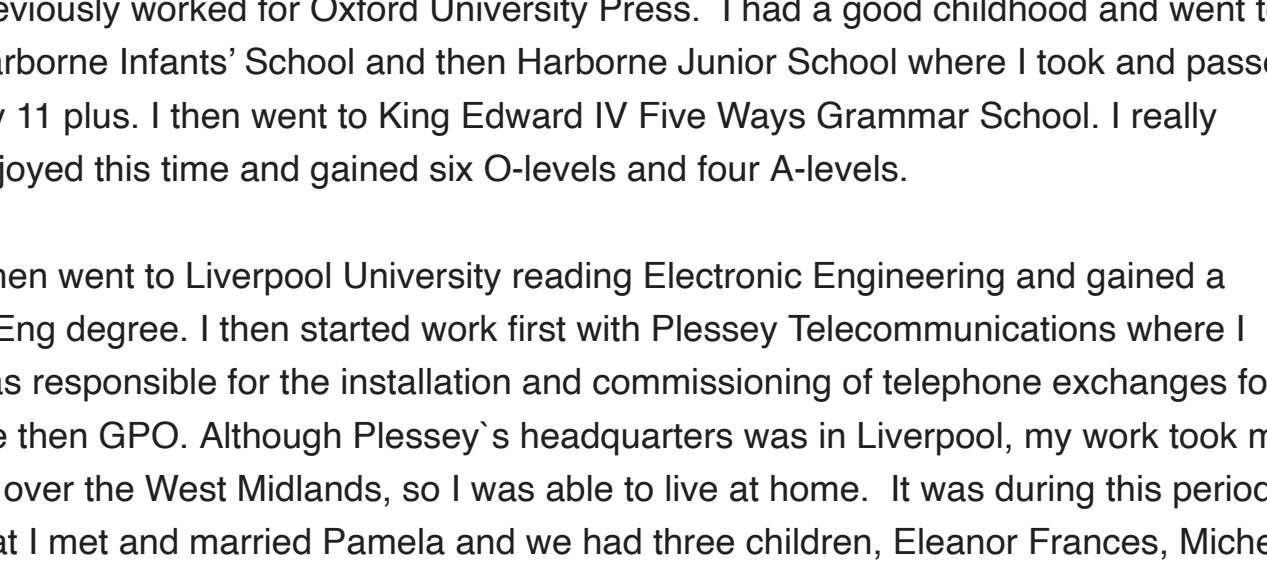
[Newsletter Sign-Up](#)

Best wishes,

Preet Hundal
Home Manager



Resident Story



Reminiscing

Meet Our Longest Resident Member, Cedric N.

"I was born on 22nd June 1952, in Oxford, the same month and the same year that Queen Elizabeth II became Queen. We moved to Birmingham when I was 18 months old because my dad had got a job in the library of Birmingham University. He previously worked for Oxford University Press. I had a good childhood and went to Harborne Infants' School and then Harborne Junior School where I took and passed my 11 plus. I then went to King Edward IV Five Ways Grammar School. I really enjoyed this time and gained six O-levels and four A-levels.

I then went to Liverpool University reading Electronic Engineering and gained a B.Eng degree. I then started work first with Plessey Telecommunications where I was responsible for the installation and commissioning of telephone exchanges for the then GPO. Although Plessey's headquarters was in Liverpool, my work took me all over the West Midlands, so I was able to live at home. It was during this period that I met and married Pamela and we had three children, Eleanor Frances, Michelle Amy and Christopher Andrew. It was also during this period that I was given the opportunity to study for an M.Sc at which I was successful.

I joined CEEB Midlands Region as part of the Telecommunications section and took a role in the Telephony aspects of the work because of my previous experience. After a while an opportunity arose to join MEB in the Telecommunications section where I joined the group installing private telephone exchanges. I was soon leading this group. I continued in this role and assumed a position in a customer service environment where all my customers were internal. It was during this time that we moved to Great Haywood in Staffordshire because the schools had sixth forms. This move was entirely justified as our children went on to get a variety of GCSE's, A-levels and degrees.

It was also during this period that I discovered I had Multiple Sclerosis, I was diagnosed in 1987 after a visit to my GP following a spate of tripping over quite small objects such as doorsteps, stairs and the like. My first question was not to do with me, I asked if I had given it to my children. I was relieved to be told "No". It is caused by a virus and cannot be passed on genetically. I continued working as if nothing had happened, but walking became more difficult. I first walked with a limp, then with one stick, then two and then I couldn't walk at all. Throughout this time my family, work colleagues, work superiors and friends were all extremely supportive. I had an adapted car from MEB and the Company even went so far as to arrange special car parking for me at all the sites. That was at every office and every depot. I eventually took the offer of retirement on ill health grounds. The Company was now privatised and had changed owners twice, but they were still good to me and the retirement package was too good to miss. I had a full final salary pension, a generous lump sum and a car and I was only 50.

We had a family conference and together decided that my moving to a care home would benefit everybody, me because my quality of life would be better and the family because they would not be as worried about me and would be able to get on with their own lives knowing that I would be well looked after. A new care home had just opened in Rugeley just five miles away from where we lived and provided everything worked out, we were all determined that this was the place for me. Everything worked out and so on July 1st 2011 I moved out of Great Haywood into room 12 Horsefair Care Home in Rugeley. My quality of life has certainly improved, and I have had visits from all the family.

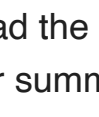
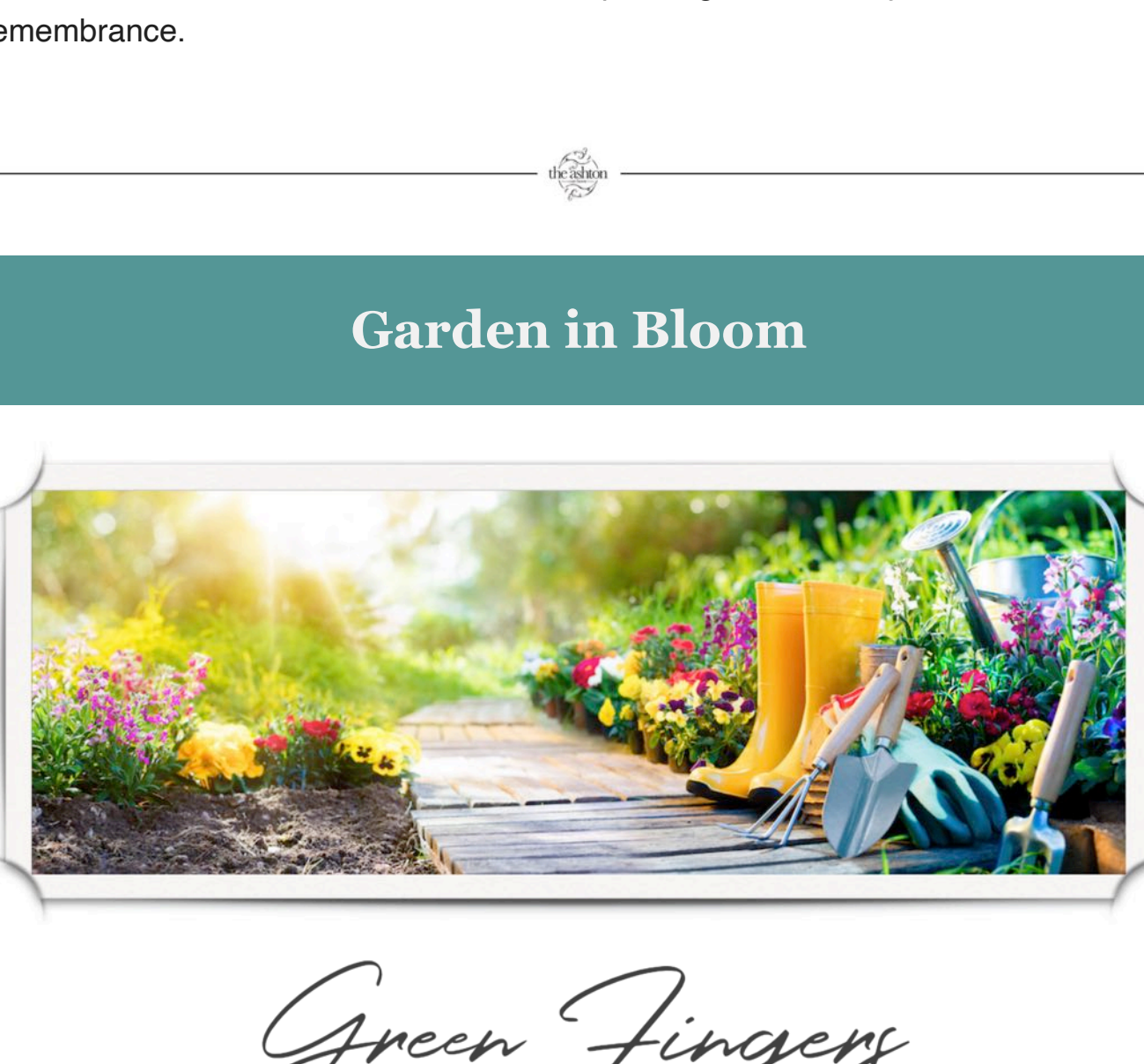
It was during June of 2017 that following a care review, it was determined that I would benefit from nursing care. This was not available at Horsefair. A few months prior to this, Pam decided she had had enough of living so far away from our family and started looking at houses for sale closer to Eleanor. She found a lovely place in Hinckley which is about 15 minutes away from Eleanor. The whole family then set about getting the house in Great Haywood ready for sale. When it went on the market, it was sold in two days! Pam moved in February 2017 with the family controlling things.

During this time we were looking at places for me and eventually, I moved to The Ashton, a care home in Hinckley that provided nursing care. This move placed me nearer to the whole family and although I don't see them often, I use e-mail and video calling to stay in touch on a regular basis. I also use video calling to keep in touch with a group of good friends from my university days, 54 years ago!

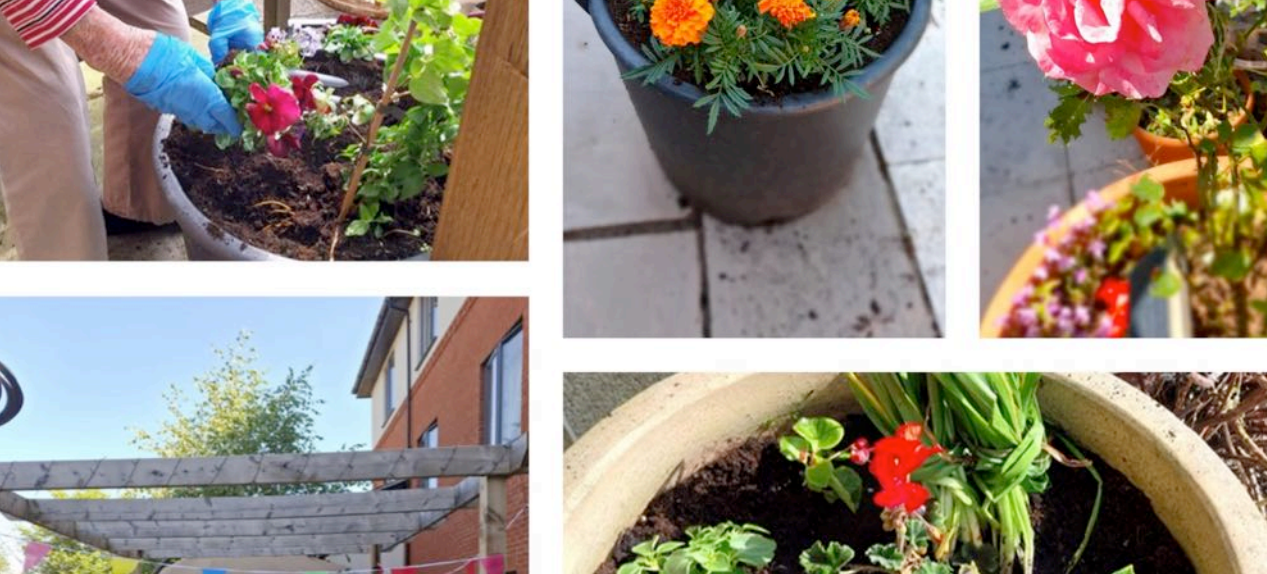
Eleanor has made me a grandad again, Poppy who was born on 31 August 2018. So I now have two granddaughters and one grandson.

I now produce posters for the activities we have and a quarterly newsletter. I am the resident's representative and help organise resident's meetings which I chair. I am well liked by all the staff and residents.

My motto in life is that I am going to live until the end of time and so far, so good! I would Love a day out at the Banging Racing as I love this."

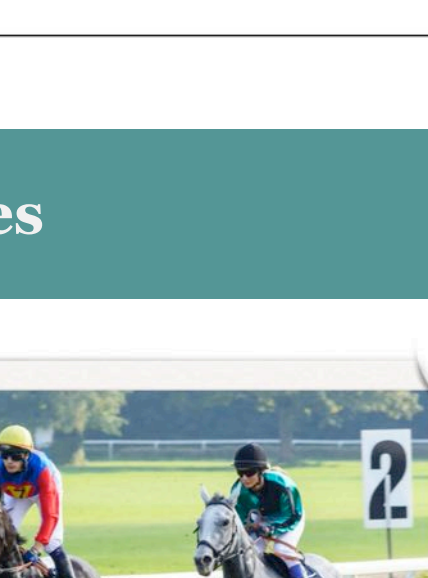


D-Day 80th Anniversary



Meaningful Activities

Our residents had a fun day celebrating the 80th anniversary of D-Day. We all got together for a moment of silence to remember our fallen. Many of our residents were children when this was all taking place and so they shared some of their stories with us, remembering what it was like to ration food due to the food shortages. We sang all the songs that they used to sing back then together.



We used a wartime recipe for oats crunched and had a Ration Menu like Homity Pie or Corned Beef Hash and Bread and Butter pudding. It was a day full of fun and remembrance.

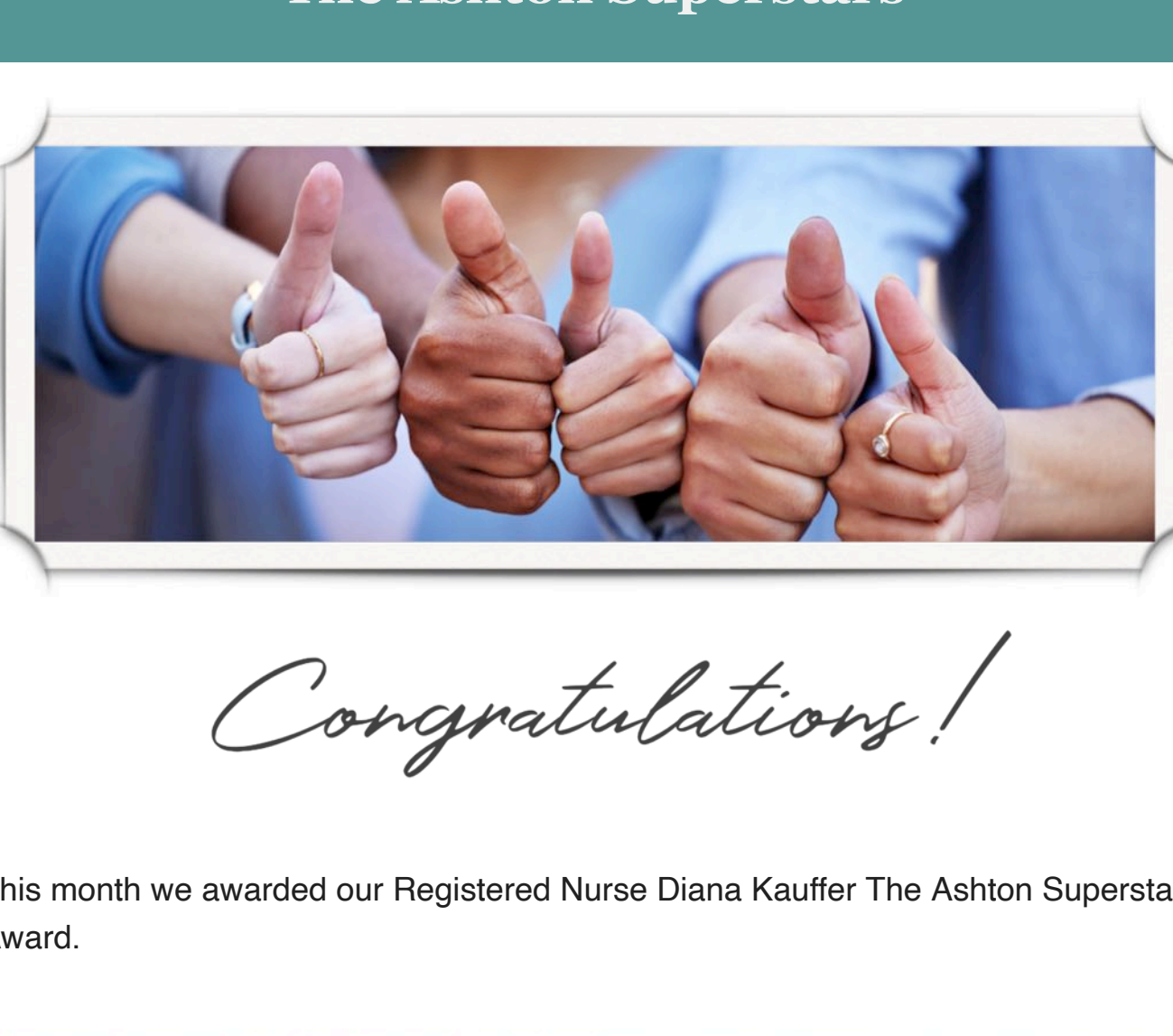


Garden in Bloom

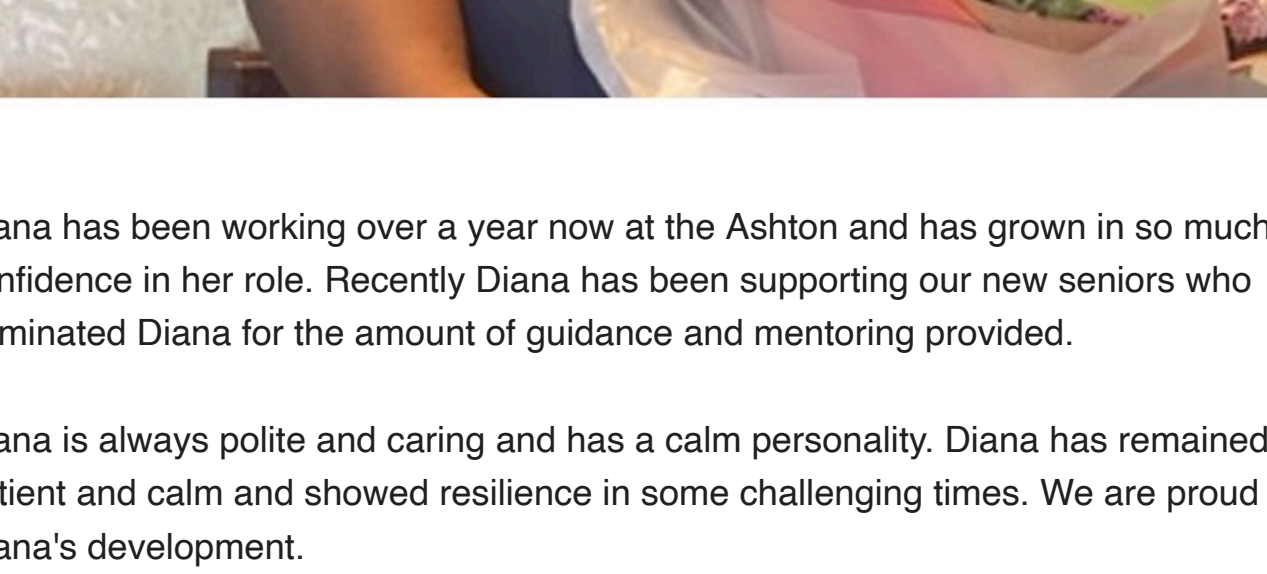


Green Fingers

The Ashton Care Home has recently had the outdoor areas cleared up and the patio cleaned, freshened and made ready for summer. Marie's plants which she planted late spring are blooming and adding great colour.

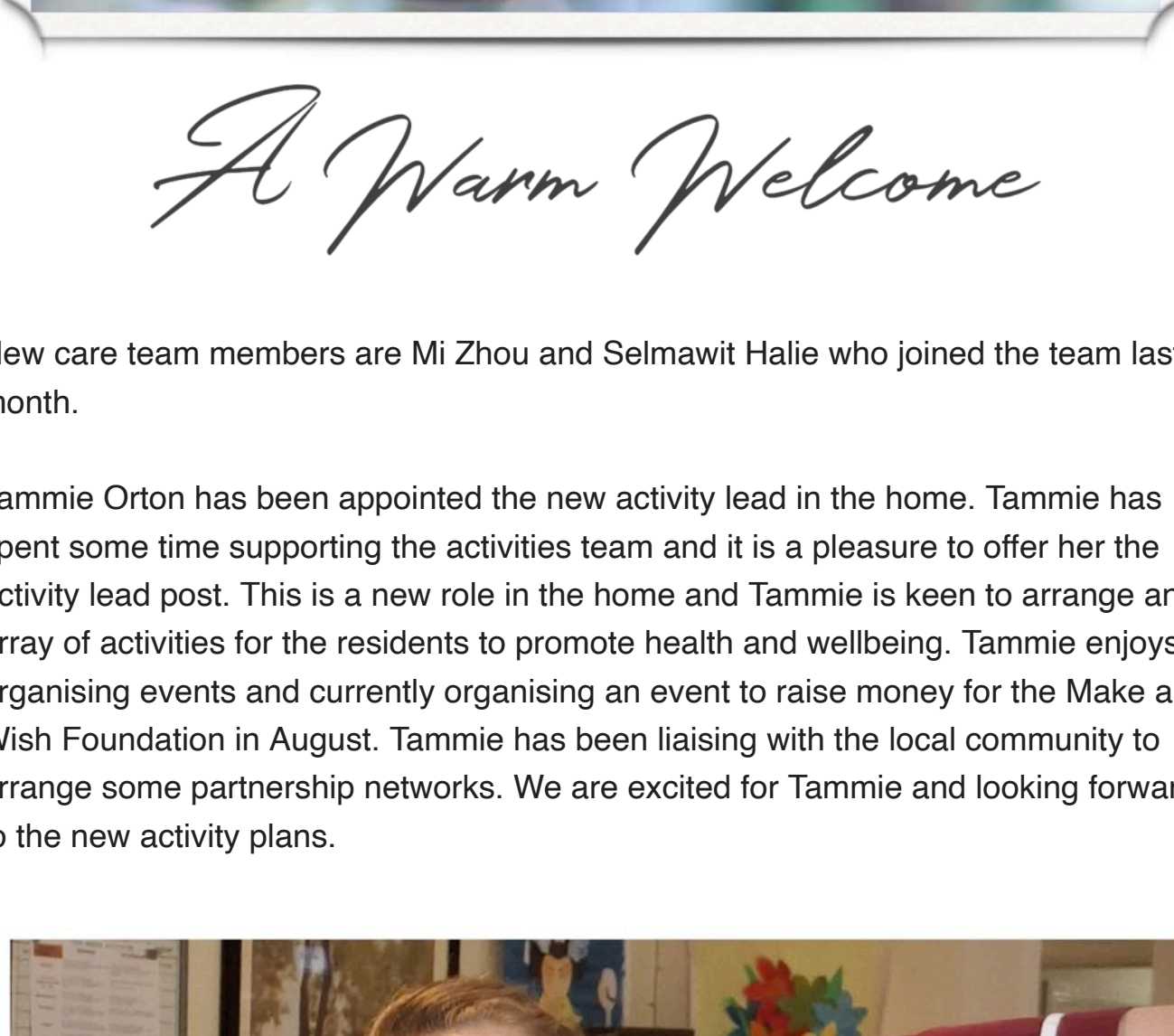


Off to the Races

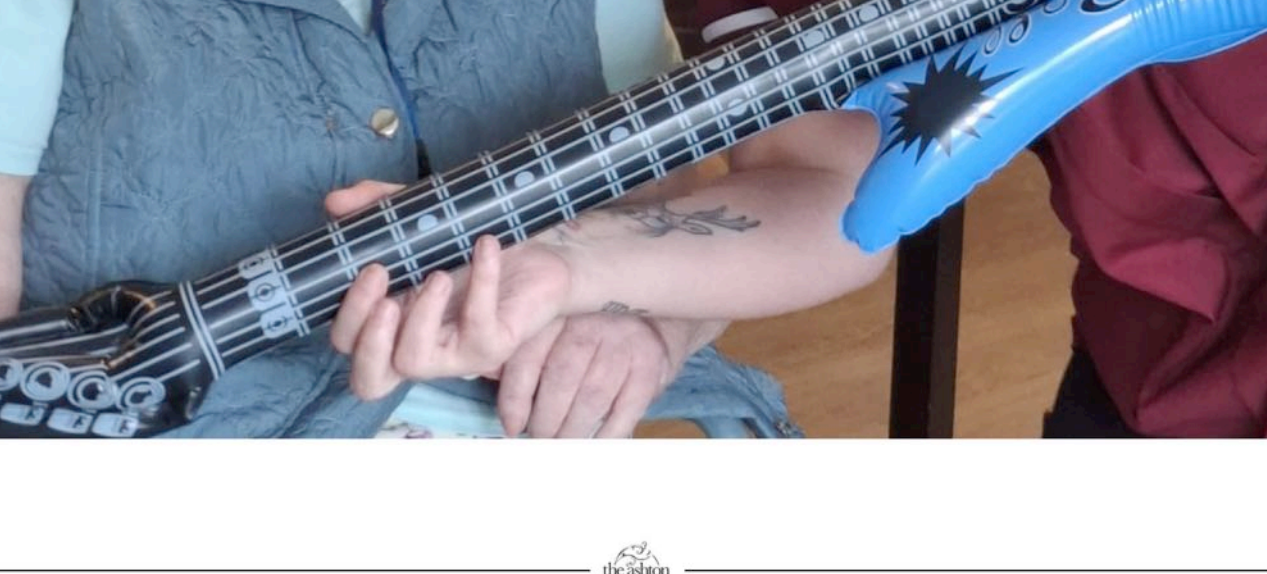


Happy Times!

The Ashton Care Home had its own Royal Ascot style race day. Ladies made their fascinators, and the bets were put on! The names of the horses were picked from the actual Royal Ascot runners, it was exciting to watch our races to see which horse would win.

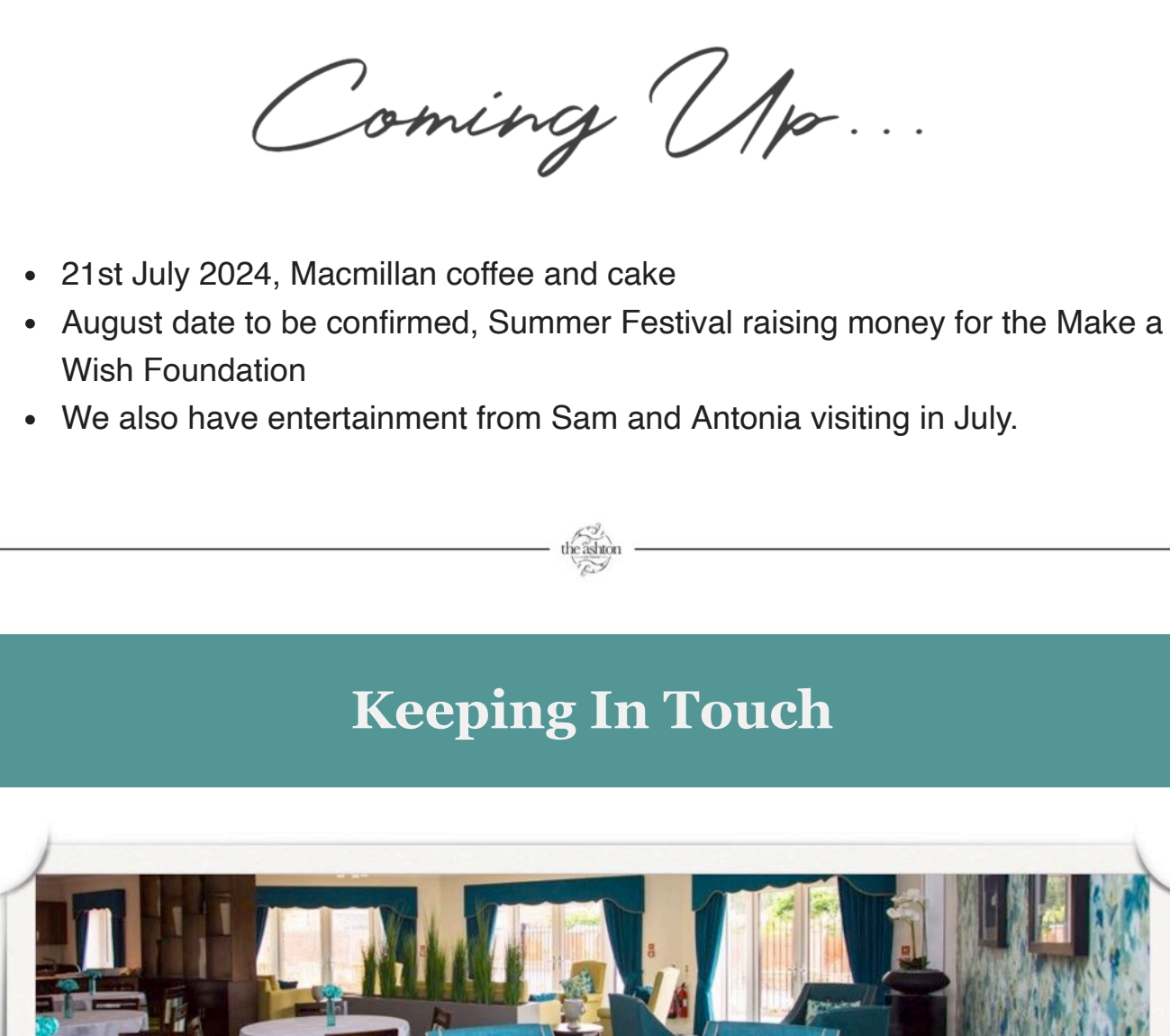


The Ashton Superstars



Congratulations!

This month we awarded our Registered Nurse Diana Kaufer The Ashton Superstar Award.



Diana has been working over a year now at the Ashton and has grown in so much confidence in her role. Recently Diana has been supporting our new residents who nominated Diana for the amount of guidance and mentoring provided.

Diana is always polite and caring and has a calm personality. Diana has remained patient and calm and showed resilience in some challenging times. We are proud of Diana's development.



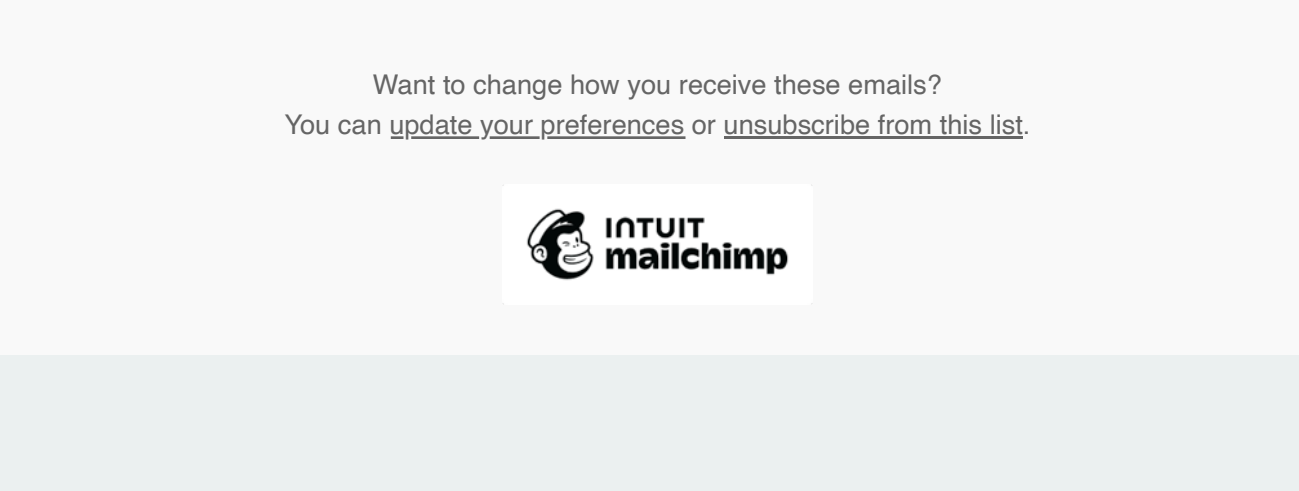
Welcome New Staff



A Warm Welcome

New care team members are Mi Zhou and Selinawit Halie who joined the team last month.

Tammie Orton has been appointed the new activity lead in the home. Tammie has spent some time supporting the activities team and it is a pleasure to offer her the activity lead post. This is a new role in the home and Tammie is keen to arrange an array of activities for the residents to promote health and wellbeing. Tammie enjoys organising events and currently organising an event to raise money for the Make a Wish Foundation in August. Tammie has been liaising with the local community to arrange some partnership networks. We are excited for Tammie and looking forward to the new activity plans.

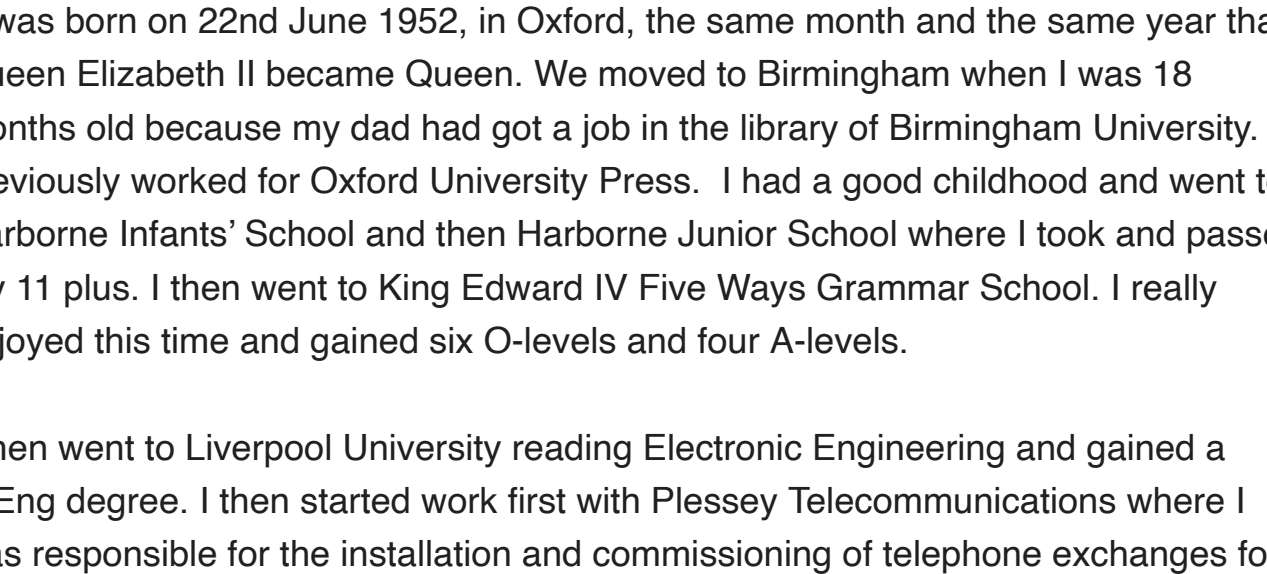


Upcoming Dates For The Diary

Coming Up...

- 21st July 2024, Macmillan coffee and cake
- August date to be confirmed, Summer Festival raising money for the Make a Wish Foundation
- We also have entertainment from Sam and Antonia visiting in July.

Keeping In Touch

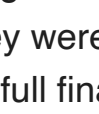


Connect With Us

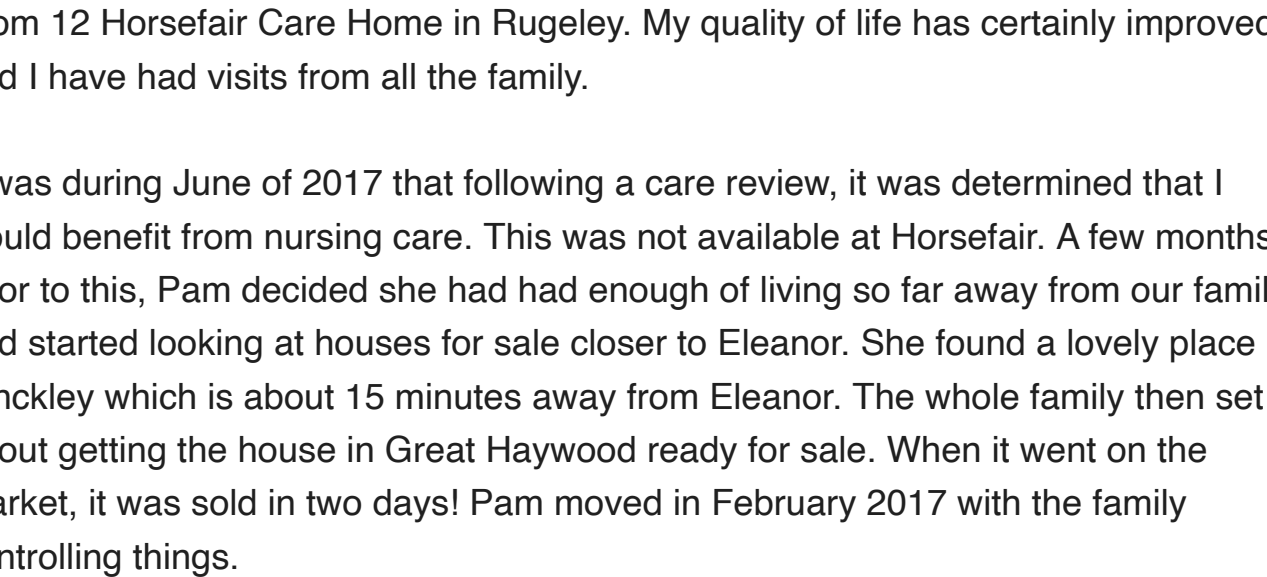
We look forward to sharing posts on our Facebook Page and will be keeping it updated with news and photos.

Make sure to check out The Ashton Care Home Facebook Page and give us a Like!

[Our Facebook Page](#)



Leave A Review



Your Thoughts Matter

All feedback is very much appreciated and we would be very grateful if you could spare a few minutes to write a review for us:

[Carehome.co.uk Review](#)

[Google My Business Review](#)



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