

JERSEY



CHESHIRE HOME

CARING FOR DISABLED PEOPLE

FREE

2011 Newsletter



Photo courtesy of JEP

TREK ICELAND

10th - 15th September 2011

We have had some ups and downs over the last few months with a number of potential trekkers being forced for a variety of reasons to drop out but we have filled the available spaces with a terrific blend of people who we are certain will rise to the challenge and contribute to a highly successful expedition.

The main objects of the event are to raise significant funds for the benefit of our residents and to raise the profile of the Home. As well as individual fundraising a number of high profile events have already taken place and there are more to come. Apart from the normal bag packs and supermarket collections we have seen "Speed Dating", a "Fit-a-thon", planned a "Race Night" and more. Still to come are a Charity Sports Day Challenge (28th May -- spaces still available for mixed teams of 6), a major "Pub Collection" on Royal Wedding day (29th April) and hopefully on a date to be confirmed a huge "Abseil Challenge". Other events are in the process of being organised.

Training for the Trek is underway with a number of the party venturing out every other Sunday morning for a stroll (8 Miles or so along a difficult part of the North Coast for example). Mid-week sessions should start soon after Easter to build up people's stamina. Anyone is welcome to join these sessions so if you are interested contact Antoinette at the Home on 285858 or email antoinette@jerseycheshirehome.je. (She will also be happy to discuss any support, financial or otherwise that anyone feels they can offer to the Home).

All our Trekkers are looking forward to a visit from the organising company on the 18th of May when the full extent of what they have let themselves in for will become clear.

Themed lunches

This year we decided that we would have themed lunches for special days. The first of these was Burn's Day on Tuesday 25th January. The lounge was decorated and the haggis was piped in by Jimmy McGovern.



Thursday 3rd February was the Chinese New Year "Year of the Rabbit". One of our staff began the event with a traditional dance. The Chinese lunch was prepared by Yupha, Adrian & his staff.

Monday 14th February was the special St Valentine's Day lunch. Everyone was given a heart with a number and they had to find their partner to claim their chocolate gift.



The latest lunch was on Thursday 17th March for St Patrick's Day. We were all singing along to Irish songs during the morning while preparing the dining room for lunch, which was a choice of boiled ham or salmon

washed down with Guinness and for dessert, Bailey's bread & butter pudding. Everyone then spent the afternoon relaxing.

Could you fill this space?

Our regular newsletter is distributed to over 700 organisations and individuals as well as being available from Parish Halls and Doctors' surgeries. By regular distribution we can keep members and friends up-to-date with goings on at the Home as well as raising awareness of the Home and the important work it does for

disabled people in the Island. If you would be interested in sponsoring our newsletter your name and company logo would be on each of our 2,500 newsletters produced. For further information please contact David Lord on 285858 or e-mail: david@jerseycheshirehome.je.

Chairman's Welcome

Welcome to the latest edition of the Jersey Cheshire Home newsletter which I hope will give you a flavour of what we do for disabled people in Jersey. Our Home from home for 25 individuals also provides hydrotherapy and physiotherapy services to over 100 people who live in the community.

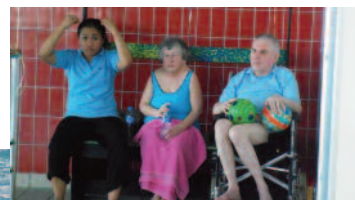
David Lord, Operations Manager, ensures that the Home runs smoothly and remains adequately maintained and Ann Appleton, Senior Clinical Nurse, works hard to provide the best care, both physical and emotional, for our residents.

The heart of the Home is people, be they residents, staff, volunteers, donors or committee members. Without just one of these groups the Home would not be able to function in the way it does, they all pull together in their unique way to enable our residents to live the life they deserve.

It costs nearly £4,500 per day to run our 24 hour a day, 7 day a week, 365 day a year operation and it is thanks to the generosity of individuals and businesses in Jersey that we have been able to operate for the past 27 years – long may it continue!

*Kim Averty
Chairman*

The Swimarathon 2011



Onion Pickling - our chef doing a fine job



Senior Clinical Nurse

We continue to offer Jersey's disabled community a service geared to their needs offering diversity, support and a haven to rest in.

In 2010 the management and staff of the Home looked at ways to further enhance the life of those who require our services and in May 2010 a team of four visited the Guernsey Cheshire Home on a fact finding mission and returned with new ideas.

Residents

The Home continues to work with Hospice delivering palliative/ terminal care for cancer sufferers where long-term care provision is required between the ages of 18 – 65 years, as well as caring for those with Multiple Sclerosis, Parkinson's disease, Epilepsy, Spina Bifida, Strokes and Head injuries. The level of care ranges from low dependency to total dependency where all activities of daily living are undertaken by staff on behalf of the resident.

One of the outcomes of the team visit to Guernsey was that some of the communal rooms at JCH were not being used to their best advantage and a serious review was undertaken by the management team of how best to address these issues. Work commenced earlier this year to give the residents better use of and access to these rooms.

We also looked at how much time the residents actually spend in the home and in response to this the Operations Manager has

been occupied in ensuring there are sufficient funds to enable JCH residents to enjoy more outdoor pursuits and travel opportunities.

Staff Training

Staff training continues for all staff who are actively encouraged to attend courses relevant to their employment. In September 2010 the Home received a Skills Development Award from Education, Sport and Culture for training, ongoing skills development and supporting students in work placements.



We have joined with the Jersey Care Federation and Highlands College to provide three month placements to students from the new Apprentice for Care Scheme. This partnership allows students to gain relevant experience in a care setting, which has passed the College's accreditation criteria, whilst they study. They work with a mentor from the Home's staff and gain experience across a variety of care settings during their two year course. On completion the student should have gained their NVQ level 2 award and have relevant experience in a variety of care settings.

I thank all at the Home for looking for the joy in life, for going the extra mile and making a difference and I pray that we will continue to do so.

Ann Appleton

Meet... The Physiotherapist

My name is Steve Martin and I am the physiotherapist at the Home. I have been working here almost a year now but have been associated with the Home since 2008. The physio team is made up of myself and two excellent physiotherapy assistants.

A normal day starts at 8am when we use the hydrotherapy pool. Between 8am and 11 am is when the residents come into the pool to receive hydrotherapy. Physio-therapists now use the term aquatic therapy instead of hydrotherapy.

Aquatic therapy is effective in reducing pain and improving range of motion. You do not need to have any swimming experience to participate in our aquatic therapy. Our team will develop a pool based exercise program customised to the patient's specific needs.

The buoyancy provided by the water is especially useful for patients with a wide range of conditions. The water facilitates mobility and assists with the patient's exercises with less impact on the joints. Our aquatic therapy program is often a stepping-stone for patients to move onto gym based exercise programs.

After the pool sessions have finished, it's then time to see patients in the gym. This includes both residents and outside users. Thanks to a fundraising trip to Peru the gym has now been fully refurbished. It has a new floor and new equipment including a treadmill, cross trainer, rower and both a static and recumbent bike. The new equipment is proving very popular with both residents and outside users.

We treat a wide range of people and conditions in the gym, depending on what type of problem is found. Physiotherapy is recommended when there is a specific problem or ongoing

symptoms that affect day-to-day activities, mobility and independence. It can help whatever the level of disability, but can be particularly valuable when physical symptoms progress.

When treating patients, we work with them to assess their physical difficulties and help them to improve movement and other functions of the body. Exercise is one of the key ways in which this can be achieved. A physiotherapist can also suggest particular exercises to treat and manage specific problems such as difficulties with mobility, balance, posture and fatigue. Many other problems, including pain, muscle spasms and stiffness can also be targeted by physiotherapy. Where appropriate, we like to work 'hands-on' with the patients, for example we may hold and move their limbs for passive stretching and range-of-motion.

The majority of patients are very good at doing their exercises under supervision in the gym. However, some patients may not have the same motivation to do their exercises when away from the gym i.e. in their room or at home. They tell us they do their exercises but we know they don't!!

Once the morning has finished the team has lunch between 1 – 1.30pm. It's then back to the gym to see more residents or outside users, or else run a group exercise session. On a Thursday afternoon we run a group exercise session for the Parkinson's Society. The exercise sessions encourage participants to find ways of maintaining general fitness and mobility. Advice is given about specific exercises and strategies for some of the physical problems of Parkinson's. It is a very sociable group with a wide range of abilities and characters! Some people have now been coming to the group since its inception four years ago.



Operations Manager

The Property

During 2010, as part of the ongoing programme to maintain and upgrade the residents accommodation, many "small" projects were undertaken. This included rooms 15 and 16 undergoing a total redecoration and improving access with another couple of bedrooms being redecored.

Volunteers from KPMG, as part of their annual Corporate Responsibility challenge, redecored the main corridor on the ground floor in a mere 48 hours - very much a challenge in the style of "Changing Rooms". A number of other organisations have indicated their willingness to undertake these challenges.

Cavity insulation was put in every external wall in the home. This involved a lot of hole drilling, noise and dust, but ultimately a warmer building. The loft area has now also been better insulated. Both these projects were undertaken by the Energy Efficiency Service (Community buildings project), a part of the States Environment Department, at no cost to the Home and has already had an impact as the overall energy costs.

Fundraising and Awareness Raising

With the creation of a new fundraising sub-committee a significant number of new initiatives to gain a higher profile took place. With the 2011 annual Golf Day looming we hope it will be as successful as 2010 where over £15,000 was raised.

Our current fundraising initiative directly benefits the residents so that they may enjoy days out, trips away, theatre visits and similar events. Last year Randalls very kindly raised £10,000

in six months with fundraising events in many various guises including Lunches, Car Washing and Quiz Nights.

A visit to the Guernsey Cheshire Home opened up opportunities to further promote the Home and improve the activities and events for the residents; one direct result of this visit was the purchase of another wheelchair adapted vehicle for residents' use, generously donated by the Rotary Club of Jersey.

We are reliant on fundraising and donations to cover our annual operating shortfall and are so lucky to have the support of individuals and businesses in Jersey who give so generously. A big thank you to you all. If you would like to make a donation please contact me on 285858 or email david@jerseycheshirehome.je

David Lord MIH



Snowy Days!



Don't forget
you can
donate by
using our
Co-op
Share No
55

DATES FOR YOUR DIARY

May

Friday 6th

Golf Day at La Moye Golf Club from 9am

Monday 9th

Liberation Day lunch and celebrations from noon

Saturday 28th May

*Trek Iceland Sports Day Challenge
(open to teams of 6)*

June

Thursday 23rd

*5-a-side football match between the Jersey
and Guernsey Cheshire Homes*

Saturday 25th

*Ball for Ben at the Hotel de France
Contact David on 285858 for more details
and to book tickets.*

July

Sunday 17th

*Annual Street Party BBQ from 2pm
(Spanish Theme)*

September

Saturday 10th - 15th

Trek Iceland

October

Monday 31st

Halloween Party and Firework Display

November

Thursday 3rd

Disabled Shopping Night

Saturday 20th

Christmas Bazaar 11am - 3pm

December

Friday 9th

JCH Christmas Party

*JCH Afternoon Tea every 2nd Monday
in the Month 2pm-4pm (except June)*

For further information on any of these events
please contact: Anita@jerseycheshirehome.je,
tel 285858, or visit our website at
www.jerseycheshirehome.je

Our Christmas Time

The Christmas Party for 2010 was attended by our Patron Lieutenant Governor Lieutenant-General Andrew Ridgway and Mrs Valerie Ridgway and had a Victorian Theme. The entertainment began with some of the staff singing songs from "Oliver". This was followed by a magnificent buffet prepared by our chef Adrian & his staff. Everyone then danced the rest of the night away with music & songs from "The Pioneers".



On Thursday 23rd we all loved listening to Chrissie telling Christmas Stories around the Christmas Tree. This was followed by mulled wine, sherry & lebkuchen.

Santa paid his usual Christmas morning visit to the Home to hand out presents to all the residents. Then he and Mrs Santa stayed for the Christmas lunch, after which everyone relaxed for the afternoon.

Groups of residents also enjoyed the usual Christmas Pantos & carol services.