

# THE HELPING HAND

3 months since the last Newsletter and we are slowly returning to some sort of normality.

We know that not being able to see your families has been a real challenge. We hope that the video calls we offered helped a little bit. We are working very hard on bringing your families back to visit you. You might have noticed a rather large gazebo in the courtyard. This is part of our strategy to get visitors back.

The company will be following the governments advice in regards to visiting carehomes:

“To limit risk, where visits do go ahead, this should be limited to a single constant visitor, per resident, wherever possible. This is in order to limit the overall numbers of visitors to the care home and the consequent risk of infection.”

Marisa is starting up group activities again. These will take place mainly in the Garden view lounge. Last week some residents enjoyed a game of bingo and a quiz. Are there any activities you really missed? Talk to Marisa, she will happily oblige wherever possible.

There will be a monthly planner for August where you will find more information about activities and special days.

We are also working very hard on bringing Sammie, our hairdresser, and Annie, our chiropodist, back. We will update you as soon as we know more.

**Use Skype, Facetime or Messenger to stay in touch with your loved ones! Please ask us to help you to set it up.**

**We are strongly advising and encouraging residents to comply with government guidance for social distancing/isolation and stay observe social distancing of 1 meter + when meeting others.**

## Resources available at River Meadows

Art and Craft materials  
(card making, painting, drawing, colouring, knitting, sewing etc)

Books (in each lounge)

Magazines

Jigsaw puzzles

Keyboard

Boardgames

Playing cards

Instruments

Twiddle muffs

Newspapers

Cd's

DVD's

DVD player

Books

**THE GARDEN IS ALWAYS OPEN! FEEL FREE TO ACCESS THE COURTYARD ANY TIME DURING THE DAY. YOU MIGHT MEET HENRY OUT THERE WHO WILL BE ASKING FOR A BELLRUB**

## Message from the Matron:

“Remember that River Meadows is a very safe place for you to be. We have managed to stay covid free during this crisis so far. I want to thank all members of staff for staying vigilant and doing everything they can to keep us all safe.”

Alison Peake



## Staff News

We have recruited new members of staff since the last newsletter. These lovely ladies are now members of our team. We welcome Courtney, Chelsey, Tazmin, Hannah, Hayley, Michelle and Megan and hope they enjoy working at River Meadows.

## From the Cauldron

Jo and Sylvia in the kitchen are working with the activities department to bring you special menu days and different treats throughout the month to break up the regular menu. Look out for posters and on the monthly activity plan to see what comes next!



## From the Broom cupboard

Shirley and her team would like to thank all residents for their ongoing support throughout the last few months and appreciate everybody's patience when they deep cleaned residents rooms meaning residents couldn't access them for a few hours.



## From the Wash Tub

Sue, Pam and Susie would like to remind all residents that clothes need to be labelled by families. They try their best to locate missing items as soon as possible but its difficult when they are not labelled. It would be a shame to loose especially new clothing.