

CALLED TO SERVE



Fostering strong communities

Developing social and stimulating environments *pages 2 and 3*

Developing supportive and sociable communities

Employees go the extra mile to raise funds for Mission Care

Challenge and reward at Greenhill

Chairman's Welcome

Welcome to Called to Serve,
Summer 2011.



I am delighted to update you with the latest news from our homes and the impact of our work and activities throughout South East London.

Much has been written and spoken about in the press over recent months about nursing and social care. We will all have seen articles that bemoan how much (and often, how little) is spent by local authorities and councils to fund care for older people and vulnerable younger adults. We will have been appalled at allegations and revelations of abuse within the social care provision.

It is not surprising then that for many, the prospect of residential or nursing care is a source of worry and concern.

I am privileged in my role at Mission Care to witness, on a regular basis, the very real and affecting benefits of good care. In June, I enjoyed a wonderful evening at the Royal College of Music but found the most enjoyable and rewarding part of the night to be speaking with our residents and their relatives and friends who also attended.

To me, it is clear that a great deal of comfort and enjoyment can be taken from the communities that exist within our homes. At Mission Care we believe in the importance of good quality care and understand the huge value of building these engaging communities throughout the group. We are not alone in this aim.

This issue is packed full with news and events from Mission Care and includes examples of our efforts to provide these social and stimulating opportunities for our residents.

I do hope that you will enjoy reading about our progress and will continue to support the work of Mission Care.

Yours, Geoff Dean



A positive to care

In previous issues of Called to Serve, we have explained the efforts that Mission Care makes to ensure a good quality of care for the residents living in our homes. As the government continues to debate the future of social care in England, we put forward our views on the values and importance of nursing and residential care.

We passionately believe that the lives of each of our residents should be as comfortable and enjoyable as possible during their time with us. We also believe that life in a nursing home does

not and should not be considered as a 'last resort' for people in need of long-term care.

Undoubtedly, there are a number of benefits for older people to remain in their own homes, when it is appropriate and beneficial. Unfortunately, for many this is not possible and we believe that it is important, when this is the case, that a potential resident and their family are able to look forward with confidence to their life in a nursing home.

Perhaps the most attractive aspect of life within a care or residential home is the sense of place, community, companionship and friendship that evidently exists within many homes.

In all of our homes we find instances of real camaraderie and friendship that our residents develop with one another. This



approach

is not always possible, but it is a real blessing when residents are able to support each other through their friendship. Living in a care home can provide a natural and very real support group and this can help to ease feelings of loneliness.

We strive to support and nurture these friendships and communities with the many accessible activities and excursions that are available to our residents.

The wide range of activities that take place in our homes allow our residents to engage in meaningful and rewarding activities but also help people to feel integrated within the community of the home, and indeed to participate in life outside of the home.

Mission Care actively promotes dignity as part of the care we provide because it positively impacts how people feel, think and behave and this is a crucial underpinning to the communities that exist in our homes. This sense of dignity is promoted within our homes by the

physical environment, culture, behaviour of our staff, and indeed the manner in which care is provided.

We know that treating our residents with respect and dignity helps them to feel in control, valued, and empowered to make decisions for themselves and we believe that this is a crucial element of the support that we are called to provide for the residents in our care.

There are many aspects to the quality care that we strive to provide for our residents. Meeting these objectives is a daily challenge, but also a real privilege and this is particularly the case when we see our residents enjoying life within their community in our homes, and sharing in that experience with one another.

We are confident that we are making a difference to the lives of older people and younger adults in Bromley, Lewisham and Southwark and this is illustrated in the words of the letters that we have received from previous relatives and friends.

I would like to thank you all, for the loving care and attention that you gave to my late husband and for the respect that we received during his stay at EW. I will always be grateful for the support of your caring nurses and staff, particularly during his final days.

Thank you all so much for looking after my Dad Jack, you are all so kind and caring people and he was in a wonderful place to end his life surrounded by love.

I want to encourage you to carry on making a significant difference to the lives of those people that trust in you.

Life in our homes

From coast to countryside

Throughout the summer months, many of our residents have enjoyed day trips away from each of our homes.

On many of these trips our residents have been joined by their relatives and friends and enjoyed time to socialise with other residents and members of the care team in a relaxed and alternative environment.

In early June a large group of residents from Greenhill, Homefield, Morton House and Willett House spent a fantastic afternoon at East Hall Farm, which is situated in the grounds of St Paul's Bury, a large stately home which was the family home of the late Queen Mother.

After a picnic lunch in the grounds of the magnificent estate, our party visited the working farm and enjoyed travelling through the farm yard and pastures on a specially adapted tractor. This visit was supported by 'Let nature feed your senses', a charitable initiative between the Sensory Trust and funded in part by the National Lottery.

Visits to the coast are also popular amongst residents at all of our homes. In late July, a large party of residents

from several homes travelled to Herne Bay which proved to be of significance to a number of residents. One resident explained how he had worked as a bus driver in the area in his youth and was delighted to have lunch in one of his favourite fish and chip shops. Victor, who accompanied his wife Rosa on the trip explained, *'it's been wonderful to visit Herne Bay again – we know the area very well and used to visit a lot when we were younger and had a caravan!'*

Thank you to everyone who has supported these outings and to the volunteers who contribute such a great deal to our residents' activities.



In brief...

Residents from **Morton House** had a wonderful afternoon at The Pumphouse Educational Museum, Rotherhithe, in early May.

Parties and celebrations took place in all of our homes on Friday 29th April, as our residents and staff marked the Royal Wedding.

Reminiscence pods were installed at **Greenhill** and **Willett House** in April and were a unique opportunity for our residents to revisit the 1950s!



A day trip to the Bluebell Railway proved a huge success with residents from **Willett House** who journeyed through the Sussex countryside on a steam train.

Artistic talents at **Love Walk** were put to excellent use when our residents exhibited work in the Camberwell Arts festival.





Residents at **Elmwood** recently completed a fantastic collaborative community arts and music project with the children of Marjorie McClure School, under the leadership of St Christopher's Hospice.

As part of Hither Green Week, residents from **Morton House** attended a special

lunch with their friends at Hither Green Baptist Church in May.

More than 60 residents, relatives and staff from **Elmwood** and **Homefield** enjoyed a fantastic family picnic in Bickley.

The **Love Walk** vegetable patch has produced a good harvest of fruit and veg and residents benefitted from a number of horticultural lectures at Walworth Garden Farm. In late May, a number of residents from **Willett House**, **Morton House** and **Greenhill** joined together to visit the British Museum.



Focus on Greenhill

Greenhill is home to 64 older people living with long term nursing needs and dementia, based in Bromley. Claire Hardy has recently been appointed as the home's new Registered Manager and considers the factors that make Greenhill special.



'Greenhill is unique because of the diversity of our residents and the challenges of the different care provisions that are available within the home. To make sure that we deliver a good standard of care to all of our residents, we prioritise the individual needs of each resident first and then consider the overall collective needs of residents within the home.'

To improve care, our future plans for Greenhill include a greater and more diverse input from external suppliers, including physiotherapists. The value of exercise for our residents is huge and I am keen to introduce more opportunities for light exercise within the home. There are also plans in place to introduce new arts and music therapy sessions which I know will be of benefit to our residents living with dementia. Another ongoing priority is to extend our relationships with schools, churches and other groups within the local community.'

Jimmy Weighell, Activities Coordinator is responsible for day to day activities in the home and agrees that his biggest challenge is to ensure a good range of activities and to support residents to take part in the life of the home as fully as possible. Jimmy explains, *'it's important that the residents are stimulated and interested by the activities that are available in the home and I do my best to make sure that everyone benefits. When I first started working here, some residents were reluctant to leave the home for days out – now they've seen how much fun we have, everyone wants to take part!'*



A day on the coast

Our residents had a fabulous day in the sunshine when they visited Brighton in June, where they enjoyed a seaside treat of fish and chips and a delicious ice cream on the sea front after a stroll along the pier.

For many of the residents who attended, the trip was a real reminiscence opportunity since they had visited Brighton in their youth – one resident, Milly, was able to share photos of her standing on the very same pier some 60 years ago! Carole, who accompanied another resident on the trip explained, *'it's been really nice for Mum to come back to Brighton with lots of the other residents, she really does feel a proper part of the Mission Care community.'*



To learn more about
Mission Care's international
projects, please visit
www.missioncare.org.uk



News from Suryapet

Building works at the Living God Orphanage in Suryapet, India have continued at a good pace. In April, clean, safe water and electric power was delivered to the site after a water bore well was dug and a new transformer was installed. By June, foundations had been laid and structural columns erected for phase one of the new orphanage building, which will include dormitories, living areas and warden's accommodation.

This progress has been achieved by the good building team that are working on site, who continue to progress the work, despite severely high temperatures of over 48 degrees!

The children of the orphanage will continue to live in temporary accommodation until this first stage of building is complete and are looking forward to moving in to their new home in September. Andrew Scott, Group Services Director, who will visit the site in late September explained, *'we are grateful to all those people who have contributed to this project so far and continue to welcome new supporters of the project, whose financial gifts will enable the further stages of the project to continue. We ask that the children of the Living God Orphanage remain in your thought and your prayers, as we work to bring the love of Jesus into their lives.'*



Dining hall complete in Naivasha

The children of The Sunshine Boys project, in Naivasha, Kenya are now benefitting from a new dining hall on the site, which was completed in June 2011. The design, construction and completion of the new building was supported by capital funding and professional services provided by Mission Care.

Further funds were released by Mission Care in May 2011 and these will support the ongoing construction of two additional dormitories for older children at the project.

Jonathan Crisp cycle challenge



Jonathan Crisp, Mission Care's Executive Director, will cycle 465 miles between 5th – 10th September, across the 'sole' of England when he cycles from Land's End, Cornwall to Deal, on the Kentish coast.

Jonathan aims to raise at least £3,000 for the Vuyirolu

centre in Chennai, India which Mission Care is proud to support. Vuyirolu is a care and rescue centre for the elderly and the destitute with a strong Christian ethos and a clear mission that undoubtedly complements our own work in South East London.

Please sponsor Jonathan as he completes this incredible solo challenge and works to raise funds for Vuyirolu.

You can learn more about the route and his preparations and sponsor him online at:

www.virginmoneygiving.com/jonathancrisp





Charity concert a success



For our current events
schedule visit
www.missioncare.org.uk

Summer events

Annual summer events took place throughout July and August at all of our homes, and were well attended by previous and current residents and their relatives and friends. Together, close to £4,500 was raised to support activities in our homes!

News and information

Activities coordinators plan sponsored walk

Activities coordinators from several of our homes are planning to walk a half marathon route that will link all of our homes, running from Love Walk in Southwark to Willett House in Chislehurst, in order to raise funds and awareness of activities at Mission Care on Saturday 20th August. To sponsor our team who have set a fundraising target of £2,000 or to sign up to complete a leg of the sponsored walk, please visit www.missioncare.org.uk or speak to staff in our homes!



Donate by phone

You can now make donations of up to £10 to Mission Care using your mobile phone! Justtextgiving is a new service that is entirely free to use and ensures that 100% of your gift reaches Mission Care. To donate, text MICA10 followed by the amount you wish to give to 70070.

Charity concert a success

More than 200 people, including many of our residents, staff and supporters, attended the Mission Care charity concert at the Royal College of Music on Sunday 5th June. The audience enjoyed a wonderful evening of powerful choral songs from the American Festival Choir and contributed to a fundraising total of more than £700.

Sign up to receive updates by email

Nearly 350 of our supporters receive the Mission Care e-newsletter each month. If you haven't signed up to receive the e-newsletter already, please email communications@missioncare.org.uk

Fly fishing

Just under £2,000 was raised at our annual fly fishing event in early May. Thank you to everyone who attended and congratulations to our winner, Andrew Surgenor!

Annual Meeting

Our annual meeting 2011 will take place on Thursday 3rd November at Christ Church Bromley, Highland Road. All of our supporters are warmly invited to attend, further details will follow.



Willett House Summer Fayre, July 9th



Greenhill Summer BBQ, July 23rd



Morton House BBQ, July 24th



Homefield Summer Party, July 2nd



Elmwood Garden Party, July 16th

Mission Care, The Living Building, 3 Sherman Road, Bromley, Kent, BR1 3JH
T: 0303 123 3201 E: info@missioncare.org.uk