



OAK LODGE
FOREST CARE

Newsletter

WINTER 2022/23



Welcome to Oak Lodge

We finally enjoyed a festive period at the end of 2022 like we always used to enjoy. A time to reflect and celebrate, to be able to see our friends and family and to go out and travel again.

Our newsletter's selection of photos highlights some of our seasonal activities and visits from family and friends. Our Christmas carol concerts from Hatch Warren and North Waltham Schools were a particular highlight for our residents providing a valuable opportunity to interact with the children, which our residents always look forward to and enjoy. Our magnificent decorations around the home both inside and out, greatly enhanced the atmosphere and hopefully generated some happy memories, getting everyone into the Christmas spirit!

As we begin the New Year, we continue to focus on our mission – to provide the best possible care for our residents. Kindness, caring and compassion in all we do is our continued aim.

A big 'thank you' to all our staff who have received their long-service awards in recognition of their loyalty and commitment. I hope these awards inspire everyone to be more innovative and creative in their efforts to provide the best possible care for our residents.

Thank you (as always) for the ongoing support and understanding (and lovely gifts!) from our residents and their families and friends.

Wishing you all a happy and prosperous 2023.

Grace Adan, Care Home Maager at Oak Lodge

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Take a look at what we've been up to over late Autumn & Winter!

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Weddings, awards, new arrivals...plus a Staff Spotlight!



As we enter 2023, there is hopefully reason for optimism after all the gloomy headlines of recent months.

Covid has obviously dominated much of our everyday lives for the past couple of years and finally that no longer is the issue it was. While it is probably never going to go away, it has reached a point now where we all are able to

live with it as we do with other things. That does not mean we can ignore it completely and for the time being at least, our homes will continue to ask everyone visiting to wash their hands and wear a mask for the duration of their visit.

We are in the process of publishing the main points raised from our annual quality surveys completed last summer which I am pleased to say were overwhelmingly positive. However, we will still be looking to improve certain aspects of what we do, which includes further enhancements to the facilities in the homes and enhancements to

some of the services we provide. For example, we have introduced a new role to oversee the activities provision across the homes, with one of the aims being to include more of the things residents and relatives have told us they would like to see in our activity programmes.

We have also introduced "Famileo" across our homes. This is a platform whereby family & friends can post photos of anything interesting they may be doing so that residents can feel a bit closer to what their family and friends are getting up to! It is personal to each resident and is automatically made into a personal "Gazette" which we then print and give to them, so in effect, it is their own personal newsletter. All the information is displayed prominently in our homes, and I would encourage you to at least give it a try!

I hope you enjoy our latest newsletter which once again highlights all the many positive things and varied activities that have been taking place over the past weeks, and in particular, the Christmas period.

Thanks again for your continued support.

Words from Mark Vickery, Director at Forest Care.



Residents always enjoy regency costume, dancing and music



Watching Children in Need!

Activities at Oak Lodge



A visit from a few friendly alpacas!



Salt dough painting!



Knit & Natter!



Firework art



Christmas Celebrations at Oak Lodge



A prop-filled photoshoot with friends and loved ones



Delicious cakes, gingerbread, mulled wine and gifts for donations at our Christmas Bazaar!



Christmas Celebrations at Oak Lodge



We love decorating our walkway throughout the seasons!



A photo tree of all of our lovely residents, whilst remembering those who have passed



Gingerbread biscuits, houses and snowman crafts to decorate our winter walkway!

Christmas Celebrations at Oak Lodge



Christmas wreath making



National Elf Day! Fundraising for the Alzheimer's Society



Visit to Oakley Hall Hotel



Christmas jumper day!



Christmas Celebrations at Oak Lodge



King George & Queen Beryl greet residents at our Christmas Lunch!



Carol singing from the children at Hatch Warren Primary School



A visit from Father Christmas



Lunch out at The Vyne in Hannington and a Jack & the Beanstalk Panto!



A drive out to see some of the local light displays



New Years Eve photoshoot!

Activities at Oak Lodge



Gentlemen's Club at Oakley Hall Hotel



Cute cavies!



Parachute exercise



Dancing and Arts & Crafts



Outdoor walks



Alec's shelf with his prickly and colourful

Resident Profile - John Loveday



Resident John Loveday released a book of poems titled 'The Boy with the Old Guitar' whilst at Oak Lodge!

At the young age of 96 *The Boy with the Old Guitar* is an exciting collection of poetry from the award-winning author John Loveday.

The author and poet John Loveday has had a long and illustrious career. A former teacher, born in 1926, his novel *Halo* won the McKitterick and the David Higham prizes, and

was published internationally as was *Goodbye, Buffalo Sky*, which won Best Children's Book Award. Recently at the age of 96 and living at Oak Lodge, John realised that he had enough good poems for a new collection which has resulted in the publishing of his latest anthology *The Boy with the Old Guitar*.



The book is divided into three sections, and is also illustrated by the author. The first centres around the title poem and tells a story the reader will need to decide is fact or fiction. The second edition is a varied selection of poems written over many years but never offered for publication. The short,

third and closing section, entitled *City of Flowers*, contains poems dear to the author, partly for their quality but also for hours spent in that city long ago. John's visits to Italy, and the many Italian stories he heard in Florence, have left a profound influence on him.

As the author explains: "The poems mostly take the reader into the experience of the person featured, often powerfully enough to in-viate a sense of identification. What seperates outstanding poems from the simply good, is the sense of life-enhancement it engenders."

The author's own illustrations give an added pleasure to the anthology, and are as wide ranging in subject matter as the poetry itself. They include a gift being presented to a defeated Napoleon Bonaparte and the enigmatic expression of an artist's model posing for Walter Sickert.

The author's life is an interesting as his writing. The poem *Nothing Stays Special*, which is in the book, was made into a song and released last year by the musician Jan S Robinson (bass guitarist for the group The Marmalade). To this day John continues to write and record an eventful and rewarding life.

Staff News & Celebrations



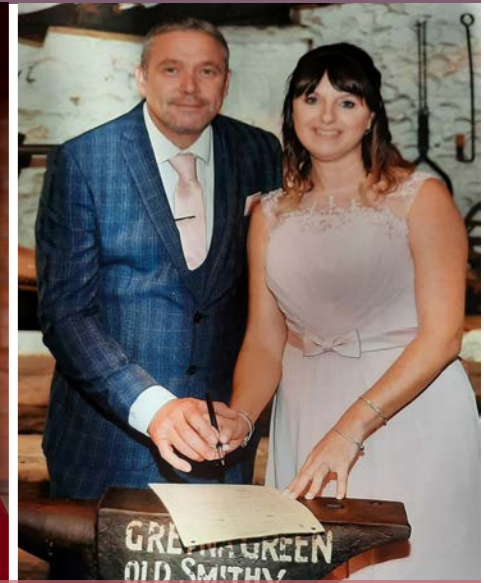
Staff Christmas Celebrations at Oak Lodge with a raffle, Secret Santa gifts, a tasty buffet & bubbly!



Our staff 'Years of Service' Awards recognise the valuable contribution our staff make to the running of Oak Lodge. A big thank you to everyone!



Staff News & Celebrations



Congratulations to our Senior Care Assistant Bina Pun, and our Care Assistants Padma Pun and Jenny Readings who recently tied the knot! We all wish you many years of happiness.



Congratulations to our new Mums at Oak Lodge! Nurse Rebecca Savin & Activities Coordinator Sarah Hope on the birth of their babies Florence Rose and Che.

New Starters

A very warm welcome to our new staff who recently joined our amazing team at Oak Lodge! Care Assistants - Sona Jose, Jaison James, Anju Gurung, Evans Yeboah and Linu John, Kitchen Assistants - Libin Thomas and Kamaljeet Kaur, and Activities Coordinator Keeley Crouch. We hope you enjoy your time here at Oak Lodge.



Staff Spotlight

Nurse Sumitra Giri-Ale is a valuable member of the Nursing Team at Oak Lodge. Sumitra is known to her friends and family as Sumi, she was born in Nepal and worked as a teacher for 2 years before qualifying as a nurse in 2003. Sumi has always wanted to be a nurse and loves what she does daily. Sumi initially worked in Basingstoke Hospital, and then joined Oak Lodge in 2018. She was so impressed at how friendly, kind and caring the team were at Oak Lodge and quickly became

part of the Oak Lodge family; Sumi comments "Everyone here is so compassionate and treats every resident with dignity, respect, and as an individual. We work together as a team to provide the highest standard of care. This is why I enjoy coming to work and love working here. It is like a big family, honestly, Oak Lodge has the best team and working environment with friendly staff and supportive management. This is what makes Oak Lodge a beautiful home and I feel very privileged to be part of it." Sumi won 'Employee of the Year' in 2022 in recognition of her valuable contribution to the running of Oak Lodge Nursing Home and continuing career development within Forest Care.





Smoky chicken, bean & kale stew

Ingredients:

- 1 tbsp olive oil
- 8 boneless and skinless chicken thighs
- 80g cubed pancetta or smoky bacon lardons
- 1 large red onion
- 4 garlic cloves
- 2 tsp smoked paprika
- 2 bay leaves
- 1 tbsp red wine vinegar
- 2 x 400g can plum tomatoes
- 1 tsp caster sugar
- 1 chicken stock cube
- 400g can cannellini or butter beans, drained
- 100g kale, stripped from the stalk and roughly chopped
- Garlic bread, to serve

Method:

1. Heat oil in a casserole pan. Cook the chicken in batches for a few minutes until golden and set aside.
2. Cook pancetta for 5 mins until starting to crisp. Push to one side and add the onion, cook until softened (8 mins). Stir in the garlic and cook for another 1 min.
3. Add the paprika, bay, vinegar, tomatoes and sugar, then crumble in the stock cube. Add two cans full of water (800ml), season well and return the chicken to the pan. Cover and simmer over a low heat for 30 mins.
4. Uncover the pan and cook for another 30 mins until the stew has reduced to a rich broth. If the tomatoes are chunky, squash them with a wooden spoon.
5. Stir the beans and kale into the stew, cover with a lid and cook for 5 mins. Serve in bowls with garlic bread.



Review score on [carehome.co.uk](https://www.carehome.co.uk)

Feedback Corner

"We are so pleased we made the decision for Dad to come to Oak Lodge when it became clear he could no longer live alone. From the first moment we were struck by the respect and care of the staff and have gone on to appreciate the loving family atmosphere that is created for everyone. Every time we visit Dad it is reassuring to hear him talk about how lovely, sweet, and wonderful the people looking after him are. The home, set in its countryside setting, a real feature, is immaculately maintained both inside and out. The seasonal decorations and displays are fun and cheerful enhancing the homely atmosphere. The range of activities and entertainment is impressive...We are so grateful to all the staff for the love and care they show to Dad and know we can trust that they always do the best for Dad. Thank you."

"We are so glad we found it as it's in such a lovely location, and as soon as you walk in, there is an air of friendliness that greets you from the staff and residents alike....Oak Lodge is a wonderful, happy place, which I feel we were extremely lucky to have found."

Oak Lodge Honey

Created in our very own gardens...and it tastes delicious! Just pop in to purchase a jar.



Follow us on Facebook
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Oak Lodge

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