

White Rock Nursing Home

Magazine for Relatives & Carers



April 2019



Celebrate our Jubilee

25 years of caring in New Milton



Its spring 1994, Ace of Base are at the top of the charts with their single 'The Sign', the weather is glorious and there are more people than mobile phones in the country.

Tony Blair and Gordon Brown are sitting in an Islington café to decide who would be Prime Minister and a film with unknown actor Hugh Grant, Four Weddings and a Funeral will be released next month.

Down in the New Forest at Barton on Sea, White Rock was at a crossroads.

A family run business since the 70s, the residential care home had been run by Mrs Dodd snr who was no longer able to continue. Her son Finn and his wife Siobhan had to decide whether to carry on with the home. Thankfully they chose to keep the home open and it could be argued they have survived with more style than many news items from the early 90s.

Over the last twenty-five years, they have implemented a change of direction for the home, with a focus on dementia care that has made them a leading advocate in this field. In the last two years the home's reputation has continued to grow both with CQC and other professional bodies (see panel on the right). Siobhan and Finn have invested in Nourish, a leading IT company that has installed first class technical equipment that ensures accurate keeping of care records.

Turn to the last page to read how owner Siobhan Dodd took on White Rock and kept it going. Placing the residents at the heart of home.

"This wonderful nursing home has provided a caring environment for my dad to reside. I've witnessed a noticeable improvement in my father's dementia symptoms during the first few months of his stay and I put this down to him feeling comfortable, happy and safe."

House news

In brief

Congratulations and a huge 'thank you' to our catering team and head chef Michelle. Yesterday the Environmental Health Officer called in February for a routine unannounced inspection and awarded us the highest possible 5 Star rating.

Michelle, Keith, Miranda, Rose, Theresa and Tracey thank you again, you are all stars. X

White Rock's CQC rating is Good

Care Home Review.

Following your feedback, we are delighted to receive a 9.6/10 rating from Care Home Review who are the Trust Pilot for nursing homes.

Thank you again to everyone who took the time to review us.

Why Activities Matter

Truly holistic approach to dementia care.

The first thing, that anyone thinks of when considering a nursing home for a frail elderly loved one, is the quality of nursing care. Will our relatives be safe we ask ourselves, will they be given their medication on time, washed and dressed with regard to their dignity and wellbeing? Are the sheets laundered frequently? Will the house be clean? What is the food like? How often does a GP visit? How many nurses are there? How well will the home communicate with me, the relative? There are so many questions and fortunately with input from the Care Quality Commission (CQC) there are many stringent inspections that help ensure good practices are in place and adhered to. As a result, standards of care have risen and here at White Rock we are rightly proud of our staff who deliver high quality compassionate care to our residents.



The second issue for families, is how happy will their relative be in a home. The days of plonking residents in front of the TV are thankfully long gone. Recent research has proved what we all know deep down, everyone benefits from an enriched environment. Consequently, at White Rock, relatives and

friends are encouraged to visit often and there is a range of activities that we hope you will enjoy. The home organizes fish suppers, social evenings and outings and would love you to join us.

One of the activities team enjoys a dance with resident.

White Rock has put together a vibrant range of activities that engages all our residents. If you want to read more about these, please visit our website blog page where we discuss the theory behind the practice in more detail. It's not so daunting as it sounds. We try to keep things normal. One resident became distressed as he no longer had his set of car & flat keys. Once he was given an old bunch, he settled down, reassured that he had not lost them. Anyone who has panicked over losing house keys will know just how he feels.

Thank you to all our staff, friends and community members who help make our activities programme possible.

Forest bathing – the art of Shinrin-Yoku

If you have visited White Rock recently you can't fail to have spotted the forest corridor in the main entrance. Inspired by our sensory garden (pictured) we are following the Japanese art of Forest Bathing and bringing the outside indoors.



Keep up-to-date with our latest piece of woodland at the link below.

www.whiterocknursinghome.co.uk/blog

White Rock builds links with local community

Truly holistic approach to dementia care.

We are so fortunate to have local school children visit regularly and have fun filled afternoons with art based activities (see pictures below).

Together with our community, White Rock has put together a dementia activity programme that is designed to help people maintain links with their community and outside world at large for as long as possible.

At White Rock we realize what a terrifying diagnosis Dementia can be to both patient and relatives. We are working hard to ensure living with dementia does not mean the end of a meaningful and active life in the community.

Suggestions for Visiting a Person with Dementia

Did you know that White Rock has a leaflet with advice on how to visit relatives and friends with dementia Please get in touch if you would like a copy

Book Nook.

What Dementia Teaches Us About Love

By Nicci Gerrard – (Allen Lane £16.99)

Gerrard draws on her own experiences with her father to write a compelling investigation.

Thank you to all our staff, friends and community members who help make our activities programme possible.

White Rock hopes you have enjoyed this quarterly magazine. Next time we will focus on Nursing Care and how we comply with continuing professional development. Please get in touch if we can help in anyway.



A family history at White Rock

Owner Siobhan Dodd writes

White Rock was built in 1920 and the house and garden used to extend all the way to Uplands Avenue and had five tennis courts which were rented out to the council. Finn's parents Tom and Margaret Dodd bought White Rock in 1971 and opened it up as a nursing home, although in those days it was more of a 'gentle' residential home as people who had dementia were cared for by the NHS in hospital wards.

At that time, Tom and Margaret couldn't afford the extra £2000 for the remaining tennis court which then became number 17 Chestnut Avenue. Finn was the youngest of five children and they lived up in the attic with his parents until they could afford to rent a property. They extended the nursing home in 1974 (Sycamore wing).

I became involved in 1991 whilst pregnant with our youngest child, who all the patients adored. No maternity leave for me!

I completely fell in love with the first two patients I met when I walked in the door for the first time, Thelma Frampton who appeared with an enormous sheet of leather she had ripped off the sofa in the big sitting room and Alma Payne who insisted on rearranging my clothes and tucking my hair behind my ears and then plaiting it!

Finn and I bought White Rock in 1994 with the support of my parents Jim and Anne O'Donnell standing as guarantors. We then extended (Beech wing) and knocked the original house about installing a lift, moving the kitchen into the new wing and various other alterations to make the building more compliant with our regulators at that time.

My son Joe and I made regular trips down in our old speedy black and yellow 2CV, managing to fit in all the shopping from cash and carry twice a week!

My friends were great picking up our other three children from school when I was running late or stuck in traffic having had to find a red telephone box to contact them!

Even Eastleigh fire brigade got involved in the early days when the exhaust on the car dropped down and was scraping along the ground and Joe was screaming for a feed and I was late to pick up my other children. We exited the M3 and pulled in and I promptly burst into tears when one of the firemen came over to ask if I was ok!

It has been a rollercoaster of a ride with White Rock but my goodness what amazing wonderful staff, patients and families we have and have had through the doors over the last 25 years. Where has the time gone?!

Our huge thanks to you all for everything

Siobhan X

