

White Rock Nursing Home

Magazine for Relatives & Carers



August 2019

Inspiring walks in White Rock

Charming footpaths throughout our home.



This month, White Rock was delighted to welcome New Milton's deputy mayor – Keith Craze - who formally opened a collection of charming walks that are integral to our home.

Whatever the weather our residents can stroll through the Forest Walk, take a turn down Memory Lane before taking an ice-cream to the seashore.

Discover our pretty collection of beach huts, seascapes and sounds that are designed to spark memory and conversations.



Pictured: Emily Glenn Activities, Keith Craze (deputy mayor) Finn & Siobhan Dodd (owners), Madeleine Craze and Gemma Domingo (manager)

Relatives' Feedback via our Instagram page.

"Even though Sister Vicky had already worked a 12-hour shift, she stayed with us... I will be eternally grateful for Sister Vicky's sensitivity and compassion at this time."

House news

Summer Fete

Thank you to everyone who came to our Summer Fete. It was a wonderful way to celebrate our Silver Jubilee and grand opening of our new corridors.

Pictured – Sue Long at the summer fete.

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.

To see all our reviews and leave one of your own please visit our website and follow the link at bottom of page.

www.whiterocknursinghome.co.uk

Food for thought

Flavoursome, Delicious, Wholesome, Tempting & Nutritious



Many people living with dementia struggle to eat. This may be because of emotional and behavioural changes or simply that swallowing and eating makes maintaining a healthy body weight difficult. At White Rock, we record how much food and drink our residents take during the day. This enables us to monitor and adjust diets as required.

White Rock prepares nutritional and tasty meals that help tempt the appetite. We are fortunate in that we can add to recipes with home grown food from our allotments (above). Our lovely kitchen staff work hard to provide a varied menu that changes with the seasons. Our residents, relatives and carers are always welcome at meal times that form a key part of our community.

For more information about nutrition and the care of dementia patients, please see the following link.

<https://www.carersuk.org/help-and-advice/health/nutrition/dementia-and-nutrition>

Lots from the allotments



Our kitchens and activities team work together to provide taster sessions for our residents, carers, family and friends.

Here one of our residents tries out our allotment tomatoes, but we are also growing salads as well as herbs such as lavender that we use to make scented bags and posies..

Please head over to our [facebook page](#) for more pictures and information.

Staff Rewards Schemes

Rewarding our hard working and dedicated teams.



“We have received nothing but excellent help, advice and support from White Rock. Their standards of care ... have been consistently higher than we had ever expected from a care home.”

Feedback for White Rock Nursing Home – to see all our reviews please visit our website.

To say thank you for all our team’s hard work and dedication there is a monthly lucky dip for all our staff and the winner gets a £25 gift voucher from owner Siobhan Dodd.

White Rock builds links with local community

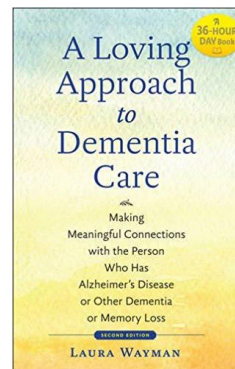
Day trip to the beach with the help of Community First New Forest

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.

In August, the sun put his hat on and so did we (along with copious amounts of sun cream) and headed out Barton on Sea. Our residents had a great time, enjoying ice-creams on a beautiful day out.

Thank you to Community First for lending us their transport and to Lori, who drove the mini-bus with great style and aplomb.

Book Nook.



The book offers practical, compassionate advice on overcoming caregiving obstacles and maintaining meaningful relationships with loved ones who have dementia and memory loss.

Recommended by Nursing Times

