

White Rock Nursing Home

Magazine for Relatives & Carers



Christmas 2019



Autumn & Winter news

Family Support Group

Here at White Rock, we understand the impact a dementia diagnosis has on the family, friends and carers of our residents. To help support families, we will run fortnightly meetings where relatives can meet for coffee, share their experiences and advice. The first meeting will take place in December.



Golden Seasonal Crafts

White Rock enjoyed a season of crafts as they helped transform the Forest Corridor into a woodland full of glowing colours. With the help of our activities team, Emily and Anne, they made and painted clay leaves and cut out paper shapes for the trees.



The main picture here shows one of our residents working on Christmas decorations.

Christmas Dates

You are warmly invited to join us

25 December

We welcome relatives who would like to spend Christmas with us. Come along for a pre-lunch drink anytime from 12:00 onwards. Lunch will be served at 1:00 pm. Please *RSVP* to reserve your place.

2nd December

Our residents will be out on tour see the Byron Road Lights, Highcliffe High Street and Christmas Lights.

Mince pie and festive drinks will be included in the trip.

Carols

White Rock welcomes local school children who will join us for carols during the festive season.



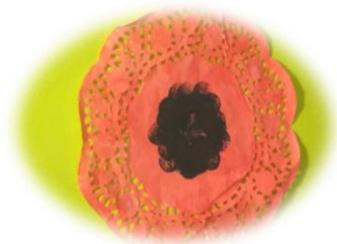
Remembrance Day

Handmade poppies help keep memories alive.



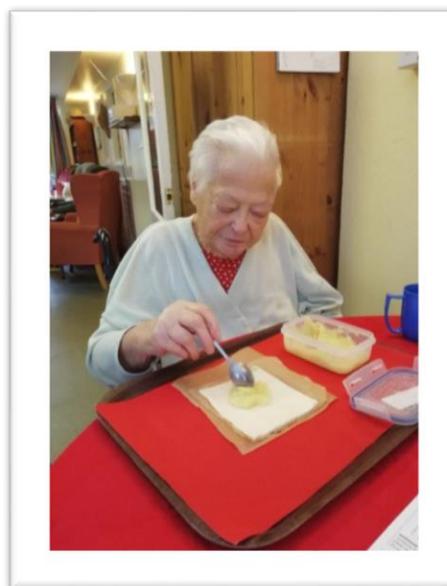
White Rock held a Remembrance Day Service on 11th November. Anne Moxame took this very touching and moving observance. Our residents were able to read out WW1 poems that included *In Flanders Field*.

With the help of Katherine Jenkins, we all sang *Abide With Me* while residents pinned poppies that they had made to the field (shown above). Both Residents and staff spoke about their experiences of war and National Service days. Jean Jones – a former poppy seller told us how she would raise £2000 a year for the Royal British Legion.



Christmas Activities

Festive Food



Our residents will be able to make their own cakes and mince pies this December. Our activities and the kitchen teams will enable anyone who wants to take part to take something for themselves.

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

Our activities team has designed an advent calendar that will contain a small present for each resident.

Look out for our Christmas Tree next time you visit.

Whole Home Approach To Dementia Care



White Rock has adopted the whole home approach to residents' care. Don't be surprised when you call in to see everyone interacting with activities and fully engaged, talking with our residents.

This photo captures part of a scene from Thursday lunchtime where one of our residents was drawn to some music that was playing in the lounge. Not only the activities team, but the healthcare support workers and kitchen team joined in with an impromptu dance session with him.

Here you can see Gemma, our manager and carer Lauren, enjoying a line dance. All the other residents in the room enjoyed the moment. There is a video clip of us all on Facebook. Please come along and take a look.

Through the whole home approach we aim to make a community at White Rock; we know that everyone has something to contribute to the wellbeing of all who live and work here.

Visitors to white Rock will have spotted the great gardening works that are currently taking place. All our gravel paths are being updated to flagstones that will enable continuous wheelchair access around the grounds.

100 Fabulous Years

Two of our residents celebrated their 100th birthday this year.

Jessica & Rosemary many congratulations.

White Rock links with local community

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 for as long as possible.

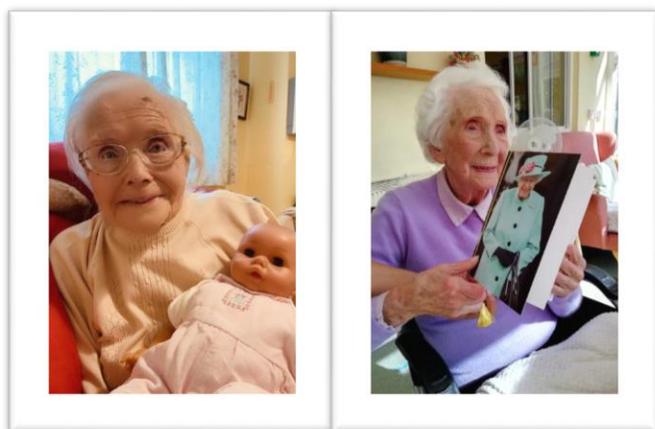
We are very grateful to the schools who visit us regularly. It really does brighten up the day when they come in.

Looking forward to carols in December.

The photo below shows a summer outing to a garden centre that was arranged with help of volunteers in the New Milton area.

Petting Dogs

We look forward to welcoming back our petting dogs who will be calling in before Christmas. Rona is a Cockerpoo and Oscar is a golden retriever. They are always much loved visitors.



ROSEMARY & JESSICA ENJOY THEIR CENTENARY BIRTHDAYS.

IT WAS GREAT TO CELEBRATE WITH THEM AND THEIR FAMILIES.



Thank you, to our staff, family and friends who make up White Rock's Community

Best wishes for a

very Merry Christmas

&

Happy New Year.