

# White Rock Nursing Home

Magazine for Relatives & Carers



Christmas 2020

## Covid 2020

Fortunately, there were no Covid cases at White Rock. We could not have achieved this without the help and support from our staff, relatives and friends. Next year we expect vaccines and rapid testing will allow more visits to take place.

## Rapid Testing Kits

The government has promised two new tests – both able to detect the virus in just 30 minutes – will be available to care home visitors. We are hoping to implement these as soon as possible.

For more information please visit [www.gov.uk](http://www.gov.uk)

## Pandemic Positivity

White Rock was invited to write a guest blog for the Department of Health and Social Care (DOH) recently. They wanted to know about how we have risen to the challenges of 2020. It's now been published on their national gov.uk web page. Our thanks to Anne Moxom for writing so eloquently about our pandemic year. We hope you enjoy the following extract. *For the full article please follow the link online.*



White Rock's Residents had a wonderful time decorating their home for Christmas.

See more at [facebook.com/whiterocknursinghome](https://www.facebook.com/whiterocknursinghome)

Wishing our readers, a Merry Christmas and Happy New Year



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## Drawing Strength from Experience

Anne Moxom – online at DOH

It takes more than a global pandemic to dampen spirits in this care home – just ask our residents! Wearing fancy hats and wrapped up for a grey April day, residents sat in the garden cheering on our healthcare assistants (HCAs), nursing staff and management team as they galloped around the garden in inflatable horse costumes, with only thinly disguised competitiveness.

Our Royal Ascot ‘day at the races’ brought together staff and residents and created a real buzz in the home. Meanwhile, the positive feedback on social media helped reassure relatives their loved ones were still able to have fun – safely - in these difficult times.

At the start of the first lockdown, our matron warned us the danger was not limited to the virus itself, but included the negative effects of increased isolation and the lack of stimulation residents would likely experience. It didn't help that COVID-19 drew a big red line through our activity programme.

How did we respond to this challenge? Firstly, being a small, cohesive home, with a tight knit family of staff, we could adapt fast. A strong sense of collective responsibility has seen our colleagues suggest and embed best practice across the home. They have followed official guidance and done what they can to minimise infection risks and been keen to take up the offer of free flu jabs. Weekly swab tests have given reassurance, and staff are largely able to register their tests for themselves now, which takes the pressure off admin staff.

Secondly, strong relationships with relatives have helped us keep them as connected as possible within the infection control guidelines. One of the major challenges has been those relatives who are not internet savvy, but garden visits in the summer months and reassuring phone calls have helped.

Finally, we refocused on what matters most to our residents. It's the banter, the chat, the jokes and shared feelings that create a real emotional uplift for them, rather than the activities themselves.

<https://socialcare.blog.gov.uk/2020/12/07/drawing-strength-from-experience>

Wishing our readers, a Merry Christmas and Happy New Year



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## Our Year In Review Jan - Dec

February Pancake Day



### The Toilet Roll Song!

[White Rock Nursing Home toilet roll singsong | Advertiser and Times](#)



Mother's Day



January Pub Night



Thank you NHS and our Carers



May birthdays



Day at the races



Garden Party



Olympic egg and spoon games

Pet visitor

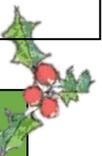


Making Guy Fawkes



Merry Christmas

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## White Rock Community

*A message from the managers at  
White Rock.*

We have been overwhelmed by the kindness of our local community and businesses who got in touch to see if we needed any help.

Thank you so much for all the messages of support from family and friends during this difficult year.

Especially we want to express our gratitude to our staff. 2020 has not been an easy path, but the team spirit and sense of community has shone through.

Thank you all our members of staff, you have been fantastic in your response to the pandemic crisis.

*Love, Gemma, Sue & Siobhan x*



Thank you, our fabulous staff who kept the residents of White Rock safe, well and happy.

You are **STARS**

XXX

Wishing our readers, a Merry Christmas and Happy New Year