

Spring 2020

thevoice

The newsletter of abbeyfieldscotland



Thank you Irene!

Time flies when you're a dedicated Board member! And 9 years have zipped past for Irene Christie who attended her last Board meeting on Wednesday 26 February.

We would like to thank Irene for her years of commitment to the residents, staff and Board of Abbeyfield Scotland. And in Irene's words, we hope to 'see you anon'.

See page 7



Coronavirus FAQ's

Please find below some frequently asked questions which will be updated as a result of received enquiries.

What is COVID-19 (Coronavirus)?

Coronavirus is a virus that can be transferred between people in droplets from coughs and sneezes. It can also be transmitted from surfaces to individuals.

What are the symptoms?

Fever, shortness of breath, continuous cough.

What is the incubation period?

It is believed it can take up to five days on average to start showing the symptoms and the incubation period can last up to 14 days. On average most of those with the virus have recovered in 2-3 days.

Do face masks work?

There is little evidence that wearing a face mask will prevent the potential spread of the virus and current advice is not to wear a mask.

What is self-isolation?

Self-isolation requires the individual to stay at home for a period of 7 days. You cannot go to work or other public places and must avoid public transport and taxis. If you need groceries or similar they will have to be delivered, with the same applying for medication.

What do I do if I believe I may have the symptoms?

If you have symptoms of Coronavirus infection, however mild, stay at home and do not leave your house for 7 days from when your symptoms started.

You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days contact NHS 111 online. If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

What is the Government doing to help me?

The Government has four current aims:

Contain – This is where they detect cases, follow up close contacts and try to prevent the virus from taking hold.

Delay – This is where an attempt will be made to slow the spread by placing certain restrictions on the United Kingdom such as preventing mass gatherings, for example at football matches and similar.

Research – This is to understand the virus and the best way to treat it.

Mitigate – This is providing the best possible care to those effected.

What is the best source of information about Coronavirus?

The best source of the most up-to-date information is here: www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public. The Department for Health and Social Care is currently updating this information every day at 2.00pm, so please check it on a regular basis.

How can we protect ourselves/our residents?

We are reinforcing the general advice, which is to ensure good hygiene practices are maintained to stem the spread of the virus.

What is ASL doing to prepare itself for an outbreak?

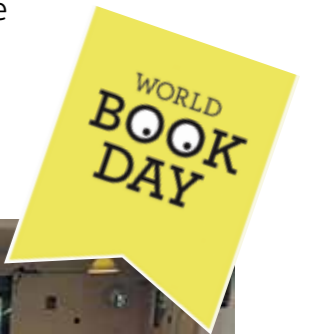
We are monitoring the situation and the Health and Safety Committee is planning for all eventualities. We are very conscious that we support many older people so we will prioritise the safety of our staff, volunteers and residents in any decisions we make regarding our service provision.



Haddington renovation celebration!

Tenants living in Abbeyfield Haddington are looking forward to the renovations due to start in the next few months and decided to crack open a bottle of bubbly in celebration.

They were involved in the consultation /participation sessions sharing their ideas and suggestions with Jane Ritchie, Area Supervisor and Carolyn Malone, Service Manager to take back to the design team.



Rebecca & Brooke

Rebecca Leslie and Brooke Kelly from Woodfarm High School in Giffnock are regulars at Abbeyfield House, Giffnock. They are pictured with House Supervisor, Louise McLaughlan enjoying helping with all the fun things going on at the house. Pancakes anyone?

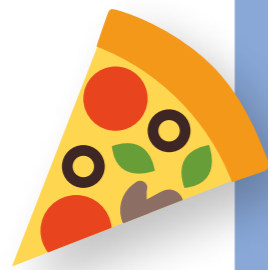


World Book Day

To celebrate World Book Day, a cosy group of residents and our team at Abbeyfield House, Giffnock shared a cuppa and a blether about what they love reading and what their favourite book was as a child.



National Pizza Day!



Lenzie

Pizzas were the order of the day at Ferndean, Lenzie in recognition of National Pizza Day. Residents enjoyed creating their own edible masterpieces.



Dock Park

For National Pizza Day, residents at Dock Park House, Dumfries enjoyed choosing toppings for their own homemade pizza.



Celebrating the Bard at Lenzie

Ferndean, Lenzie's residents had a fabulous celebration when they celebrated the famous Bard. All appreciated the beautifully decorated table. Alexa addressed the haggis and the residents took part in reciting the Selkirk Grace. They partook of cullen skink, haggis, neeps and tatties followed by tea/coffee and shortbread. Alexa played traditional Scottish bagpipe music all through lunch... quietly of course. The residents especially enjoyed being served by their own wee Scottish housekeeper, Lynda Quinn, sporting gorgeous ginger locks!



Celebrating Robert Burns!

Wonderful afternoon at Bridge of Allan



Residents, Friends and staff at Park House, Bridge of Allan had a wonderful afternoon celebrating Robert Burns where House Supervisors, Helen Clowes and June Cram served the tasty fayre. Entertainment was provided by Ronnie (Friend of Abbeyfield) who played the piano and coaxed everyone into singing a few Burns songs. The local Scout group also attended the party and showed their skills at the piano and with the bagpipes.



Burns Supper at Giffnock



Abbeyfield House, Giffnock held a special Burns supper to toast the great Bard. Tenants and their families, volunteers and friends came along to hear volunteer, Graeme, recite 'To a Mouse' and sing 'Auld Lang Syne' together.



Valentine's day baking at Abbeyfield!



Artistic cupcakes

Residents at Dock Park House, Dumfries displayed their artistic skills by baking and decorating Valentine cupcakes.



Heart biscuits

Wendy Reid, House Supervisor at Abbeyfield House, Stonehaven made some of her fabulous, famous shortbread - this time heart shaped especially for Valentine's day!



Time to talk

Time to Talk Day held on 6 February encouraged the nation to talk about mental health. Tenants, staff and friends at Abbeyfield House, Giffnock talked about the things that can help us all feel better when we are having a bad day. 'I love you' and a simple hug can make it all feel better.



Abbeyfield Killearn

Tenants at Abbeyfield House in Killearn held a celebration to mark the fact that living there has many positive health benefits including good food, good friends, community, active and independent living and a social life!



Farewell Irene

After nine years of service, Abbeyfield celebrated Irene's farewell with a fabulous spring cake.

We will miss you Irene!



Ann Wallace

Domestic Assistant, Ann Wallace celebrated her 70th Birthday recently with tenants and staff at Coatbridge with afternoon tea and birthday cake. Ann will be travelling to New York with her family later in the year to celebrate her special birthday.



Visitors take ASC test

Visitors to Abbeyfield Scotland, Giffnock were able take the Qualities Test by ASC (Adult Social Care) (carecare.scot). ASC is committed to recruiting people who bring Respect, Empathy, Patience and Commitment to a career in adult social care. As an adult social care worker, you'll experience a satisfying and worthwhile job and you'll have the opportunity to make a real difference to the lives of adults from different backgrounds who need support.



A huge thank you!

A huge thank you goes to all the Companions at Abbeyfield Care in Aberdeen and Aberdeenshire for the hard work and dedication they have shown over the past 2 years. The Care Inspectorate is very happy with our services and has awarded us a well-deserved grading of 4. Congratulations everyone!



A word from the Chief Executive



As I write this, we are all concerned about Coronavirus.

We continue to monitor the situation, taking the appropriate advice and will continue to act accordingly. Please look out for any special bulletins, and the staff will keep you all fully informed. Please do follow the advice carefully and take good care of yourselves.

We are well underway in seeking a partner to help strengthen our financial health and development opportunities.

In the meantime, there are no changes to how we currently operate.

Our new service, Abbeyfield Care, currently operating in the north east, continues to do well, and we will be focussing our attention on developing this exciting offering over the coming months.

We expect to receive feedback from The Scottish Housing Regulator soon on our first Annual Assurance Statement, submitted in October 2019. We will work with the SHR over the coming months to ensure we are compliant on all governance and financial management standards, and in developing the Statement for 2020.

I hope to visit all the houses as soon as it is safe to do so where I will inform you of our progress in the search for a workable partner, our progress with the SHR and the developing services of Abbeyfield Care.

As we head out of winter and hopefully welcome some Springtime sunshine, I hope we see the end of the threat of Coronavirus and begin to plan the activities you enjoy.

Best wishes,
Karen Barr, Chief Executive (Group)

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Sudoku

April 2020

Answers from
November 2019 >

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Newsletter also
available in
large print and
on tape.

Contact Us

Abbeyfield Scotland Ltd, 14 New Mart Road, Edinburgh EH14 1RL

Tel: 0131 225 7801 Fax: 0131 225 7606 Web: www.abbeyfield-scotland.com

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