



# Stapleton House

*Welcome  
To the Spring Edition Newsletter for  
Residents, Families & Visitors.*



## **About us!**

Stapleton House prides itself in offering outstanding care in a beautiful setting. With excellent facilities and caring staff, we provide residents a number of care pathways to meet individual needs. At Stapleton House it's all about our residents and their wellbeing. Stapleton House provides a high standard of Residential, Dementia and Nursing care in fully compliant surroundings.

## Owner

Most of our residents and families have met our managing director/owner of Stapleton House, Dr Radhika Sisodia. Radhika visits the home each week and entering the building, her first priority is to visit our residents, making sure they are happy with all aspects of life at Stapleton House.



## Staffing

We regularly review staffing levels using our dependency tool and IDS Scotland care home model.

	<u>Days</u>	<u>Nights</u>
<b>Manager</b>	<u>1</u>	
<b>Administrator</b>	<u>1</u>	
<b>Nurses</b>	<u>1</u>	<u>1</u>
<b>Senior</b>	<u>1</u>	<u>1</u>
<b>Care staff</b>	<u>5/6</u>	<u>3</u>
<b>House keeper</b>	<u>1</u>	
<b>Domestic</b>	<u>2</u>	
<b>Cook</b>	<u>1</u>	
<b>Activities</b>	<u>1</u>	
<b>Handyman</b>	<u>1</u>	

## **Dietary needs**

*We have on board two fantastic chefs, Annette and Gareth, who come with a wealth of knowledge and experience including culinary skills. We will be offering themed events, Afternoon teas and birthday buffets for everyone to enjoy, if you have any other suggestions don't hesitate to letting us know.*

*If anyone doesn't like or doesn't fancy what's on the menu please ask for an alternative. We cater for all individuals tastes and diets and always have vegetarian options available. If you have a dietary requirement please discuss these with Chefs.*

*We also request that if you are visiting or contacting via telephone please avoid meal times as we need to ensure all our residents have a peaceful dining experience.*



## **Hospitality**

*We love to welcome families and friends. Currently we have appointment based visiting with lateral flow tests*



**Garden/ conservatory**

*We have a large garden area where you can sit, with large trees that is beautiful watching the leaves fall in our beautiful conservatory due to the weather changing. We are creating outdoor visiting pods, day celebration space and wooden gazebo socialising areas.*



## **Individualised care**

*We encourage all residents, with consent, and their families and loved ones to be involved in all aspects of care. Please don't hesitate to view the care files and contribute to them by contacting Deborah Poulter – the Home Manager – we need your input to deliver the best possible care for your loved one.*



## **Life History**

*We feel it is crucial to know as much about our residents as possible both past and present, likes, dislikes and preferences. Life histories of all our residents helps us to get to know our residents and give us ideas for activities they may enjoy. If you haven't already written a life history or would need assistance to write one let us know.*

*Similarly, we think it is important that you get to know us, so through our newsletter we will be sharing with you some of Stapleton House team life experiences. Don't worry we won't bore you with everyone in the first edition but thought we would start with Deborah Poulter (Home Manager).*

*I started my healthcare career working as a nightshift carer in a residential home in South Shields, learning new skills and gaining qualification ie NVQ's in health and social care.*



*I then worked hard and worked towards becoming deputy Manager within the home, I then got the job and done that role for couple of years. Then thought I need to push myself a little further, so I decided to do a management qualification and worked hard and got through and passed. Then a vacancy came up for the Home manager so I applied for that role and got the job, and I was manager there for a couple of years also. Then the time was getting on and I decided it was time to move on and spread my wings, so in Jan 2013 a Vacancy came up as a Home Manager at Stapleton House and been here 7 years.*

*Deborah's dedication, commitment and management style continues at Stapleton House by putting residents needs, safety and quality of care as her highest priority. Deborah has a open door policy and residents, families and friends can drop in for a chat/update about their loved ones or to raise concerns they may have.*



### **Laundry**

*To help staff in our Laundry we ask that all clothes are labelled either with names or initials on labels. Permanent marker pens are available from Laundry Assistant Alison Todd. If you need help with this a member of the Care Team will be happy to do this for you. Any clothes that are not returned from the laundry let us know as soon as possible so that we can rectify this.*

## **Activities**

### ***Julie Hagger – Activities co-ordinator***

*With restrictions lifting we have planned trips to the coast, garden centres and parks.*

*We have lots planned for entertainment within Stapleton House to name a few:-*

- *Old movie night- using our new projector for bigger screen like been at the movies.*
- *Chair based exercise*
- *50's 60's and 70's music karaoke*
- *Domino challenge*

*Julie Hagger Activities Co-ordinator also provides daily activities some of which are bingo, pamper sessions, games, word searches to name a few.*

*If anyone has any ideas or suggestions of activities please don't hesitate to let Julie know.*



## **Telephones**

*All residents can have free use of our cordless phones- unfortunately due to the size of the building the phones do not work in all of our rooms. If this is the case and you need to make a confidential phone call, arrangements can be made for you to be moved into a quiet room where you will not be disturbed.*

### **WiFi/ internet connection**

*All residents are welcome to use the WiFi available in the home. We have purchased boosters which have now be activated for having access of WiFi in the whole home. If there is anyone who would require the password or help with accessing WiFi ask Barbara Hogg (administrator).*

### **Finally**

*I know 2020/21 has been a horrible year, and circumstances have been difficult not visiting your loved ones and spending time with them in Stapleton House due to COVID-19 and government guidelines.*

*On behalf of management, staff, residents, I would like to just say thank you for the support that you have given us to help us look after your loved ones and keeping them safe.*

*We have commenced visits with lateral flow testing and booking system. We have created lots of outdoor space for enjoyment of our residents and their families.*



