

SPRING 2016 *Supporting older people to live life to the full and stay independent at home*

SUPPORT NEWSLETTER

PROMOTING WELLBEING IN LATER LIFE

Evidence shows how important it is for people to participate in daily activities that can help maintain their physical and emotional wellbeing, reducing depression and feelings of loneliness, and enable them to stay in control of their life. We have dedicated this edition of our newsletter to letting you know about the kinds of activities we offer and the benefits of taking part. We are always keen to hear from you about other interests or ideas you have too, so if we don't already offer an activity to suit you, let us know. We will also be speaking to people about activities when we meet to discuss when planning our support.

Bringing together different generations



A group of young people at James Hill House

Our intergenerational projects can be exceptionally beneficial for our older residents and have been proven to

develop the life skills and confidence of younger people, help them to look beyond the stereotypes of age and start to understand what it is really like in later life.

We ran one such project recently at one of our extra care schemes, James Hill House where a group of 16-17 years olds were invited from the National Citizens Service (NCS) to undertake a challenge to help maintain the cleanliness of their garden and plant flowers. They also interacted with the tenants and staff to find out about their experience of living in James Hill House and what it takes to develop a career in health and social care. The team were given £100 from the NCS in advance to enable James Hill House to buy any materials needed, but had to fundraise if they wanted more money.

At our new extra care scheme, Park Lodge House, a group of GCSE students ran a focus group with the residents. They discussed ideas on how to bridge the gap between generations and ways to get people from all ages to integrate more.

Continued inside

Let us know your news or what you think of this newsletter

E enquires@octavia.org.uk

Contact us

Customer Services: T 020 8354 5500 E enquires@octavia.org.uk

W www.octaviasupport.org.uk

Continued from page 1

The students undertook this activity as part of their Citizenship GCSE Controlled Assessment in order to be active citizens and gain a deeper understanding of the importance of community cohesion.

We have had a huge interest from youth clubs and schools to visit our care schemes, so we are now looking at running more intergenerational activities into our programme.

Helping you stay fit and healthy



Relaxation and chair based exercises

Our carefully designed chair based exercise class is aimed at older people to improve circulation in your legs as well as the flexibility around muscles and ligaments. Anyone can join in and they don't require any preparation.

Most of the movements coordinate with breathing, so the exercises help with cardiac/ respiratory disorders such as, asthma and bronchitis. There are also quite a few exercises involving arms and fingers, which are specifically very good for arthritis and Parkinson's.

At our care schemes, we combine these exercises with games and relaxation, which help to build confidence, get people socialising, develop friendships and reduce fatigue, stress and anxiety.

Valerie, a resident at Park Lodge House said:

'I love the chair based exercises as they help me in moving my fingers and toes as I am arthritic. Yoga does not permit me to do that.'

Music and singing for life

Music can be therapeutic. Singing has been found to help improve breathing, relieve stress, develop core muscles and improve posture. Our care schemes offer regular karaoke sessions, sing-a-longs facilitated by volunteers, church choir visits and even taster sessions of workshops like 'The Sing to Live, Live to Sing' which was conducted at Burgess Field, one of our extra care schemes. We also have live bands like Twintub who come and perform for our residents on various occasions like festivals and scheme openings.

Being creative

We run various arts and crafts sessions where we offer painting, pottery, card making, book marks and pompons. This offers a great creative outlet, an opportunity to explore people's lives and experiences and a chance to exercise the hands.

Reminiscing over old times

Reminiscence therapy is a great way to improve your mood and speed up how the brain works. For people who suffer from dementia, there is evidence to suggest that life story work can help improve relationships, whether with family or professional contacts. Reminiscence and in particular life story work provide a context for the provision of person-centered care, whether in the home, care home or hospital context.

A Facilitator from a reminiscence session said:

'The workshop on the theme of home was very successful. Those who attended said they really enjoyed remembering and sharing those memories of home. In order that we don't lose what the work they have

created, and also to celebrate their memories, I will be preparing a small exhibition of their writings and copies of any photographs they wish to include. Later on, I will help them to make mosaics about home as well.'

Getting connected – understanding IT and the web



Learning how to access the web and use IT offers a new way of connecting with others, access to knowledge, entertainment and education. We periodically offer sessions to help residents learn how to listen to music, play games, access the news, browse the internet and Skype family and friends in different countries.

Last year, we ran a digital inclusion programme where we held sessions at our extra care schemes to train and encourage residents to make more use of digital technologies.

If you are interested in getting involved with any of these activities, or have ideas about what you would like then please call Pooja Gosavi on 020 8354 5690 or email pooja.gosavi@octavia.org.uk

Good food for healthy living

The Public Health Nutrition (Adult Services) team which operates in Kensington & Chelsea with a remit to promote healthy living in older adults has been running a Nutrition & Hydration Week campaign competition among the borough's for day centres.

We are delighted to announce that our Kensington Day Centre was the winner of the Nutrition and Hydration Week competition. We hosted a popular event for the service users, which included; a beautiful banquet display of hydrating fruits, talks on the importance of good nutrition and hydration and demonstrations on how to make hydrating fruit juices and nourishing smoothies.

We make sure we provide nutritious and healthy meals in our day centres and extra care schemes to help keep the body and mind strong.

Care awards

On Saturday 30 January, the regional finals of The Great British Care Awards took place in London. Our extra care scheme, James Hill House won the award in the 'Housing with Care' category.

The category recognises an individual or a team providing person-centered services to vulnerable people living

in any kind of supported housing scheme. We had to demonstrate that we are meeting a range of complex care and support needs, including interacting with the local community, being outcome-focused and driven to provide the highest quality service to individuals, supporting them to remain independent in their own home and as part of the wider community. We are really pleased to be acknowledge for our care approach.

A home fit for you

Overtime, our ability to manage around our homes can change. Suffering from health issues and mobility problems may mean that getting in and out of your home or manoeuvring within the home can be a struggle. We offer residents options to help alleviate these problems, this may include being rehoused to one of our sheltered schemes where the accommodation is on one floor and there is lift access to the building, or rehousing to ground floor accommodation so that mobility is eased. We can also offer adaptations, for example installing a level access shower or a handrail to steady balance.

If you are struggling within your home then please get in touch with our support or adaptations team on **020 8354 5500**.

Could you, or someone you care about benefit from a weekly friendship visit?



'Judy has been coming to see me for 18 months now. If I'm feeling low, she lifts my spirits. Judy nourishes me...'

The Octavia Foundation has expanded its befriending service, which has previously operated only in Westminster. The Foundation will now also be offering the service to adults who live in the Royal Borough of Kensington and Chelsea.

The befriending service offers vital emotional support to older and vulnerable people. Each individual is carefully matched with a volunteer befriender who visits every week for at least six months. Befrienders offer their company and support, visiting a befriender in their own home or providing the support they need to venture out. They provide emotional support, promote independence and reduce isolation.

Befriending sessions can include: having a chat; going for a walk; doing an activity; visiting a place of interest. It depends on what the person would like to do. Meetings are organised on a day and time to suit for the individual. All our volunteers are carefully recruited, police checked and trained to ensure a safe, professional service and the best friendship match possible.

The befriending service is funded by the Royal Borough of Kensington and Chelsea and is part of Octavia Foundation's Ageing Better in Kensington and Chelsea project. For further information about the service or how to make a referral please contact Raksha on **0208 354 5532** or email raksha.gadhvi@octavia.org.uk

A new extra care scheme in Isleworth

We are pleased to announce that towards the end of this year, we will be providing a further 36 extra care flats in the London Borough of Hounslow. 32 flats will be for affordable rent and 4 flats will be shared ownership for older people, these are the first specialist shared ownership units that we have produced.

The new building is part of a wider development of 98 homes being produced by a private developer, St James Group. The whole site backs onto the River Thames in Old Isleworth which was previously occupied by the Sisters of Nazareth who ran a residential care home for the elderly alongside their convent.

The proposed scheme is very similar to another one of our extra care schemes, Park Lodge House and offers a communal lounge and kitchen, a laundry, space for social activities and two guest bedrooms for visiting family members.

If you would like more information about this scheme, then please call **020 8354 5500** and ask to speak to someone in our care and support team.

If you would like this newsletter in large print then please email enquiries@octavia.org.uk

Please contact us if you need any part of this information in Braille, on audio tape or explained in a different language.

Afsoomaali Español العربية ٢٠١٢٤
বাংলা Français Português Shqip فارسی