

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

# SUPPORT NEWSLETTER

## CELEBRATING INDEPENDENCE

*93% of our service users say that Octavia services have improved the quality of their life.*

*\*2016 Care and Support Survey*



*Residents celebrating Silver Sunday 2016*

## INSIDE:

- ▶ Getting out – how socialising at Day Centres or using our other services have a positive impact.
- ▶ Support for people living with Dementia.
- ▶ Adaptations – how we can adjust your home to make it more suitable as your needs change.
- ▶ Can you benefit from a smaller home?
- ▶ New in 2017 – we have new facilities on the way.

House in Westminster; and James Hill House in Kensington and Chelsea; with food, live bands, yoga, raffle draws, massage treatments and more.

Silver Sunday is celebrated nationally by thousands of older people to recognise the fantastic contribution of older people to our local communities. Each year people around the country take part in activities aimed at keeping the mind and body active and staying social.

*'So many people attended and yet the event went so well. I really enjoyed the activities and hope we can have more events like this'*

**Christophine (Day Group Member at Leonora House).**

## How we celebrated Silver Sunday

On 2 October we celebrated Silver Sunday across our extra care schemes – Park Lodge House in Hounslow; Leonora

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

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Contact us

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W [www.octaviasupport.org.uk](http://www.octaviasupport.org.uk)

At James Hill House, the celebrations were joined by the Mayor of The Royal Borough of Kensington and Chelsea, Councillor Elizabeth Rutherford, who said:

*'I enjoyed joining residents of James Hill House to celebrate Silver Sunday. It was an afternoon filled with activities, which brought together many older residents who clearly had a great deal of fun and enjoyment. We danced, exchanged stories and shared laughter. Overall, it was a wonderful community event.'*



Westminster Councillor, Rita Begum also attended the Octavia celebrations held at Leonora House and commented:

*'Leonora House has put on a very good show for the community. It's been exceptional, bringing people together and I'm very glad to have been a part of this celebration.'*



Meanwhile, residents at Park Lodge House had a double celebration as members of staff dressed up in traditional Indian wear to recognise the Hindu festival, Navratri.

Thank you to all those who attended and helped organise the event, we look forward to celebrating Silver Sunday again next year.

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**Westminster residents' kew-ing up for a fun day out**



Last month we arranged a trip for residents and Day Centre members to Kew Gardens. The group rode the

hop-on/off train tour to see the famous botanical gardens, iconic buildings and get a glimpse of some rare plants and birds. It can be difficult for some older people to get out and about for day trips or excursions like this. Mobility issues or transportation arrangements can be a barrier to getting out and about so outings like this usually prove really popular.



*'I've been a member of Open Age for a while, but was referred to the Outreach services through Octavia - I actually received some of their flyers in the post, which attracted me to join the activities they provided for people over 50. I attend the coffee mornings on Friday's because I love to play scrabble. I love literatures and enjoy taking part in activities that allow me to be creative. I would recommend these activities to people my age as it helps keep your mind young and gives you a useful purpose in life. They stop people from feeling lonely and isolated.'*

**(Pandora, service user)**

Our Outreach service supports around 350 people a year who are over 50 and live in Westminster. The service gets people involved in local

community life, we can connect people who are isolated or who enjoy some regular company with volunteer befrienders who visit once a week; we put people in touch with nearby social activities or we can arrange additional practical help around the home for those who need it. If you would like more information on our Outreach services in Westminster then please call Nick Hopkins on **020 7289 0176**.

**Living with Dementia, or know someone who is?**



*'Mum was living on her own in a self-contained flat near the Kensington Day Centre (KDC). She used to attend the day centre 5 times a week. Mum's dementia was progressing and she needed extra care. It didn't help that she had a different social worker visiting her every day. I decided to speak to the Manager at one of Octavia's extra care schemes for further advice, I told him I had to find somewhere for Mum to live. I needed respite and was offered a studio flat - I was really happy with that. Soon after, I was offered a one bedroom flat for Mum, I thought 'God's looking down on*

*me.' I live in South East London and though it's quite a drive away, I don't worry so much as I know Mum is in excellent hands. The familiarity of having the same care helps so much. I would recommend Octavia's extra care services as you can be rest assured that your loved ones will be treated with care and compassion.'*

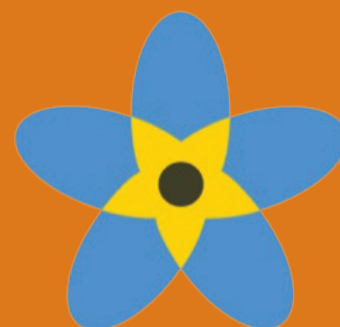
**(Juliette talking about her Mother, Elizabeth)**

Dementia can affect anyone no matter where they live. A diagnosis of dementia can come as a shock and it can be a worrying and upsetting time. People may be living in their own home and maybe receiving support from family, friends, neighbours or social care providers or maybe isolated. For those who need greater support, we provide specialist housing and services to help people stay independent.

If you would like to know more about what we can offer then please call **020 8354 5500** and ask to speak to someone in our care and support team.

**BECOME A DEMENTIA FRIEND**

Learn more about what it is like to live with dementia and turn that understanding into action. It's really easy to do – visit **www.dementiafriends.org.uk** to register today.



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## We are here to help

We offer a range of services for older adults and whether you want to get out the house or need more care – we are here to help.



Before Rosario moved into our extra care scheme, Park Lodge House, she was living in a residential care home, which became unsuitable due to her disability. Later we discovered that no one had ever claimed disability benefits for her and that she would also benefit from an electric wheelchair. Having more disposal income and an electric wheelchair will mean that Rosario can get involved in social activities and access her local amenities more independently.

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## Get involved in social activities, make friends and boost your confidence



*'I like to do things and get people involved. I take part in lots of activities such as; chair based exercises, yoga and meditation, which has helped in the movements of my hands and limbs, particularly because of my Parkinson's. I recently conducted a singing session for all the residents, which has really boosted my confidence. It is a family feeling when we do activities together – we even have scrabble nights. That's what I like, as it helps me to have the family I haven't had for years. The carers here are like family, they are warm and give their personal touch.'* **(Valerie, resident)**

We encourage all our residents to take part in some social activity and hold many different sessions during the week. If you are interested to know more, then please call Pooja Gosavi on **020 8354 5690** or email: [pooja.gosavi@octavia.org.uk](mailto:pooja.gosavi@octavia.org.uk)

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## Adapting your home to help you to live more independently

*Mr and Mrs Chowdrey were struggling to live in their home. They lived on the fourth floor and with no lift, the stairs were becoming too much for them to manage regularly. An Occupational Therapist recommended a stair lift but the Chowdreys were worried about the time this would take to install and it was costly solution. The couple lived in an Octavia building and we became aware of another flat, which had recently become vacant in the same property. The couple were moved into the lower floor home and were thrilled that without much wait, their new home is much more suitable but still close to their support networks and community.*

There might be a time when you require additional support in your home, for example, you may need to get up and go down the stairs with the aid of a stair lift or need a level access shower if you are struggling to get in and out of the bath. You could also be living in accommodation similar to the Chowdreys, where stairs become a burden.

Whenever its possible, we help to arrange adaptations but it can take on average a year from the time of request to be completed in your home. For this reason, our support workers will now be assessing all your needs to understand your circumstances in order to offer you both short and longer term options. These may include, moving to a more suitable accommodation that fits with your changing needs, whether this is an adapted property or ground floor accommodation.

If you would like to talk to us about having an adaptation made to your home then please call us on **020 8354 5500** and ask to speak to someone in our care and support team.

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## Want to downsize and continue to live independently?

Sheltered housing is ideal for those who want to downsize and continue to live independently within a self-contained home, but with the added benefits of having access to help if it's required.

We have seven sheltered housing schemes, each providing a range of studio, one-bedroom and two-bedroom flats. Each home has its own kitchen, bathroom and bedroom, where residents bring their own furniture and belongings. Most of our properties are fully accessible for people with disabilities, but some have steps to the main entrance or inside the buildings.

All of our sheltered housing schemes are well-located close to local parks, shops and community facilities, such as activity centers for older people. They are also within easy reach of tube and bus transport links.

If you are considering to downsize, then please call Paula Wray on **020 8354 5590**.

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## New facilities opening early next year

### **A new extra care scheme in Hounslow**

We will be opening a new extra care scheme, Bridgwharf House in Isleworth. It will consist of 36 extra care flats in the London Borough of Hounslow. The scheme will have 32 flats for affordable rent and 4 specialist shared ownership units. This is the first time we are offering a shared ownership scheme for people over 50 with care

and support needs. 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.

Bridgwharf House 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 are interested in renting or buying a property here and have someone over 50 with care and support needs, along with a local connection to Hounslow, then please call us on **020 8354 5500** or email [info@octavia.org.uk](mailto:info@octavia.org.uk)

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## A vibrant new community space in North Kensington

Many of you may already know, the Kensington Day Centre (KDC)/Andridge House site on Convent Gardens, W10 has been undergoing a transformation and will be completed by Spring 2017. The new centre, called The Reed will offer a new, modern space along with, Jane Lidderdale House, offering 13 new flats dedicated to people over 60.

The specially designed centre will be equipped with the latest technology, provide a new home for the KDC members and services, along with a diverse range of activities provided by Open Age, projects aimed at young people and a cafe.

It has also been generously funded by the Reed Family Foundation with the support of our other trusted partners, The Friends of KDC and the Royal Borough of Kensington and Chelsea.

If you would like to know more about this centre then please check our website for updates or contact Noreen Hodge on **020 8354 5582**.

**We are delighted to invite you to our annual over 50's Christmas Party on Wednesday 7 December at The Marble Arch Marriott Hotel.**

Please contact Pooja Gosavi on 020 8354 5690 or email [pooja.gosavi@octavia.org.uk](mailto:pooja.gosavi@octavia.org.uk) to book your place today. The spaces are limited, so please let us know whether you are interested in attending. We welcome voluntary contributions of up to £7.50 per person towards the costs of hosting the party, if you wish to make a donation. We can also assist with transport arrangements.

**We recently carried out a resident survey, where some of you told us about areas you wanted us to change. Here are some interesting highlights of what residents said, and what we did.**

You said...	We did...
Sometimes it can take time to get a follow up response from your sheltered services.	We have said goodbye to some long serving staff in our sheltered schemes and recruited new staff, who we are working with to ensure they are knowledgeable and responsive as their predecessors. We have introduced a new database to record and monitor all enquires to improve responsiveness.
We want more activities.	We commissioned an activity and volunteer project that will initially run to March 2017. We also recruited an Activity and Volunteer Coordinator to manage the wide range of activities and events across our schemes.
We want to be more involved in Octavia	Every year, we invite all our residents to our annual funday 'Your Space', and arrange transport for those with mobility issues. We host social events like Silver Sunday, barbeques and summer parties to bring residents together and use this opportunity to discuss issues affecting them.
We want more information about all the services Octavia offers.	We provide information about our care and support services when you sign up to the service.
We would like to have more options for food in the day services.	We are working with a local food social enterprise to support us to develop how we prepare menus, source and prepare food to improve the variety and quality of our meals.

For more information or if you would like to give us feedback on our services, then please call 020 8354 5500 or email [info@octavia.org.uk](mailto:info@octavia.org.uk)

**If you would like this newsletter in large print then please email [info@octavia.org.uk](mailto:info@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.

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