

THE HOSPITAL OF GOD

-HERE FOR EVERYONE-

East Durham Day Centres Newsletter



Summer 2018

Welcome to the first East Durham Day Centres Newsletter

We have recently launched this newsletter to celebrate the work of our Wheatley Hill, Horden (Minerva House) and Seaham Day Centres. Our newsletter will be coming out twice a year, and we are hoping to keep you up to date with major events and celebrations, as well as give you a better idea as to what actually goes on day to day. If you have a story about one of our centres that you would like to share, feel free to get in touch!



Hello my name is....

This summer, all of the staff at each of our three East Durham day centres have made a pledge to support the 'Hello my name is...' campaign.

The 'Hello my name is'.... campaign was set up by Kate Granger who was a doctor who was diagnosed with an aggressive form of cancer. During her stay in hospital, Kate realised that many medical staff never bothered to introduce themselves to her as a patient, even when delivering life changing news. Kate and her husband Chris set up the #hellomynameis campaign in response to this. The campaign is focused on reminding staff to introduce themselves to people properly as it advocates that a confident introduction is the first step to providing compassionate care. The 23rd July marked the second anniversary of Kate's passing away, and is international #hellomynameis day in her memory.

Caroline Robinson, East Durham Day Services Coordinator says, "It was important to all of our staff to become a part of this campaign. All of the work we do at our centres is focused around the individual, and personalised care is a key part of our ethos. We are committed to providing the best possible services for everyone who is affected by dementia in East Durham. We are delighted to be able to support the #hellomynameis campaign and help keep Kate Granger's legacy alive, whilst making sure our clients are the centre of all of our work."



Making Time and Getting Creative in East Durham

Guests from Minerva House and Seaham Day Centre have recently been expressing their creative through a project from local arts organisation, East Durham Creates.

The Making Time Project was brought about by East Durham Creates to get adults over the age of 55 who lived in our area involved with the arts in a variety of ways. 5 groups were chosen to learn new skills and work with various local artists to put together works of art that will be displayed in libraries across East Durham this summer.

Our Seaham Day centre and Minerva House were two of the groups who were lucky enough to be involved in this fantastic project. Guests at Minerva House made and decorated ceramic plates, whilst Seaham turned their hand to mosaics. Seaham's mosaics were all designed around the town's maritime heritage, and will eventually be used to decorate one of the walls in our courtyard at the centre.

Caroline Robinson, East Durham Services Coordinators, stated:

"We were thrilled to be a part of this project from East Durham Creates. Studies have shown the importance of the arts in empowering and helping people with dementia. According to the Arts Council, using art with people with dementia can have physical health benefits such as a reduction in blood pressure, heart rate, length of hospital stay and perception of pain. Art can also help improve self-esteem, confidence and more than anything else, engage our guests in meaningful social activities which are fun! Our guests have really enjoyed producing their own art work, and we are so proud of all the fantastic pieces they have produced"

If you would like to see some of the art our guests have produced, it will be on display in the following locations:

- 9th - 18th August - Blackhall Library
- 20th August - 3rd September - Peterlee Library



Welcome Angela!

We would like to introduce the newest member of our team and give a warm welcome to Angela, who joins our Wheatley Hill team as a support worker. Angela has previously worked in a pub, but came to Wheatley Hill day Centre looking for a change in career and a new direction.

Angela stated, "I have always enjoyed working with people, and am really looking forward to a change in career that allows me meet new faces as well as make a difference. Wheatley Hill is a lovely centre, and all of the staff and clients have been so welcoming."





Summer BBQs and Tea Dances!

In addition to our regular, daily activities at Wheatley Hill, Seaham and Minerva House day centres, we love a good old knees up!

On the third Thursday of every month, the three centres join together for a tea dance that is also open to the general public. This gives our guests the chance to mix and mingle with other friends they have outside of their day centre, as well put the staff to shame with their dancing skills! Lunch is provided as well as professional dance callers to keep us all on track. For more information on this event, contact your local day centre.

At the beginning of August we also got together for a joint barbeque at Minerva House. The carer support workers did a fantastic job of managing the catering, as did Andrew with his burger flipping. A big thank you to everyone involved! Here are a few photos from our recent events ...



Spotlight on... Carer Support Workers!



Did you know that each of our three wonderful day centres in East Durham has a dedicated Carer Support Worker? For those of you who may not know all of them, we introduce from top to bottom; Tracey (Minerva House), Ashleigh (Wheatley Hill) and Gary & Denise (Seaham).



Carer Support Workers support carers in huge range of ways. Once a person has been referred to one of our staff, a Carer Support Worker will come and meet you to find out more about your caring role, your loved one and what kind of support would best suit your personal needs. Some carers prefer to have 'light touch' support, and know that a friendly face is there to listen to them if they just need someone to talk to. Other carers may find themselves needing some more 'hands on' type of support and advice from our Carer Support Workers. Examples of this may include help with benefits forms, visiting potential care homes, help with visiting their loved on in hospital etc. The list of ways our Carer Support Workers have helped people is endless, and their work is always tailored to the needs of the individual.



As well as one to one support, our Carer Support Workers also facilitate group sessions. These allow carers to get together in social situations, and enjoy some time out from their role with other people who are in a similar situation. Carer Support groups run at least once a month at each of the centres, with special events being held around Christmas time. There is even a weekly chair exercise group in the Jubilee Centre at Seaham that is helping our carers to lose weight and keep well, both physically and emotionally.

Our carer support service is FREE for any person caring for a loved one with dementia in East Durham. All carers who's loved ones access our day centres should have been offered support from one of our workers, but accessing a day centre is not a prerequisite for this service. If you or someone you know would benefit from the support of Tracey, Ashleigh, Gary or Denise, contact your nearest day centre to find out more.

Carers' Northern Soul Evening

On the 18th July, a group of carers from Horden and the surrounding areas went with Tracey from Minerva House to see a Northern Soul Evening at Easington Welfare Club.

These tickets were provided to our carers free of charge to celebrate the Durham BRASS Festival, which brings world class music to our county.

The evening saw a live band playing classic soul hits with a brass band, followed by a disco, giving our carers a well deserved chance to let down their hair.

Everyone who attended had a great time and would like to say thank you to Colin Robson and the Community Arts Team for donating these tickets and letting us come along!

Contact Details

Minerva House: *St Mary's Court, Horden, SR8 4DQ*

Suzanne Goodwin (Senior), 0191 5180872,
minerva.house@hospitalofgod.org.uk

Seaham: *Bradbury House, 67 Malbrough Street, Seaham, SR7 7SA*

Julie English (Senior), 0191 5810880,
seaham.daycentre@hospitalofgod.org.uk

Wheatley Hill: *Patton House, Watson Close, Wheatley Hill, DH6 3QX*

Andrea Abdy (Senior), 01429 823185,
wheatleyhill.daycentre@hospitalofgod.org.uk