

THE FOREST NEWS

Birchy Hill Care Home

<https://carehomesgroup.com/>

AUTUMN 2024



Leisure and Lifestyle

Dear Residents, Families and Friends,

This year, every special day, every event, every new project, is dedicated to and is a celebration of the 77th Anniversary of the opening of Birchy Hill as a care facility in the community of Sway and surrounding areas.

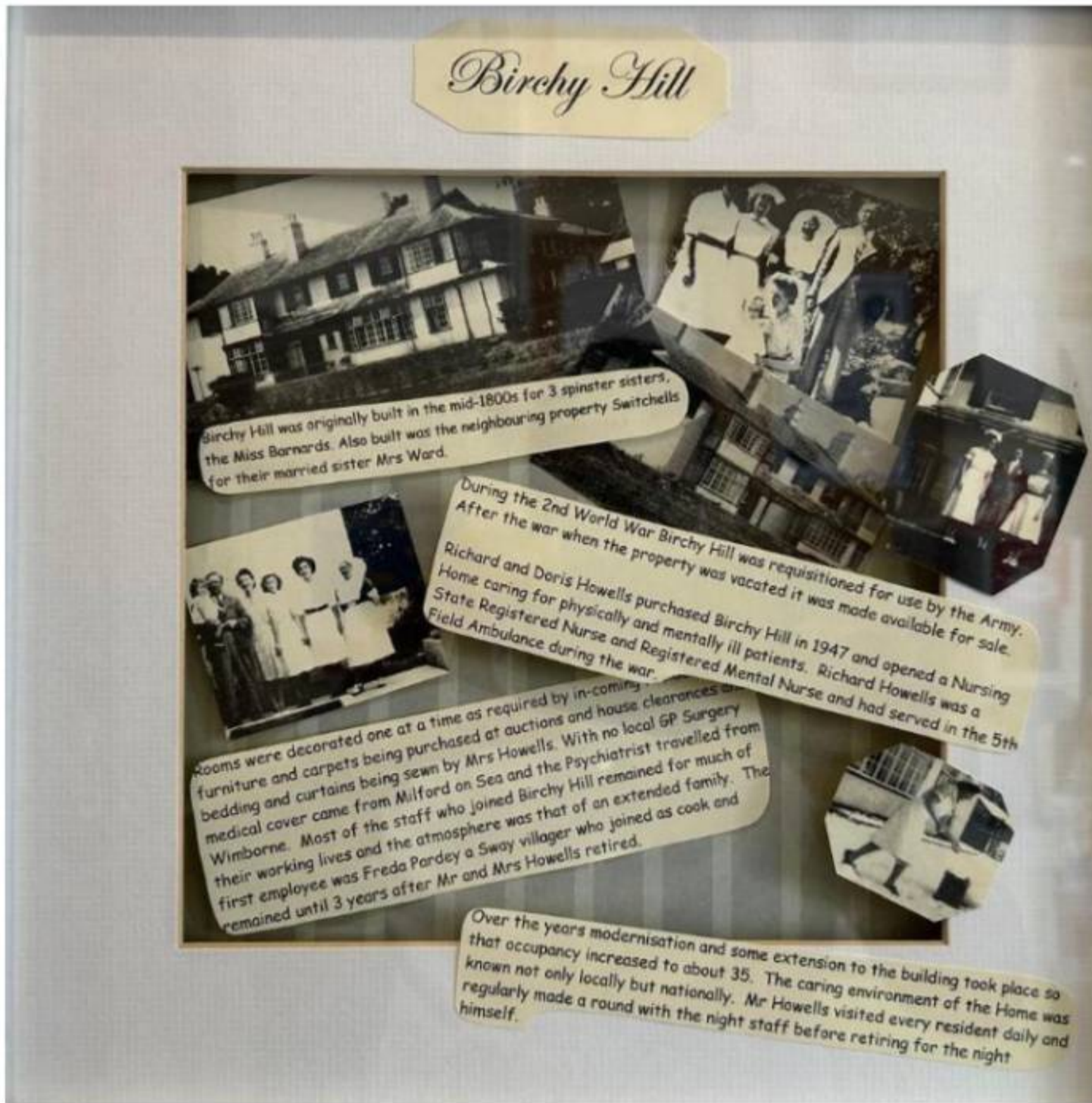


I would like to start this newsletter by telling you about its history, and a few famous residents who have lived here during these years, I'm sure there were many others.

Birchy Hill was originally built in the mid-1880's for 3 spinster sisters, the Misses Barnards. During World War II, the building was requisitioned for use by the Army, and after the war the property was vacated, and made available for sale.

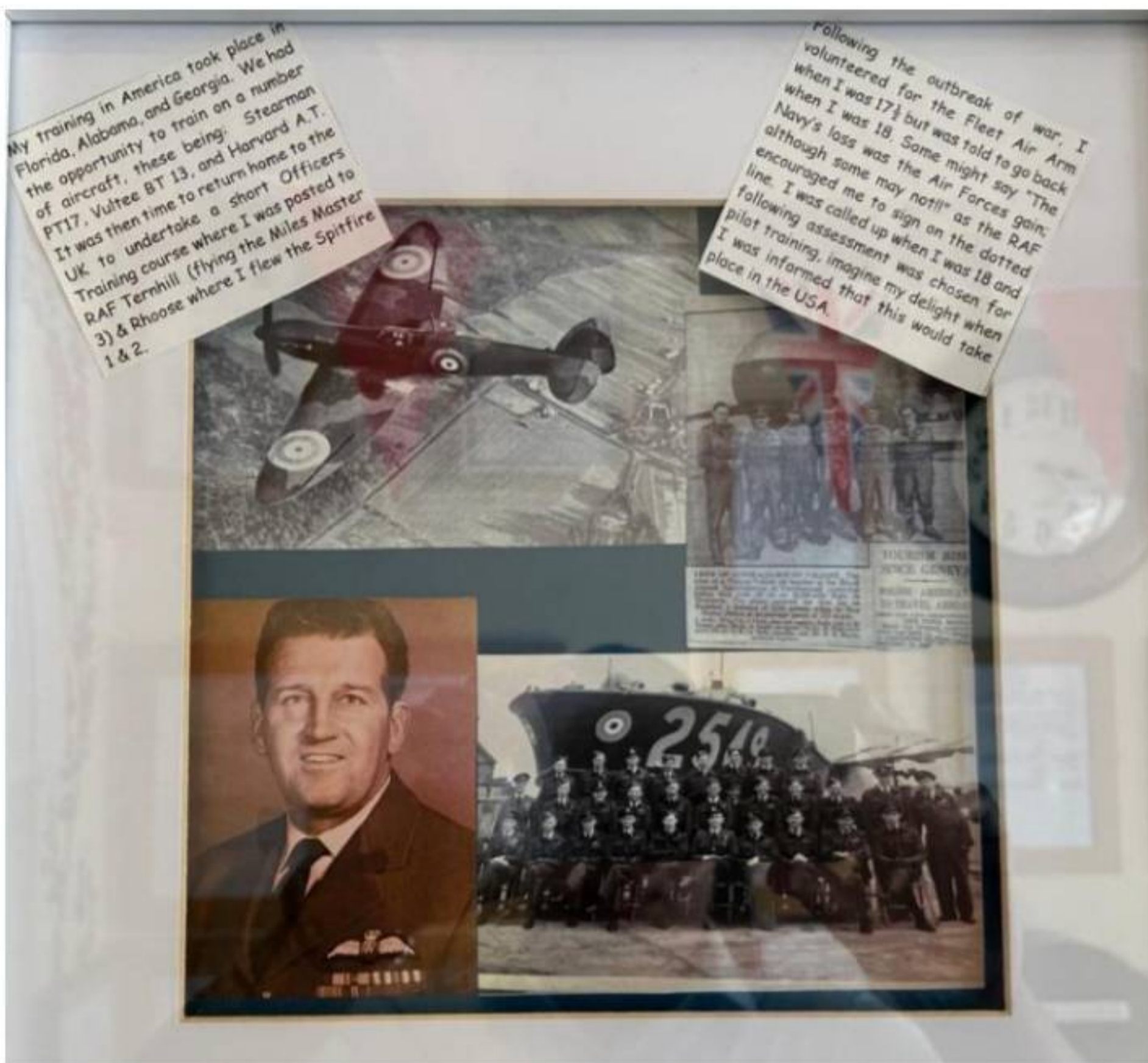
Richard and Doris Howells purchased Birchy Hill in 1947, and opened a Nursing Home caring for physically and mentally ill patients. Richard Howell was a State Registered Nurse and Registered Mental Nurse, and had served in the 5th Field Ambulance during the war.

One of Birchy Hill's famous residents was Charlotte "Lottie" Dod, who settled at Birchy Hill Nursing Home when she moved to the South Coast in 1954. She played tennis, and was a Wimbledon winner in 1887, 1888, 1891, 1892, and 1893. She passed away at the age of 88 while listening to the Wimbledon radio broadcast in bed.



Bob Tanner

Adam Swain



Adam Swain born on the remotest island on earth, Tristan de Cunha (in the South Atlantic Ocean), is the highly esteemed hero who will be forever remembered as the saviour to communities living on this island. On 8 October 1961 when the island's volcano erupted, he helped all 263 islanders, and 26 expatriates escape to the safety of Nightingale Island – 25 miles away.

In the next pages of this newsletter, you will find the Summer and Autumn 2024 events, and the beautiful memories we created here at Birchy Hill.

We celebrated all special days, we also had the regular social gatherings indoors and outdoors, outings, picnics, All Together Worship and Communion Service, arts and crafts, table and floor games, gentlemen and ladies' clubs, the regular pet therapy with Jenny and Robbie, sensory stimulation and relaxing massage, sing along/karaoke, morning stretch, brain teasers, bingo, musical entertainment, which all are thought, planned and organised to enrich our residents' daily life at Birchy Hill.

I will start our trip down memory lane from May, when our residents watched the gun salutes held around the country, and marked the first anniversary of King Charles Coronation with an Afternoon Tea and Delicacies, music and dance.



On the 79th Anniversary of Victory in Europe Day, we remembered “with thanksgiving and sorrow those whose lives, in world wars and conflicts past and present, have been given and taken away.”



We Celebrated VE Day with a musical travel through time performed by the Land Girls. All our residents were singing, clapping and cheering to the captivating singalong.



On Friday 10 May we celebrated our Nurses and Carers. Our Home Manager Mark welcomed all present, including our guest Debbie Powell (PCN). He gave a thank you speech and a little gift to the Nurses. He invited everyone to enjoy the Special Buffet thought out and prepared by our Head Chef Sam and Chef Pam.

Our residents had a reminiscence session about nursing, a bit of fun wearing handmade hats, and reading about famous British nurses in history, on International Nurse's Day.



Happiness comes from enjoying the little things in life... like an ice cream (or two 😊), watching the sea and the dog walkers, feeling the breeze, on a lovely sunny afternoon in May.



Colin Sutherland from Birds of Prey Trust brought four of his beautiful rescue birds, an Indian Eagle-Owl, a Barn Owl, a Kestrel, and a Falcon, and visited all our residents in lounges and rooms. Colin is a very passionate gentleman, and enjoyed not only showing the birds but telling their stories too. It was an amazing experience for both residents and staff, and the residents were listening and asking questions.



Our residents gathered for a Cream Tea and Musical Quiz, with live piano music performed by Mark Busell. Yummy scones, teas, coffees and beers complemented a very much enjoyed afternoon. The two rival teams answered the questions very well and it ended in a draw. We will probably ask Mark to make the quizzes more challenging in future.



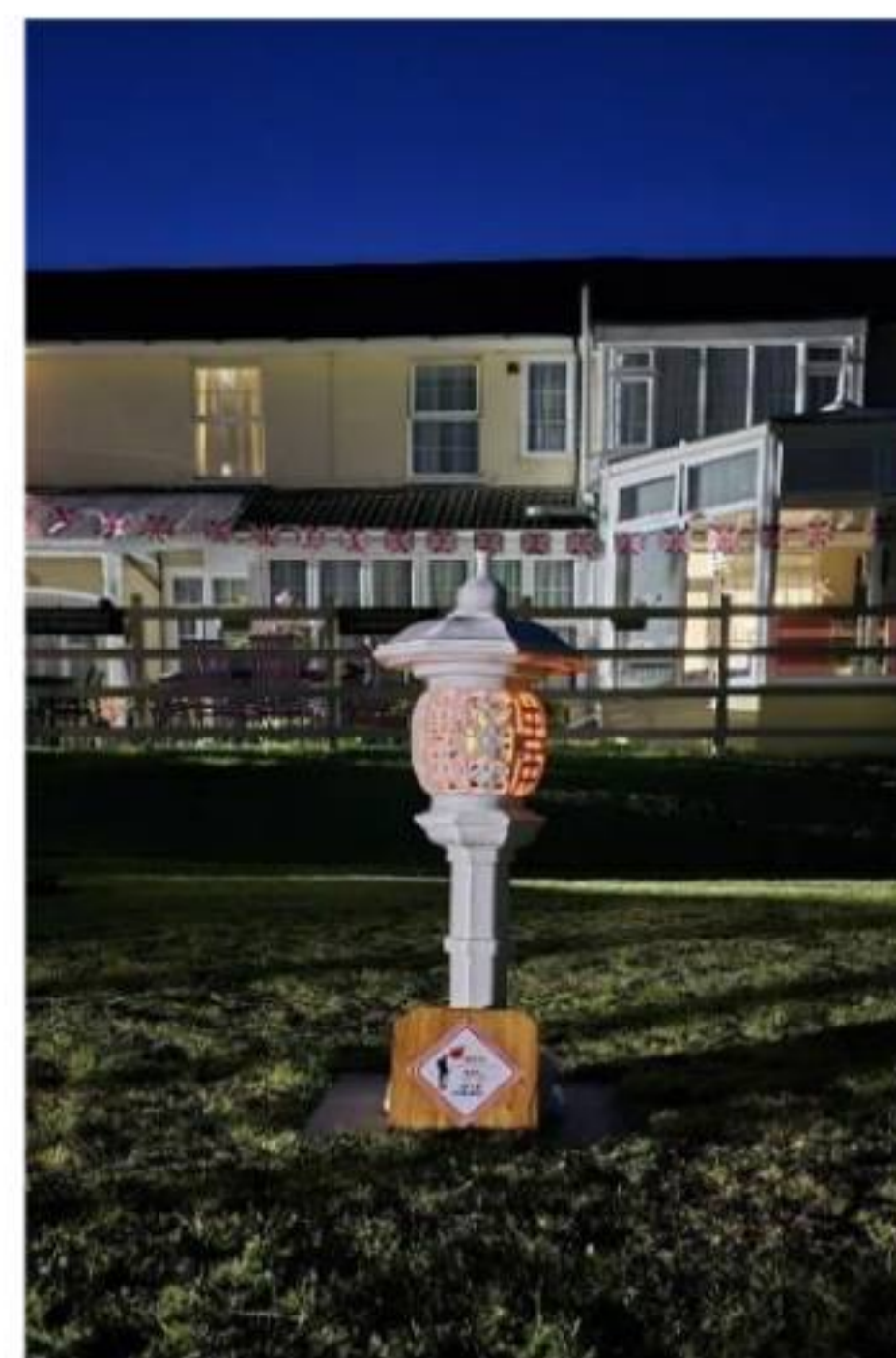
D-Day Week started with decorating indoors and outdoors. They were selected, and co-ordinated, as usual, by our Manager Mark, and put in place by a great team of people.



Our residents created D-Day collages while reminiscing, and singing war time songs.



Continuing the week of D-Day celebrations, all present enjoyed a lovely afternoon being entertained by Andrew and Jackie, a lovely couple of volunteers. Everyone was singing along, and there was a lot of dancing too. Andrew and Jackie told us they very much enjoy entertaining at Birchy Hill as they love the warm family atmosphere, which they find every time they come here. Our Manager Mark joined us too, for the whole time, happy to leave his office tasks behind, and to be close to the residents.





Residents, staff, and relatives, gathered at our Memorial Fountain, to pay tribute to the men and women, both serving and civilian, whose bravery led to the success of the Allied D-Day landings. We held a minute's silence and our residents laid the flower arrangements they made the day before. One of our residents, Jack, proudly presented his salute.



With his contagious enthusiasm and cheerfulness, "Captain Mainwaring" led his "troops" in the wartime live piano rhythms performed by Mark Busell, for our residents' entertainment. Thank you, Mark, our amazing Manager! Thank you, Mark B, for the lovely music performed! Thank you to all staff members who went above and beyond, including the photographer.



The Land Girl and the Home Guard Private accompanied few residents on their trip to Sway Youth Centre where they learned more about Sway during the war by visiting the D-Day Exhibition, New Forest D-Day Mobile Bus, and an exhibit of Churchill's Secret Army - the Home Guard in the Forest that were trained to sabotage any invasion. We thanked Mr. Neil McLocklin from Sway Parish Council and Co-ordinator of D-Day activity for his invitation, and for taking the time to give us the guided tour.



The King's Official Birthday was celebrated on June 15 with a yummy afternoon tea, and music performed by pianist Mark Busell.



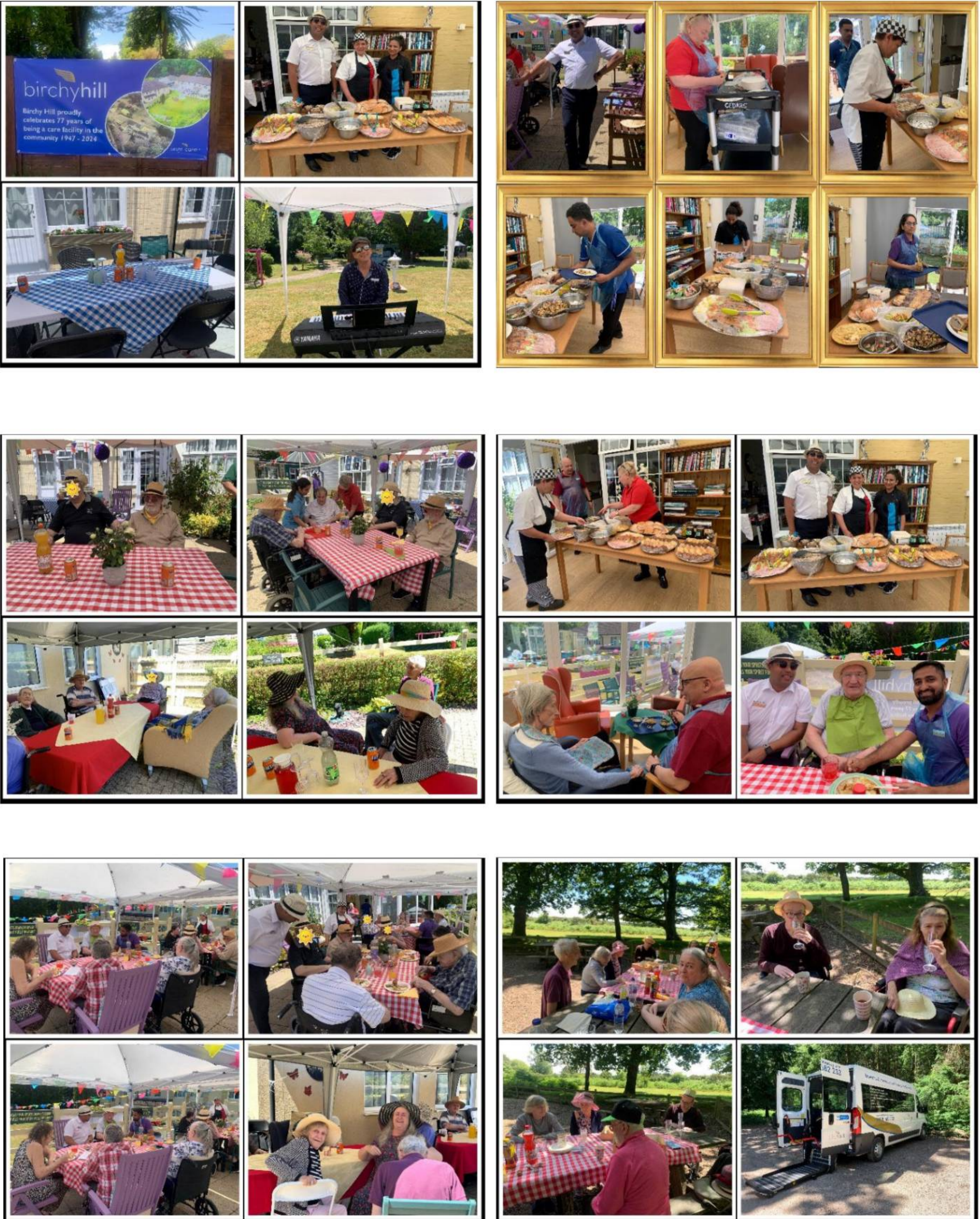
National Cream Tea Day was celebrated with a Cream Tea, and music performed by pianist Mark Busell.



We took part in Sway's Scarecrow & Garden Decoration Trail (throughout Carnival Week). We made two very funny elderly minions scarecrows, which won the competition. The prize for the winner was a voucher from The Foresters Arms Pub in Brockenhurst, which was used in October, when we took a few of our residents for a lunch at the pub.



Picnic Week was celebrated with outings to Wilverley Inclosure in the New Forest and a picnic lunch in the garden, listening to the live music performed by pianist Mark Busell.





July had its debut with a fabulous Reggae Garden Concert, organised to celebrate International Reggae Music Day on 1 July.

The amazing band We Afro Tallawah performed the Reggae music. We had a lovely audience, amazing food and a truly amazing atmosphere!

Thank you all who attended, and supported us! Thank you to all staff members who helped where needed, our volunteers Lynette and Jenny, Head Chef Sam and her Kitchen Team, the Leisure & Lifestyle Team members, and our Manager Mark who didn't just oversee, he was hands on as usual.





Garden Reggae Concert

Garden Reggae Concert

Continuing the series of events as part of Birchy Hill's 77th Anniversary as a care facility in the community, we held "The Big Sing", having as special guest Jane Mitchell, the Vicar of St. Luke's Church, Sway who led a beautiful Thanksgiving Service. We also had our little singing group who sang wonderful, uplifting Hymns with an amazing piano accompaniment from Mark Busell.

Thank you, Jane, we are grateful for your support! Thank you, Mark, for being reliable, and versatile. Thank you to all our colleagues who are always there to assist and support our residents.

Thank you to our Manager Mark who is always so much involved, and hands-on in everything that is planned and organised.

Thank you to all who attended, we hope you had an enjoyable time with us.



The Big Sing

The Big Sing

The Big Sing

The Big Sing



The Big Sing

The Big Sing



Although the weather wasn't too kind to us, it was so lovely to see all present enjoying the whole atmosphere at our annual Summer Fete.

Thank you, all our friends, families, and business partners, for your kind donations!

Thank you team Birchy Hill, and volunteers for their hard work!

Thank you to our Head Chef Sam for the nice food, and yummy cakes!

Thank you to the Frontline Ukulele Band, for the wonderful musical entertainment!

A huge thank you to all who came and bought raffle tickets, played Tombola, and queued at our food and hot drinks stall. All your generosity is very much appreciated!

Last but not least, thank you to Mark, our manager, for your help and support!





"A picnic is a state of mind that can happen anywhere", but on a such beautiful sunny day going to the beach was the best choice! Yes, you're reading right, we went to Mundeford Avon Beach! What a smashing time our residents had! 😊 A full sensory experience walking in the sand, watching children playing, feeling the water, and the breeze ...

"Oh! I do like to be beside the seaside!
I do like to be beside the sea! ..."

An unexpected visitor joined our table, and shared the croissant without asking for consent: she wasn't shy at all!

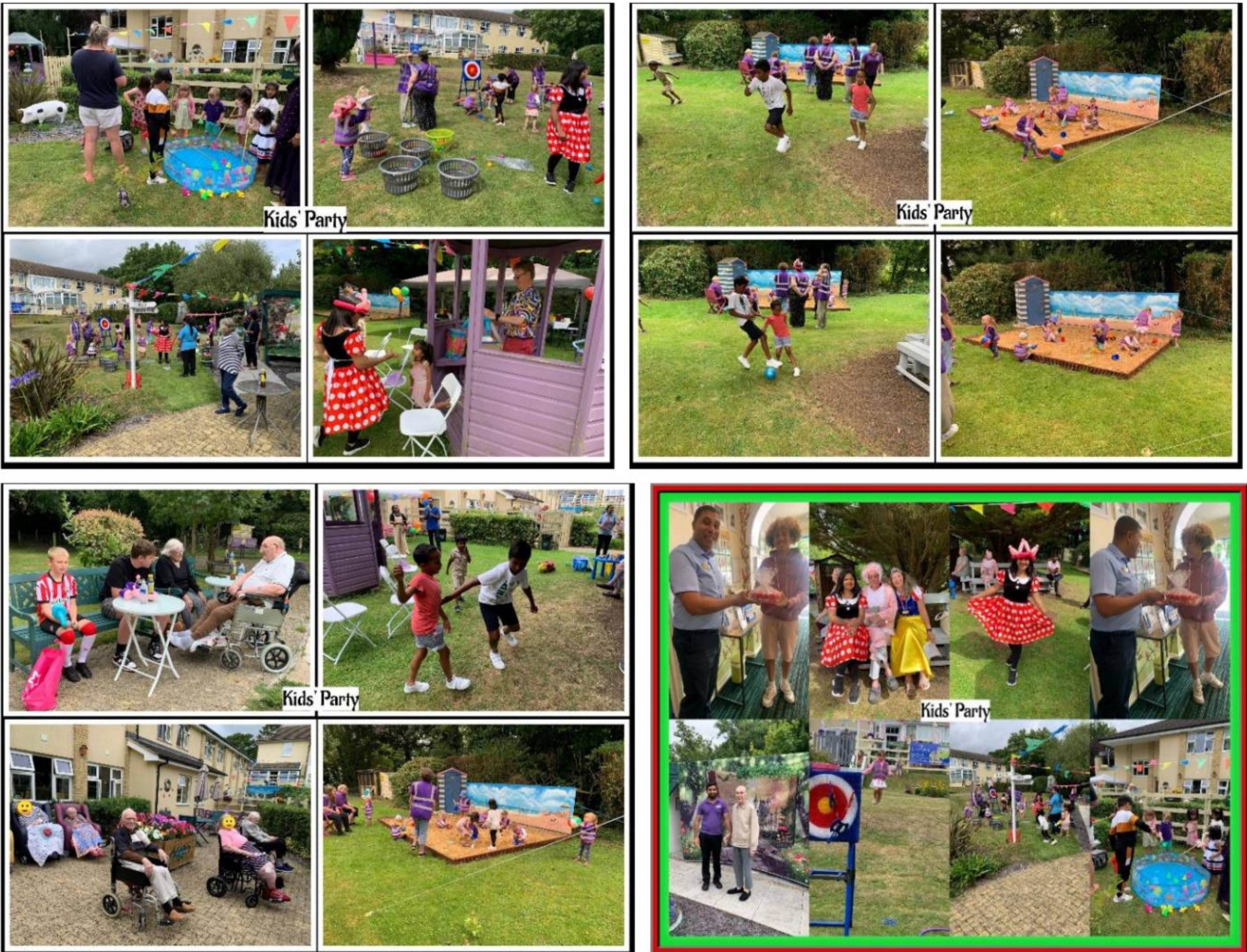


Picnic at Avon Beach

Picnic at Avon Beach

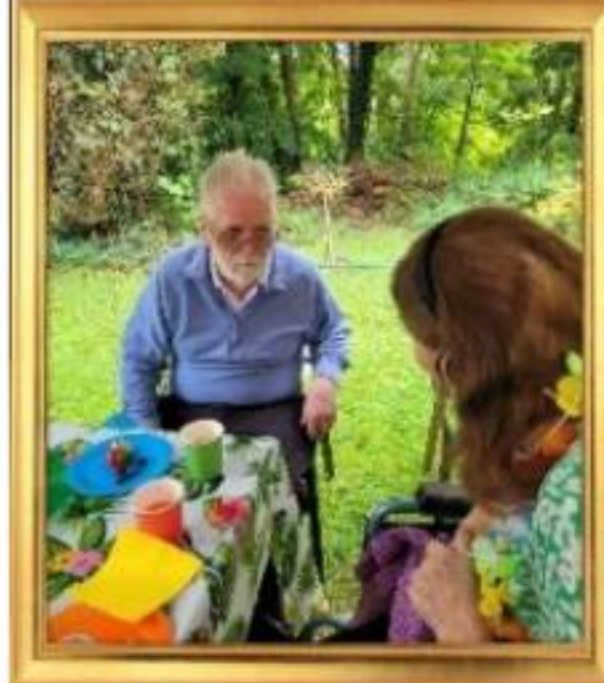


What a blast was the Kids' Party in August! Music, dance, games, refreshments, fancy dress, and balloon modelling, everyone enjoyed it so much! We would like to express our thanks to:
 The Little Flyers Preschool Sway for joining our party.
 All residents' families, and staff for bringing their kids.
 David's Parties for bringing the joy of the balloon modelling.
 Mark, our manager, for his support, all members of staff for their support and hard work, and to the young volunteer Rodrigo for his help. Last but not least, to our resident Jack who joined us, and chose to have lots of fun dressing up as a baby girl.





The Tropical Beach Party is a summer tradition here at Birchy Hill, and our residents enjoyed the amazing tropical fruits platters prepared by our Head Chef Sam, the beautiful garden decorations, the yummy mocktails and the music performed by pianist Mark Busell.





Tropical Beach Party

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Tropical Beach Party



The beginning of September was marked by the Ruby Wedding Anniversary of Susan and Michael which we were pleased to organise and hold here at Birchy Hill. The guests had a very good time in our nicely decorated garden, and enjoyed live musical entertainment by Andrew Rance complimented by a yummy spread and drinks.

We love and are proud to share with our residents such important moments of their lives, and be a part in creating lovely memories for them, their families, and their friends.



We were blessed with a lovely warm, sunny day on the day we held the Fun Dog Show. Everyone had a lovely afternoon: residents (including the judges 😊), staff members, our guests and their lovely dogs, and a few visitors.

It was a very successful show, very well organised, thanks to the support from our lovely volunteer Jenny Gribble, and the Chairman and Chief Trainer of Lymington and District Dog Club Angie Gait, to whom we are extremely grateful for their help.

We would like to express our thanks to all participants, members of the Lymington and District Dog Club, who gladly accepted our invitation through Angie's call, offered their time, and brought their well-trained doggies to make a memorable day for our residents and the rest of us too.

Many thanks to all our colleagues from different departments, and last but not least thank you to our Home Manager Mark who always steps in, and gives all his support to the Leisure & Lifestyle Department.



JUDGES

FUN DOG SHOW
BIRCHY HILL CARE HOME
19 SEPTEMBER 2024

CLASSES:
PRETTIEST GIRL
HANDSOMEST BOY
WAGGIEST TAIL
MUSICAL SITTS
DOG THAT THE HOME MANAGER
WOULD MOST LIKE TO TAKE HOME

YOU ARE CORDIALLY INVITED TO AN AMAZING FUN DOG SHOW

Come to meet the paw---fect pets!
THURSDAY, 19 SEPTEMBER
FROM 2:30PM

CLASSES:
PRETTIEST GIRL
HANDSOMEST BOY
WAGGIEST TAIL
MUSICAL SITTS
DOG THAT THE HOME MANAGER
WOULD MOST LIKE TO TAKE HOME
BIRCHY HILL CARE HOME, 104A LYMINGTON ROAD
LYMINGTON, HANTS

FUN DOG SHOW
BIRCHY HILL CARE HOME
19 SEPTEMBER 2024

JUDGES



We had a rootin' tootin' boot scootin' good time celebrating International Country Music Day. A big Yee-Haw and thank you to the Cowboy Mark Busell who played on his keyboard old classics of a few country legends, like Dolly Parton, Kenny Rogers and Shania Twain, for everyone's enjoyment. Sheriff Home Manager Mark came along to join in the fun, and could not resist having a toe-tapping boogie.



Celebrating Int'l Country Music Day

Celebrating Int'l Country Music Day



Yee-Haw!

Yee-Haw!



Yee-Haw!



On National Arts in Care Homes Day, our residents gathered for the simple joy of creating art together.



On 1 October, International Day of Older People, we celebrated our seniors with the Grand Opening of our pub, Jim's Tavern.

Managing Director Mr. Ruparelia, and Bhavesh from our Head Office came down from London to attend the opening ceremony, cut the ribbon, and unveil the pub's sign.

Our Home Manager Mark opened the ceremony with a speech, thanking all those who made it possible for a dream to come true:

Mr. Ruparelia who agrees with all projects here: anything that our residents would benefit from
Bhavesh who among hundreds of things he's doing in a day, he sourced, and ordered all the needed bits and pieces for the pub

Our Head of Maintenance Gordon, who got this cabin going and made it into the vision Mark had for a pub

Our Head Houskeeper Romeo who did, and does, all the brilliant art work here at Birchy Hill, both indoors and outdoors

Manoj who did all the painting

Lynette, our volunteer, who selected the appropriate plants, and worked hard in a very short time, making all the beds in the garden, and for her amazing and continuous support

Pianist Mark Busell for entertaining

Activities staff, who set-up everything for the opening ceremony and Chef Pam who prepared all the food for the event.

Jim's Tavern has been named in memory of one of our residents Jim, who lived here at Birchy Hill, and with gratitude to his amazing family who have been very supportive of many of our projects over the years.



International Day of Older People



Jim's Tavern Grand Opening



International Day of Older People



Jim's Tavern Grand Opening



International Day of Older People



Jim's Tavern Grand Opening



Jim's Tavern Grand Opening



Jim's Tavern Grand Opening



Jim's Tavern Grand Opening





Before concluding the newsletter/magazine, I would like to welcome Emma who joined our Leisure & Lifestyle Team as an Activities Assistant. I wish her all the best in her new role.

A Big Thank You to all my colleagues who have been hands-on, and worked hard throughout all these events.

Thank you to our amazing volunteers: Lynette Timothy, Jenny Gribble, Reverend Kevin Smith and Lisa Thomas, Andrew Rance and Jackie King.

You all make such a difference, and we are very grateful and very much appreciate your kindness, time and energy.

My warm wishes and gratefulness go to all the families and friends who made different donations, or purchased items from our Amazon Wish List, supporting Leisure & Lifestyle.

With the hope that you are willing to, and can, contribute even the smallest donation to the Leisure and Lifestyle supplies, please check our Amazon Wish List here:

https://www.amazon.co.uk/hz/wishlist/ls/22XDOWFHKT0PZ/ref=nav_wishlist_lists_3

Please follow us on our Facebook page here: <https://www.facebook.com/BirchyHill>

*Dana Gotia
Leisure & Lifestyle Lead*



From the Manager's Desk

Dear Residents, Families and Friends,

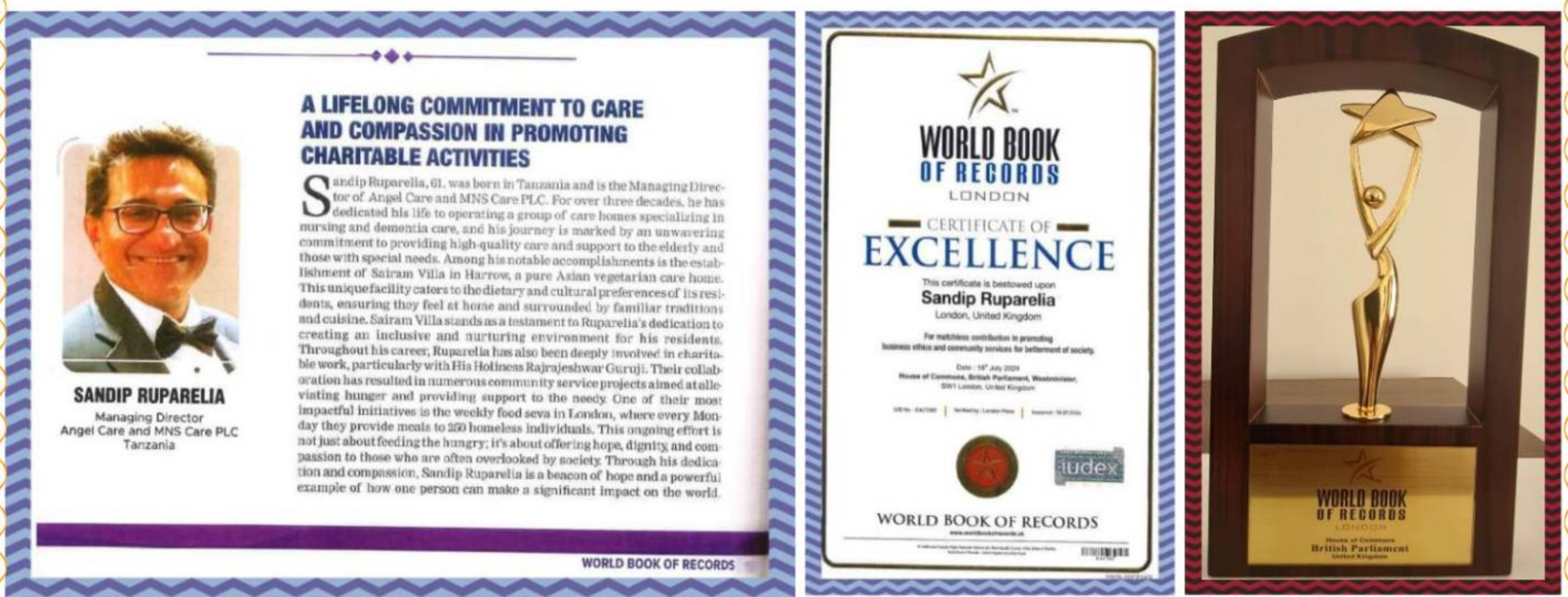
Welcome to those residents who have come to live with us here at Birchy Hill since the last edition of our newsletter. We hope you have settled in well: hi and hello to all your relatives and friends.

Also welcome to new personnel who have recently joined us in different areas: Merry (Registered Nurse), Emma (activities), Elaine (domestic), and Cherry (care).

This newsletter is just a summary of yet again a successful few months here at Birchy Hill, where great efforts have been made, and enjoyment brought to the residents and staff alike.

Our Managing Director Sandip Ruparelia has been recognised for his dedication to the Care Industry and Charitable Organisations.

Congratulations from all of us at Birchy Hill!



Our beautiful, therapeutic and stimulating garden has a new water feature, and a lantern (which will act as a beacon).



A new frame with Birchy Hill's History has been installed in the lower garden. Resident Jack took part at the unveiling. As it was mentioned above, all 2024's events were/are dedicated to the 77th Anniversary of Birchy Hill being a care facility in the community.



Thanks to our lovely volunteer Lynette Timothy, Poplars' Sensory Garden had a revamp in preparation for the Grand Opening of our Pub, Jim's Tavern. Thank you for your hard work, Lynette!



I would like to thank our Managing Director Mr. Sandip Ruparelia for agreeing with all our projects. A big Thank You to Bhavesh who among hundreds of things he's doing in a day he sourced, and ordered all the needed bits and pieces for the pub, and is constantly supporting us with all we ask.

We have an amazing hard-working team here, and I would like to mention few names of those who went above and beyond this year, and stood out throughout:

Head Maintenance Gordon Manley, who among his daily tasks got this cabin going and made it into the vision I had for a pub.

Head Houskeeper Romeo Solivas who did, and does, all the brilliant art work here at Birchy Hill, both indoors and outdoors.

Head Chef Sam Nash who thought out and prepared the amazing food for all themed events.

Leisure & Lifestyle Lead Dana Gotia who thought, planned and organised all these events and special days celebrations.

Manoj, Radu, Ashish, and a few more others, who worked hard in displaying decorations indoors and outdoors, assembled and dismantled gazebos, and cleaned the garden after each event.

Jabin, Claudia and Marco who helped in different areas during events, on top of their roles in nursing and care.

Eileen Tindle, our administrator who always comes to help us for the big events even on her days off.



I kindly remind everyone that we operate a “protected mealtime” for our residents during lunch service, which is from 12noon to 1:30p.m. This is a special time for them to interact with fellow residents and their carers, and for meals to be enjoyed without the distraction of telephones. We thank you for your understanding and co-operation, which is greatly appreciated.

We love seeing dogs in the Home, and we recognise and acknowledge the benefit your loved ones have from these visits. However, we kindly ask you, when walking the doggies in the garden to have with you the dog waste bags, and to pick up their droppings. Thank you for your understanding and co-operation.

I take this opportunity to thank you all for the patience you have had during the weeks we had the so necessary kitchen refurbishment. This was successfully completed on the 4 October and what a transformation! Big Thank You to our Catering Team, and wider team.

Yesterday, 28 October, our kitchen was inspected by Environmental Health (NFDC), and the kitchen has again retained its 5* rating, with great compliments from the officer attending.

We are very grateful for your cards, emails of appreciation, but there is also a platform where you can do this, please see below:

- Review Cards that need to be filled in: these can be obtained from the Reception Area of the Home and returned via Freepost
- Online at review us on <https://www.carehome.co.uk/>
- Posters with “Please take a moment to review us”, these are located in various areas of the Home. You can do this instantly by scanning the QR Code



Best Wishes
Mark Yon
Home Manager