

# St David's Nursing Home

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 /StDavidsNH



Autumn 2020

*"Living well every day"*

## St. David's Newsletter for Family and Friends

Hello. What an unusual summer we have all experienced. Here at St. David's, everyone has been very imaginative in organising events to replace our normal summer schedule.

### St. David's Flower Festival

This event was our replacement for the Sheringham Flower Festival which is normally held at St. Andrews Methodist Church.

The theme was Village Life under Covid-19. Residents built and decorated 'The Village' and then created their flowers displays.

Residents commented that they felt a sense of accomplishment in developing the entire flower show rather than just admiring other people's creations. Of course, our Flower Festival also included a wonderful tea, so that people could discuss the arrangements with each other. Prizes were awarded to each entrant.



Manager – Linda Cooke RGN

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## Hawaiian Day

Instead of our Summer Fete, which is normally held in August, we had a Hawaiian Day. Residents had the opportunity to enter the exotic fruit arrangement competition. As you can see from the photographs, developing the arrangements was a lot of fun and created a stunning centre piece.

St. David's was filled with colour. Residents and staff wore Leis, which had been made by Residents the week before. There was also Tiki Bar that served exotic 'drinks' with bright umbrellas. Two members of our staff also took the opportunity to dress in costume.



## Quieter Moments

Residents have been pleased to be able to access the services of our hair dresser and chiropodist. All of these visits take place outdoors on the patio.

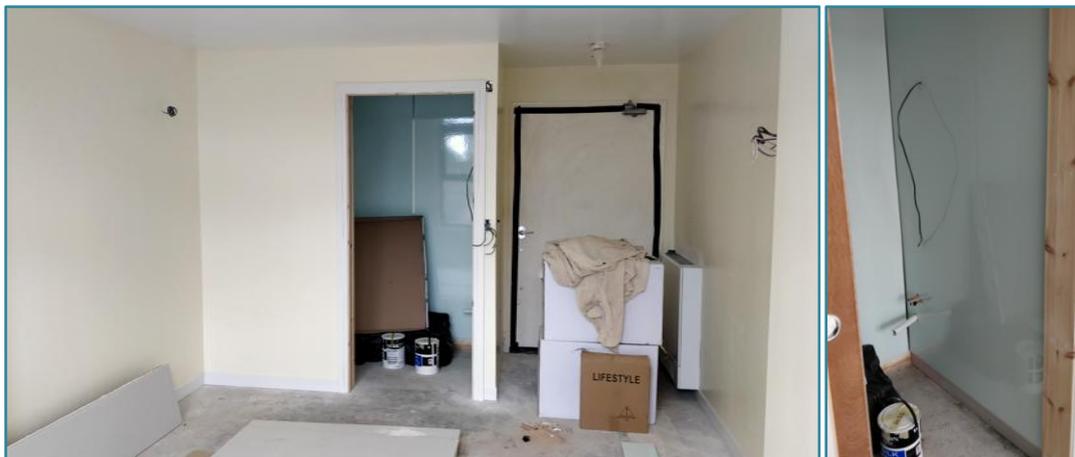
The Patio has also been used by our keen gardeners to plant the containers and hanging baskets which you see as you approach St. David's.

The Patio is also the perfect spot for a late afternoon beer or ice-cream



## **Expansion Project**

Finally! We can announce that the first of the new rooms should be ready for residents to move into in a couple of weeks. Look out for the finished room photos on our Face Book page.



## **Coronavirus Update**

### **Testing**

We are currently testing our staff every week for COVID-19 and residents monthly. These timelines are the ones suggested by government guidelines.

### **Visitors**

We were very pleased to be able to allow visitors back to St. David's over the summer. We missed you and so of course did your relatives and friends.

We are following government guidelines and currently visits can either be on the Patio or by a Window. Some of you have contacted us to ask about what happens when the weather changes. We are looking into this and will let you know the moment we have a safe solution.

You will find our current visitors policy reprinted overleaf

Best wishes,

Linda Cooke, Matron, RGN

## St. David's Visitors Policy

As you're aware there must be controlled numbers of recorded visits during the current crisis, therefore visits **must be by appointment only** and be **pre-booked** with our team.

**PLEASE NOTE: If you respond 'yes' to any of these questions, please do not arrange a visit:**

1. **Have you been feeling unwell recently?**
2. **Have you had a recent onset of a new continuous cough?**
3. **Do you have a high temperature?**
4. **Have you noticed a loss, or change, in your sense of taste or smell?**
5. **Have you had contact in the last 14 days with anyone with COVID-19 symptoms or someone with confirmed COVID-19?**

### Before your Visit:

- Please call reception on **01263 822671** to book a slot.
- Only **2** people can visit at a time.
- Children under 12 are only allowed to visit in exceptional circumstances.
- Visits will be restricted to **30 minutes** and strict 2-metre social distancing **must always** be observed.
- We would strongly advise you to check your temperature just before you visit

### On Arrival:

- Please come to the door, so that we are aware that you are here. We will find you a seating area as soon as possible.
- Please use the hand sanitizer provided.
- Please make sure you have a mask, which must always be worn during your visit. However, if you cannot tolerate a mask, we will provide a visor at a small cost.
- Please follow all directions from staff.

### During the Visit:

- Please **DO NOT** touch the resident. This includes hugging, hand-holding or kissing.
- Always maintain the 2-metre rule.
- Please do not pass anything to the resident or staff member

Thank you in advanced for your cooperation. Together we can reduce the risk of infection and get back to normal as soon as possible.

**Linda Cooke**  
**Matron**

**St. David's Nursing Home**