



Brian Lewis House

Abbeyfield

Brian Lewis

HOUSE NOTES

Issue 11 — Autumn 2010

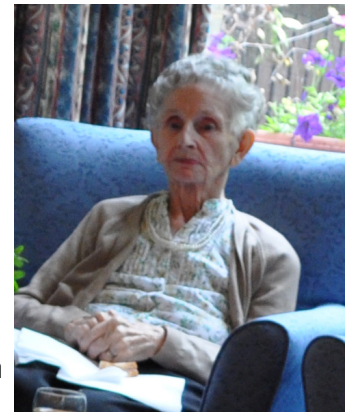
Brian Lewis House provides very sheltered accommodation for 10 elderly people, in the heart of St Clements, Oxford. Residents live independent lives, in en-suite rooms, and enjoy home cooked meals together as part of the community — a lifestyle which combines independence and comfort, with security and flexible daily support.

A visit to St John's nursing home, and to Meg

St John's nursing home, just around the corner from us, in St Mary's Road has 38 places catering for those who need more personal care than we can provide, at Abbeyfield Oxford. After 3 years with us, it is lovely to know that Meg is in good hands, and still within easy reach of us all for a visit and a cup of tea.

Trustee, Laidon Alexander, is pleased to take people to visit Meg usually on a Tuesday or Friday morning. Meg's son-in-law, Peter has also kindly offered to collect residents who want to visit Meg, although Peter has not been available recently, owing to other family commitments.

For those who have not visited St John's, residents have commented on the friendly atmosphere, the high ceilings and the polished wooden floors. The services provided, and prices, are in a similar range to the Abbeyfield House at Cumnor, although Abbeyfield Cumnor is a newer building and set in a little village (with a great cricket team) out in the countryside, the other side of Oxford, whilst St John's enjoys a city centre location, with easy access to the shops on the Cowley Road, and of course, to us, just around the corner!



Have you tested your red button recently?

All residents have a red button on a wrist band or neck strap, which will call assistance for you if you fall, or feel unwell, or if there is an emergency in the house when there are no staff on duty. However, it can only work if you have it with you, and if you test it regularly. So if you haven't pressed it recently, whilst in your room, and spoken to the control centre, to tell them that you are just testing it, it is worth doing so tonight.

Handy hint: test your red button on the first of each month, to make sure it is working for you. Remember, if it isn't working, or if it is sitting on a shelf and isn't on your arm/around your neck, you could find yourself needing help and not being able to call.

Please keep safe

Welcome, birthdays, congratulations, and get well soon!

First, a big welcome to Nicholas Elwes (Nicky) who has moved into room 9 this month, from his house on beautiful Port Meadow in Oxford. We hope that you will be very happy here and look forward to getting to know you better.

Many many congratulations to House Manager, Chaowadee and her husband Tom on their wonderful news. We all look forward to meeting the latest addition to the family in the spring-time, and in the meantime send best wishes for a healthy and trouble free pregnancy for you.

Many congratulations to Mary Fraser too, on her 95th birthday last month. (I wonder what life for the new baby will be like for Chaowadee's baby in 95 years time in 2106?!)

In the meantime, everyone also sends very best wishes to Liz, who will be spending Christmas in the JR hospital. We are thinking about you, Liz and look forward to seeing you soon.

Christmas Wordsearch

Ten more words to find, with a Christmas theme this time:

A	G	T	S	P	C	A	R	O	L	S
X	W	I	Q	L	H	R	O	U	T	L
G	Y	P	F	X	R	E	D	S	N	E
Y	U	L	E	T	I	D	E	J	W	A
L	N	K	L	S	S	A	S	L	O	B
J	Z	J	P	Q	T	U	R	K	E	Y
O	F	N	Y	R	C	D	R	T	S	O
E	H	M	M	J	H	L	E	V	O	R
L	K	E	E	D	I	S	T	B	O	S
B	L	I	A	V	L	U	T	H	G	T
A	Y	F	T	M	D	I	I	R	J	E
T	W	T	Y	Z	W	M	L	K	E	R
S	H	O	P	P	I	N	G	L	V	N

Carols
Christchild
Gifts
Goose
Glitter
Joy
Stable
Shopping
Turkey
Yuletide

No prizes, but congratulations to Rhoda, who was the first to finish the wordsearch in the last edition. Can anyone beat her to it this month?

Enquiries

There is currently one vacancy at Brian Lewis House, and a short waiting list exists for future places.

For further information, or to arrange a visit to us, please contact :
our Administrator, Jo Curtis

on tel: 01865 790439

Email: admin@abbeyfieldoxford.org

Postal address: The Abbeyfield Oxford Society, 80 St Clements, Oxford, OX4 1AW

FIRE SAFETY IN ABBEYFIELD OXFORD SOCIETY

Back in September staff at Abbeyfield Oxford spent the afternoon with the Oxfordshire Fire Service learning about fire safety at work and at home. There were fire extinguishers to try out, (rather noisily in the car park) videos to watch, and a lot to think about!



Members of the Oxfordshire fire training team

Jo sums up the top ten tips from the day for residents:

1. Fire extinguishers will only put out a very small fire. If they don't work in 30 seconds, the fire alarm will be rung, and all of our residents should leave the house via the nearest fire exits, and meet in the car park, or go to their rooms, to await the Fire Brigade.
2. If the fire bell sounds, and keeps on ringing, please do dial 999 or press your red buttons. The fire brigade would rather hear from several people, than not know what is happening.
3. If you are the first to ring 999, you can help the fire brigade by telling them exactly where we are (on St Clements — not on Rectory Road) and that there are normally 10 residents here. You can let them know that we have a "stay put policy" so everyone will be in their rooms.
4. Never ever use the lift, in case of fire, to go up or down.
5. If you are waiting in your room, and the fire bell is ringing, you can press your red button again to talk to someone, and find out what is happening. It's not a good idea to open your door to look outside to see what is happening as that can let smoke in.
6. Old furniture and curtains can be a problem too. Any chairs or furnishings belonging to Abbeyfield have been designed not to give off fumes. If you have curtains, a chair or mattress which you have brought to Abbeyfield with you, which does not have a label like this on it, you can and should ask house staff to spray it for you with protective spray. We will be coming around soon to see you all, if we haven't already done so.
7. Just three deep breaths of smoke filled air is enough to cause you serious health problems, and to make any rescue much harder. Keeping the door to your room firmly closed, if there is a fire, and putting a damp towel along the bottom of a door can help to keep smoke out of a room. You have to avoid the temptation to open your door and peep outside to see what is happening. Press your red button instead or phone the kitchen on 240474.
8. Residents are welcome their door open during the day, and it should stay open on its own, without a wedge in the way. If the fire bell rings, the door will then close automatically, to keep you safe. Residents should not ever prop their doors open with anything which keeps them open, as if the fire bell went off, the door could not close. If your door does not stay open as you want it, do ask and we can see if we can help.
9. If, like me, you like to use an electric blanket, it should be tested once a year to make sure it's safe. We will be happy to help you to arrange for a test.
10. Finally, just to let you know, if we ever do have to evacuate the house, the Vicarage next door has kindly agreed to provide us with soft chairs and cups of tea, there whatever the time of day or night, until we can come back home again.



Thank you Bruce and Helen!

So, have you heard of Personalisation?

Services for older people are sometimes criticized for treating all older people as if they have identical needs and wishes. At Abbeyfield, the tradition of small communities, the belief in speaking with each resident individually, and of consulting each resident has always been at the heart of what we do. As people age, we know that they have many things in common but also continue to have individual needs and circumstances. It's not always easy to strike the balance, trying to ensure that everyone has their say, that we provide facilities suitable for everyone, and make sure that everyone has the opportunity, to have a quiet word in someone's ear, if there is something on their mind, but it's something we work hard at.

Shortly our residents will all receive a copy of the revised Residents Handbook, which sets out what they can expect at the Abbeyfield Oxford Society. We look forward to working with residents to keep on adapting it and keeping it up to date, and as informative as possible.

Early this autumn, several of our trustees attended a meeting looking at how the policies on "personalisation" may affect those who receive benefits, in the future. Personalisation is a word you may hear if you apply for any benefits in future. The aim is for people who need support from the benefits system to have a little more flexibility and say in what their benefits are spent on. Jo or Hester Hand, our trustee who works for the Citizens Advice Bureau, will always be happy to assist you, if you feel that you may need more support financially from the state to live here. We can help you by looking online, on the computer, to see if you are entitled to further support, or we can arrange for a benefits assessment meeting with the experts, for further advice. Please do call Jo, on 790439, completely confidentially, if you would like to know more.

Worried about anything?

Who can you talk to? If anything is worrying you, or there is a problem in the house, please remember that you can always have a quiet word with any of the staff, Trustees, or even Age Concern, now called Age UK You might want to talk in our residents meetings once a month, or have a quiet word in between meetings. We are always happy to listen and to try to help.



0800 169 6565

What to do in an emergency:

If you ever find water dripping through your ceiling, if the central heating, lights or hot water decide to stop working, or if a member of staff fails to arrive to cook your meal, please do telephone Jo or one of the Trustees/committee. The telephone numbers of all of the committee are on the notice board outside the kitchen and they have all agreed to be contactable in an emergency.

If your problem is not urgent, but you feel you need help, you are still welcome to call one of the committee who will ask someone to visit you and discuss non-urgent problems as soon as possible.

If you do need to call the committee, please remember to keep your call business like and to the point. We are hugely grateful to our Trustees who are all volunteers, and all committed to making the Abbeyfield Oxford Society a safe and happy home for us all.

If you ever need help from outside Abbeyfield, Age UK (formerly Age Concern) have a helpline on 0800 169 6565 offering advice on your rights, and benefits, or just a sympathetic ear.