

Parkland View Extra Care scheme 2022

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Operational Board 22 September



Introduction

My report this month focuses on some of the excellent work completed at Parkland View Extra Care scheme. I've added a few photographs as they help to illustrate the difference that the activities make to the residents of Parkland View.

The housing management team at Parkland View extra care scheme are based in the onsite housing office working directly with customers from 8am-7pm Monday to Friday.

Following the removal of Covid restrictions around gatherings, social activities have been reviewed and refreshed with a greater emphasis on encouraging resident led activities.

March 2022

In March 2022, Postural stability instruction sessions started; these are chair-based exercise sessions aimed at reducing the risk of falls and promoting independence. Derby Homes part funded 20 sessions.



May 2022

In May the Derby Homes team at Parkland were proud to be successful in their application to achieve the Dignity Award from Derby Safeguarding Adults Board. The National Dignity in Care campaign encourages people to register as dignity champions, there are already over 1000 in Derby and Derbyshire. Dignity work is about practical changes that can be made to improve the experience of the people accessing services. This is the second time we have achieved the award, it's valid for 2 years and underpins the ethos and approach of staff at Parkland view.

A free Mindful Arts and Crafts sessions started in May in partnership with Derby Adult Learning Service (DALs), all equipment and materials are provided to residents.



Also in May, residents and staff from Parkland View participated in Derby Walking Festival with a bespoke walk for wellbeing on Darley Park. Through the partnership with the Derby Book Festival Shared Reading team, residents were treated to open air poetry readings next to the river.



June 2022

In June, I was delighted to be invited to celebrate the Queen's Jubilee with residents at Parkland view. There was a party on the patio with party food provided by the onsite restaurant and musical entertainment provided by a very talented resident. Derby Homes funded a selection of outdoor games and additional gazebos for shelter. It was a fantastic day, enjoyed by all.



June 2022

Also, in June residents decorated paper doves through our links with Art Core (a local visual arts charity) and contributed to the Peace Dove Installation displayed at Derby Cathedral.



Activities at Parkland

There are ongoing activities throughout the year to maximize the use of communal spaces at Parkland View. Shared Reading Sessions (through our partnership with the Derby Book Festival Shared Reading team) take place fortnightly and encourage residents to reminisce through literature and poetry.



Activities at Parkland

Weekly Chaplaincy Sessions are ongoing with our Chaplain Kate from St Peters Church and at Easter there was a special service for residents in the lounge.



Residents facilitate weekly Bingo; the sessions are the most popular activity at Parkland View.



July 2022

In July residents started to facilitate indoor bowling.



Resident Forum

The Residents Forum meets monthly so that residents can have their say on the issues that matter to them. This could be about the services they receive, ideas for future activities, fundraising or campaigning. We use a variety of methods to share information with residents: through letters, meetings, the minutes of the Forum distributed to all residents, the new digital notice board in reception and the comments, compliments and suggestions slips and post box in the communal lounge. Some recent comments from residents include:

“Everything is good, a very nice place to live.” “Friendly and helpful staff.”

“Good activities. You’re always calm and supporting. Always ready to listen. We honestly have nothing negative to say (we’d say it if we did!). Thank you for being you.”

“Derby Homes staff are very good; they always have time to listen to us. They are proactive in helping residents in all activities and in garden-
ing on the patio. The staff are friendly, only bad thing is that they are not here are weekends.”

Resident allotments

The patio area has developed in 2022, due to demand we have provided more raised planters this year. Residents are using them as mini allotments, growing flowers, fresh fruit, and vegetables. Residents attending the Mindful Arts and Crafts sessions have an ongoing project to make a memorial garden and are collecting shells and painting pebbles with inspirational and memorial messages.



Royal Voluntary Service

This year we reached out to the Royal Voluntary Service in Derby when they lost the rented rooms that they used for their weekly lunch club for older people living alone in the local community. They had been managing by microwaving frozen meals as they didn't have proper cooking facilities. We now host their lunch club weekly in the restaurant at Parkland View side by side with residents and they are served a freshly cooked meal.

Local Vocals

We are exploring working with the Local Vocals, a community choir in Derby. We know that listening to or engaging in music – for example, by singing – can help people with dementia develop and maintain relationships with others and improve their wellbeing. It can help people to express their feelings and ideas, verbally and non-verbally and act as a prompt for reminiscing. The first taster session is planned for September this year and we are hoping that this will develop into a regular activity.

The aspirations for Parkland View extra care scheme can only be achieved by working in partnership. The ultimate outcome is that we have less people moving into long term care and more remaining independent in their much loved homes for longer.