

The CRAMOND TIMES

May 2024



Foreword

From Ross Bijak
General Manager
Cramond Residence

As we have moved into Spring and the days are becoming lighter the shift of energy in the world changes as it does within us too. With the lighter warmer days our residents will always gain a significant benefit. Spring is a welcoming, warm and pleasant change from those gloomy days.

We can indulge in activities, breath the fresh air, experience sun thus feeling rejuvenated and refreshed. The burst of spring colours in our environment helps to combat stress. The residents will take more exercise outdoors to boost mental health and physical strength. The natural source of the much needed Vitamin D, the sun will be supportive for all during the next several months.

If you are like myself you are very much planning and organising the summer trips and holidays, a study in Amsterdam highlighted that the highest levels of happiness reported by all vacationers came during the eight weeks prior to going away, meaning that the participants experienced more pleasure while planning their holiday than during or after it.

We will be hosting our annual summer fête in August, which the residents have chosen the Hawaiian theme this year. The utilisation of our summer house will be in full force where both residents and families can relax and enjoy those Scottish summer days when they arrive.

Along with the exciting days and plans ahead we are continuing with our dementia support and training drive with the Virtual Dementia Tour returning in early May which provides individuals an experience of what dementia might be like by using specialist equipment and creating a simulated environment. Individuals will be expected to carry out simple tasks during the tour and will be able to empathise with challenges that people living with dementia may experience. We have reached an impressive in house training statistic with 84% of our the current employees having being trained in the promoting excellence skilled level of dementia and the aim is to have this statistic reach over 90% by the end of the summer.

I wish both you all and your loved ones a happy and pleasant summer and the remainder of 2024.



Birthday Wishes!



We would like to wish both Johari & Aadd a magical 5th birthday! You may remember in our last newsletter that Cramond Residence are sponsoring both children to help with their education. Our residents have sent birthday cards and present boxes - we hope they enjoy!

Ways to get in touch



Visit us
49 Cramond Rd North,
Edinburgh, EH4 6NQ



Call us
0131 366 1064 and our friendly
reception team will be able to
assist you



Email us
Enquiries@cramondresidence.co.uk



Scan to contact

Congratulations to Louise Howie, the winner of our 'Rename the Newsletter' Competition!



Let's Get Physical



At Cramond Residence, we recognise the importance of a supportive environment in fostering rehabilitation and overall wellness.

Physiotherapy at Cramond Residence isn't just about rehabilitation, it's about holistic care designed to enhance wellness and independence.

In partnership with **Balanced**, Edinburgh's premier physiotherapy providers, we offer an all-inclusive package of treatments and exercises tailored to each resident's needs.

Upon admission, all residents undergo an initial assessment to determine the best approach for their rehabilitation and physiotherapy journey. From there, they receive personalized care, including 45 minutes of private physiotherapy and one group exercise session per week. These sessions, conducted in our dedicated gym and physiotherapy treatment room, focus on promoting mobility, flexibility, and overall well-being.

The benefits of our physiotherapy package are numerous. Residents experience improved health, activity levels, and independence, while enjoying the social element of group exercises. The weekly sessions not only enhance physical fitness but also boost general well-being, instilling confidence, and a willingness to explore new activities with fellow residents.

Physiotherapy plays a crucial role in managing various health conditions, including dementia and post-operative recovery. Our collaboration with **Balanced** ensures access to a full range of effective and enjoyable exercises tailored to all capabilities. From strength training to fall prevention, our residents receive comprehensive care from a team of experts dedicated to their well-being.

At Cramond Residence, we recognise the importance of a supportive environment in fostering rehabilitation and overall wellness. Our dedicated gym and treatment room are equipped to meet the unique needs of older adults, providing a safe and comfortable space for residents to thrive.

Our physiotherapy offering is not just about getting residents back on their feet, it's about empowering them to live their best lives, with confidence and vitality. Through personalised care, expert guidance, and state-of-the-art facilities, we are committed to enhancing the health, happiness, and independence of every resident at Cramond Residence.

CRAMOND TEASER

We thought it would be interesting to compile a small general knowledge quiz with questions reflecting the varied professions our residents have practiced.

Law	The collage of justice was founded in Scotland during 1532, what is it known as today ?
Medicine	Edinburgh university was the first to create what type of training unit in the late 1950's ?
Politics	Who was the first Scottish first minister ?
Architecture	Which Scottish architect designed the Bank of Scotland building on The Mound ?
Philosophy	Which Scottish philosopher wrote the wealth of nations in 1776 ?
Sciences	Which famous Scottish scientist won the Nobel prize in 1945 ?
The Arts	Which famous Scottish king is the main character in a Shakespearean play ?
Commerce	Who was Scotland's first Billionaire ?

Cramond Residence is full of Spring chickens



“For people living with dementia, caring for a pet can be a source of comfort and joy, offering them a meaningful sense of purpose.”

The idea, hatched by Elaine, head of our lifestyle team, saw us welcome seven eggs which stayed in the residence for 10 days.

All our residents were equipped with everything necessary to incubate eggs and welcome the chicks into the world, allowing them to look after the new chicks for a short time before they are returned to the Incredible Eggs team.

The project was made possible as part of an initiative with Incredible Eggs, who aim to educate and preserve wildlife by offering hatching kits to schools, nurseries and care homes.

We caught up with Elaine after the chicks had hatched and here's what she had to say :

“This was an amazing experience and all the residents loved handling them and seeing them run free in the library, we had a group of residents watch a chick hatch, they said it was a magical experience.

For people living with dementia, caring for a pet can be a source of comfort and joy, offering them a meaningful sense of purpose.

When we became aware of the hatching kits at Incredible Eggs, we just knew was the perfect activity to bring to the home and

I'm so happy to see how much joy it has brought the residents.

We've had a great experience previously with bringing animals into the residence. Activities such as our therapy sessions have been of real benefit to our residents and always create a buzz in the home.”

This is just one of many mental and social wellness-boosting activities that residents at Cramond Residence can enjoy as part of its lifestyle programme, which frequently organises various creative activities.

As dementia specialists, we know the importance of providing dementia patients with a sense of purpose and achieves this, in part, through the various animal-care projects it provides.

Incredible Eggs, which has been running for more than 10 years, ethically sources all its hatching kits, ensuring that both the animals and their carers can get the most out of the conservation projects.

Egg-citing news.....

we have duck eggs arriving on the 11th June - stay tuned for updates in our next newsletter!*



My 9-to-5. We caught up with Lynne Walker

Lynne Walker has been an integral part of our Cramond Team, as Resident Care Compliance Co-ordinator, Lynne ensures that the high quality of care we provide at Cramond on a day to day basis is always maintained. Here is a snap shot of what she gets up to on a typical day!

Where do you call home ?

Originally hailing from Cowdenbeath in Fife, I've called Edinburgh home since 2015, embracing the vibrant energy of this city.

My day starts with:

My day kicks off with a flurry of activities, from planning and conducting training sessions on everything from Moving & Handling techniques to Nutritional Support. Weekly rendezvous with the Deputy Manager form a cornerstone of my schedule, where we delve into compliance matters and streamline documentation to bolster our care team. A stroll through the residence for our weekly walk-around audits ensures our commitment to excellence remains unwavering.

My main responsibilities are:

At the heart of my role lies the support I provide to both management and our dedicated care team. From accompanying residents to appointments to occasionally fetching prescriptions, no task is too small when it comes to ensuring their well-being. Collaborating with the technical support team ensures that our staff remains well-trained and up-to-date.

I got my job:

Since 2020, I've been part of the team at Cramond Residence, initially as a Team Leader. Last year, an exciting opportunity arose for a role that sought someone to leverage their experience to elevate the standards of care at Cramond. Intrigued, I stepped into the new position of Resident Care Compliance Coordinator on a trial basis. The management's response was overwhelmingly positive, and I've since settled into this role with a sense of humility and purpose.

The best part of my job is:

The most fulfilling aspect of my job is utilizing my skills to guarantee that our staff receives comprehensive training, ensuring that our residents receive nothing short of the finest care and support. Working across all clinical teams now affords me the chance to forge connections and offer assistance to staff and residents alike, irrespective of their shift schedules or floor assignments.

My most memorable career moment is

Reflecting on my career, the standout moments undoubtedly revolve around navigating through the challenges of the pandemic. Witnessing the unwavering dedication of the entire Cramond Residence team, from management to frontline caregivers and beyond, as we upheld rigorous infection control measures to safeguard our residents, remains etched in my memory.

After work I...

After a fulfilling day's work, I retreat to unwind at home, catching up on the day's events through the news. Finding solace in the tranquillity of my garden, I often indulge in holiday planning, eagerly anticipating trips to my caravan in Ayr or venturing abroad to my beloved sanctuary in Paphos, Cyprus—a place I dream of retiring to someday.

If I wasn't (current profession), I'd have been...

Had I not pursued my current profession, I might have embarked on a career in electrical engineering. Straight out of school, I immersed myself in the electronics industry, contributing to the assembly of TVs for Phillips and even dabbling in missile technology, where I played a role in crafting the contour unit for AMRAAM missiles.

What's the best piece of career advice you've been given?

Over the years, I've been fortunate to receive valuable career advice, but one nugget of wisdom consistently resonates: "Work hard and stay true to yourself." It's a mantra that has guided me through the twists and turns of my professional journey, reminding me to remain steadfast in my values and convictions.



Residents having the thyme of their lives in the Cramond Garden...



Here at Cramond Residence we have a lot of green fingered residents, that's why we spend so much time investing and maintaining the garden Grounds! Our Residents take great pride in the garden, suggesting plants they would like to see in the summer months. We work closely with Jerry, the Cramond Residence Gardener from Down to Earth. Jerry is an integral part in keeping the garden in shape and was involved from day one in the layout and planting of the garden.

The garden is planted with beautiful Perennial plants, trees and shrubs, such as Hollyhocks, Coreopsis, Gaillardia, Geum and Aquilegia.... to name a few! The beautiful colours that change throughout the season are always commented on by residents and visiting friends and families!

An introduction of a residents herb garden has caused quite a stir, with enthusiastic residents putting forward their suggestions for what we should grow! This years herb garden currently includes sage, rosemary, thyme and coriander. Once grown, our kitchen team incorporate this into their weekly menus. We are all hoping to enjoy the fruits of our labour!

This year sees us also growing our own sunflowers for the first time, each resident has planted a seed and we will await to find out who has grown the tallest sunflower!

With such keen gardeners amongst our residents, we are having our very first garden open day, scheduled for August, Jerry will be giving our residents, families and friends a guided tour of the flower beds and to share his knowledge on all things horticultural! We would love for any keen gardeners to join us and will keep anyone that is interested updated in our newsletters of the date in the coming months.

As well as beautiful flowers, we have the welcomed edition of the Cramond Residence summer house, perfect for taking in the garden all year round, our summer house has heating and comfy chairs so it can be enjoyed all year round. We can even host get togethers, afternoon tea and parties in our summer house, for more information, speak to our team.



With our garden nearing full bloom we are all hoping for an exceptional summer!

Meet Xander Proud, our new team member!



Xander is currently studying medicine at Glasgow University, he is also an integral part of our bank care team, gaining valuable experience in the care sector. Here is his story.

What initially drew you to volunteer at Cramond Residence, and how has this influenced your medical career aspirations?

In 2019, I was looking for somewhere to volunteer, for my Silver Duke of Edinburgh Award, and chose to volunteer in a local care home, as I was interested in exploring Medicine as a career choice. I chose to volunteer at Cramond Residence because of its lovely environment, and the staff were very helpful with organising my volunteering hours and planning things for me to do. Volunteering opened up an opportunity for me to work afternoons on weekends during my last year of school as a care assistant at Cramond Residence - and I really enjoyed it. It was this job, the qualities I gained from it and the experiences I had that really helped me to stand out in the interviews for Medical school, and ultimately I received offers from 3 universities.

How do you balance the roles of bank team member and medical student? What strategies help manage these responsibilities?

Cramond Residence has offered me excellent flexibility in order for me to be able to work alongside my degree. While studying at Glasgow University, I don't work, but being a member of the bank team has meant that I can pick up shifts when I am home, and in my holidays. I think that studying Medicine has taught me the importance of good time management, which means I can plan when I work with when I revise, and still have time to meet friends and do nice things with my family.

Have your experiences as both a volunteer and team member influenced your patient care approach?

Absolutely. Working with elderly residents, and in particular residents with dementia, helped me practice two qualities that are imperative to a medical student: empathy and patience. It might sound cliché, but there is no better way

to learn or practice empathy than to actually spend time with people who need it. And I think the more time you spend being compassionate and patient, the more it becomes second nature to you. In the first two years on my Medicine course, patient exposure is limited, so working every now and again at Cramond Residence helps to develop these core characteristics earlier on.

What are the challenges and rewards of working at Cramond Residence alongside your medical studies?

Working alongside my studies is rewarding because I watch myself become more confident and professional, work better with a team, and then see these improvements reflect in real time at university. As well as this, making a positive impact on resident's daily lives helps me feel that I've chosen the right career path. I just wish I had the time and location to work at Cramond Residence during my term times!

What key lessons have you learned from the Residents, and how have these impacted your career path?

One key lesson I've learned from residents is how important communication is. Making sure a resident has understood you correctly, and making them feel comfortable or confident not only helps solve problems and overcome barriers, but also improves your relationship with them. I know that my communication skills have improved vastly since working with Cramond Residence, and I can see how that helped me in my degree, for example when taking a history from a patient. And the importance of creating good relationships is also reflected in Medicine - forming a good relationship with a resident helps you better understand their needs, in the same way that a good patient-doctor relationship will always result in a faster, more accurate solution with the patient leaving feeling heard and satisfied.

What advice would you offer to someone thinking about merging education with practical experience in a healthcare setting?

My advice would definitely be to give it a shot! For me, working at Cramond Residence helped me to feel confident that a career in healthcare was the right choice. For others, it might help you realise that it's not the right direction for you, and that's ok too! But surrounding yourself in a working environment is a great way to see what you enjoy, or don't, and what aspects interest you more than others. No matter the outcome, you're bound to learn more about yourself and develop some skills that will stick with you in the future.

Investing in our Team - Food safety standards

Here at Cramond Residence we have taken proactive steps to ensure that all staff members are well-equipped with the knowledge and skills necessary to maintain food safety standards. By investing in our Head Chef's training to become certified to deliver Food Safety training in-house, the residence has not only provided greater flexibility in scheduling but also demonstrated a commitment to upholding high standards of food hygiene and safety.

Training staff in various aspects of food safety, from handling deliveries to serving food, is crucial for ensuring the quality and safety of meals served to residents. By empowering the Head Chef to deliver this training, we have created a sustainable system for ongoing education and compliance with food safety regulations.

The decision to have our Head Chef gain an Advanced Food Hygiene Diploma accredited by "The Royal Environmental Health Institute of Scotland" showcases a dedication to excellence in food safety practices. Additionally, the external assessment by The Royal Environmental Society of Scotland ensures that the training provided meets the necessary standards and that staff members receive quality education in food safety protocols.

We take huge pride in prioritising the well-being and safety of our residents by investing in comprehensive food safety training for all staff members. This commitment to excellence is commendable and reflects positively on the residence's dedication to providing a high standard of care.

Meet one of our volunteers



We sat down with Roz Hopkins, one of our lovely companion volunteers here at Cramond Residence, who visits the residence each week to have a sit down and a chat with our residents, here is her story.....

I consider myself to be a very caring person, but above all, I pride myself on being a good listener. Engaging with the lovely residents at Cramond Residence has become a cherished part of my life. Their stories, each unique and shaped by diverse backgrounds, captivate me.

My journey into volunteer visiting began long ago, sparked by my experience with my own mother's time in care. For four and a half years, I visited her daily, witnessing first-hand the importance of companionship in such

settings. As her dementia progressed, our conversations dwindled, but my desire to connect with others only grew stronger. It struck me that many residents lacked regular visitors, or worse, had none at all. They'd often remark on my mother's luck in having my constant presence.

After losing my mother twelve years ago, the idea of becoming a volunteer visitor lingered in my mind. Yet, I hesitated, unsure if I possessed the confidence required. Time passed, but the desire remained dormant until, at eighty years old, I finally took the plunge. I realized age was no barrier to making a difference.

Joining Cramond Residence over fifteen months ago marked a turning point in my life. Each weekly visit fills me with anticipation and purpose. Witnessing the smiles that light up residents' faces brings me immeasurable joy. Knowing that I can brighten someone's day makes every moment spent here profoundly rewarding.

Welcoming new residents with a friendly hello and introduction has become a tradition for me. It's a small gesture, but one that sets the tone for the meaningful connections I hope to foster during my time here.



And Relax....

New Sensory Room coming soon.

We are excited to announce that we will be opening our new Sensory Room on the first floor in early June.

Designed to be the ideal space for residents to relax, have some quiet time and for small group gatherings, we have ensured that our new sensory room is as relaxing as possible, particularly for those living with dementia.

A safe haven for when residents want to escape for some well earned relaxation.

We will have more updates in the coming weeks.

Dinner party anyone?



If you have a birthday, anniversary or just fancy a get together with your nearest and dearest, we can help you celebrate!

Our fine dining room, located on the second floor can cater for up to 10 people, you'll be able to choose from a selection of starters, entrées and desserts – or if you wish, we can create a bespoke menu to meet your needs.

If you fancy something a little less formal we have our Afternoon Tea, served between 1.30pm - 3.30pm complete with sandwiches, savouries, scones & cakes.... if you have room for more why not stay for our High Tea served daily between 3.30pm - 5.30pm - offering a wide

selection entrées and a selection of freshly made mini desserts and cakes.

With the summer upon us, we also have our Summer House in the beautiful garden grounds that we can cater for up to parties of 6.

If you need any more information or would like to book a celebration, speak to our reception team who can provide further details.

PS - No time to bake a cake? Baking not your thing? Don't worry.... help is on hand at Cramond.... we can make celebration cakes! Just speak to our reception team!



Food for thought..... new menus!



Our residents have spoken, we have listened and we now are pleased to announce our new menus which we hope will cater to all tastes, consisting of some firm favourites such as lentil soup and jam roly poly, we have also introduced a selection of brand new dishes, such as Greek pork souvlaki with tzatziki (marinated pork in oil, lemon, oregano & honey) and Thai coconut chicken with mango.....hungry? We are!



Our menus are on a four week rolling basis with a selection of different dishes each day - ask our reception team for a copy of our full menu.



Cramond's new maintenance trainee



We are pleased to welcome a new addition to our maintenance team, Logan Hart, he has started as our new trainee.

Logan will be working through our trainee program under the supervision of Roy [a very welcome recent addition to our team] and myself. He will gain a grounding in building services, fire safety, water safety and H&S compliance. All these subjects will combine and allow Logan to pursue a career in Facilities Management.

Prior to joining Cramond, Logan gained experience working with various tradesmen and this generated an interest in building services. Whilst working at Cramond he will expand his knowledge base in various trades, allowing him to make a more informed decision on his career path.

Logan has a strong connection to Cramond through his mum Kelly. Kelly is one of our nurses and felt Cramond would be the Ideal environment for developing Logan's skill set.

Outside of Cramond, Logan has varied interests and likes to keeping fit, he enjoys looking after his younger brother and sister when his mum is at work and has a keen interest in boxing.

Dates for your diary

12th May
International Nurses Day

8th June
Open Day

16th June
Father's Day

20th June
Summer Solstice

24th June
British Flower Week

Flying the flag

We have 24 nationalities making up our team at Cramond Residence

- | | |
|-----------|-------------|
| Belgian | Philippines |
| British | Polish |
| Fijian | Portuguese |
| French | Romanian |
| Gambian | Spanish |
| German | Swedish |
| Hungarian | Tanzanian |
| Indian | Thai |
| Irish | Trinidadian |
| Italian | Ukrainian |
| Nigerian | Vietnam |
| Pakistani | Zimbabwean |

100 years young!



Our lovely resident Meta turned 100! Meta spent her day celebrating with residents and family who all enjoyed a special afternoon tea accompanied by accordion and fiddle musicians.

Reconnecting with Heart: Building Strong Connections at Cramond Residence

By Daniela Zampieri



After the COVID-19 pandemic, it became evident how crucial it is to maintain meaningful relationships, particularly in elder care. At Cramond Residence, we are committed to rebuilding and strengthening these vital connections. We ensure residents stay in touch with significant people and places.

The pandemic highlighted the necessity of close interactions in care settings. Following new Scottish regulations, we prioritize maintaining these connections, even during outbreaks, by supporting visits from designated visitors. These guidelines are integral to our commitment to enhancing residents' lives through continuous personal connections.

We have taken significant steps to safely allow visitors, recognizing the importance of these meetings for residents' emotional and mental well being. Each visit is not just a

conversation, it's an essential link that supports social and emotional health.

We also encourage residents to visit cherished places and people. These outings revive pleasant memories and foster their independence and personal identity, bringing joy and vitality to our community.

In this new post-pandemic world, Cramond Residence is a place where connections are not only maintained but are also celebrated and nurtured. We are proud to provide an environment where every resident can thrive, surrounded by love and close personal ties.

Our doors are open, and our hearts are ready to welcome everyone important to our residents. Here, every connection is cherished, and every reunion is celebrated. Join us in supporting our cherished residents to live their best lives, filled with meaningful relationships.