



# The CRAMOND TIMES

October 2024

## Foreword

From Daniela Zampieri, Deputy Manager, Cramond Residence



Dear residents, relatives and team,

We had a fantastic summer filled with lots of fun activities. From the thrilling Wimbledon finals to our own Olympic-style games and sunny Sports Day, we all had a great time together.

Residents also enjoyed a lovely trip to Dalkeith Country Park and had tea at the café. The “Adora-ble Dora” show at the Fringe Festival was a big hit, bringing back many wonderful memories.

I'm sorry I missed our Summer Fête this year, but I heard it was incredible, especially the Hawaiian-themed celebration. Thanks to everyone who participated and made it a success.

*As we move into the autumn season, we are excited to bring in new and exciting ideas to make living here even better. We are working closely with the Lifestyle and Care Teams to offer more activities every day, available in both the morning and afternoon on each floor. This ensures there is always something interesting to do, tailored to your preferences.*

We are all about creating meaningful experiences and with the help of the residents, their families, and our Care Team, we are planning even more great activities. We have also started a ‘Meaningful Activities Champions’ program to bring some of these great ideas to life.

We are continuing with the Virtual Dementia Tour as well, which has been really helpful for our staff and families in understanding more about Dementia. The feedback has been very positive.

Thank you to everyone, from our teams to our families, who have helped make all these events and projects successful. Your support is incredibly valuable.

We hope you enjoy reading about these stories and feel inspired to share your own stories and photos with us.

Looking forward to enjoying this autumn with you and seeing what new experiences we can create together!

Warm regards,

Daniela Zampieri, Deputy Manager.



## Dates for your diary

10<sup>th</sup> October  
World Mental Health Day

11<sup>th</sup> November  
Remembrance day

28<sup>th</sup> November  
Thanksgiving

30<sup>th</sup> November  
St Andrew's Day

## 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



# We had 'aloha' fun at our annual Summer Fête



On August 24th we held our annual garden fête and this year we went for a Hawaiian theme. Planning started three months prior and all departments in Cramond were fully involved in the preparation to ensure it was enjoyable for our residents and their families! Our team were just as excited as our residents for the party.

We had colourful Luau's for everyone and were joined by DJ Puckles (AKA our Team leader Amy Brown), who did a fantastic job in engaging all the residents as well as friends and families in attendance.

We were joined by *Dhol Drummers* who created an exciting playlist and it was safe to say that they really got the party started, by the end they had everyone up

clapping and singing – we hope to see the Drummers return to Cramond very soon!

As well as the entertainment and tasty food, we held a tombola to raise money for Age Scotland, a charity close to our hearts at Cramond. We are proud to announce we raised a grand total of £551. The tombola prizes proved really popular, and we had some very excited friends and families who won afternoon tea at Harvey Nichols, John Lewis Vouchers and a Virgin Experience voucher.

Thank you to everyone who attended- we are counting down to next year's summer party already!



## Scottish 10km run



Billy and Niki had a great day out at a recent fun run held in Musselburgh, proudly representing Cramond in t-shirts sporting the CR logo. The annual run offers a chance to race along the scenic East Lothian golf coast and take in the beautiful surroundings.

Billy and Niki put in a strong performance, finishing with a respectable time of 1 hour and 5 minutes. While it may not qualify them for the next Olympics, they are ready to champion Cramond in the next 10km challenge!





# CALM at Cramond

Here at Cramond Residence we aim to maintain a calm and supportive environment, which is essential for the well-being of both residents and staff. One effective approach to achieving this is through CALM (Crisis and Aggression Limitation and Management) Training. This training equips our care professionals with the skills to manage challenging behaviours compassionately, fostering a safe and positive atmosphere for everyone involved.

Residents in care settings often face significant stress and vulnerability. The CALM training, which we deliver in-house by our Train the Trainers Dominika Slizeswska and Lynne Walker, promotes an empathetic approach, ensuring that residents feel understood, respected, and cared for, even during difficult times. Working in care environments can be challenging, especially when supporting distressed individuals. The CALM training we deliver provides our care team with the confidence and competence to support such situations, reducing stress and enhancing job satisfaction. It is designed to help care professionals prevent and manage crises involving aggression or extreme behaviour by emphasizing de-escalation techniques - aiming to diffuse potential conflicts before they escalate. When situations do require physical intervention, CALM provides safe and respectful methods that prioritize the dignity and safety of the individual and the staff member involved.

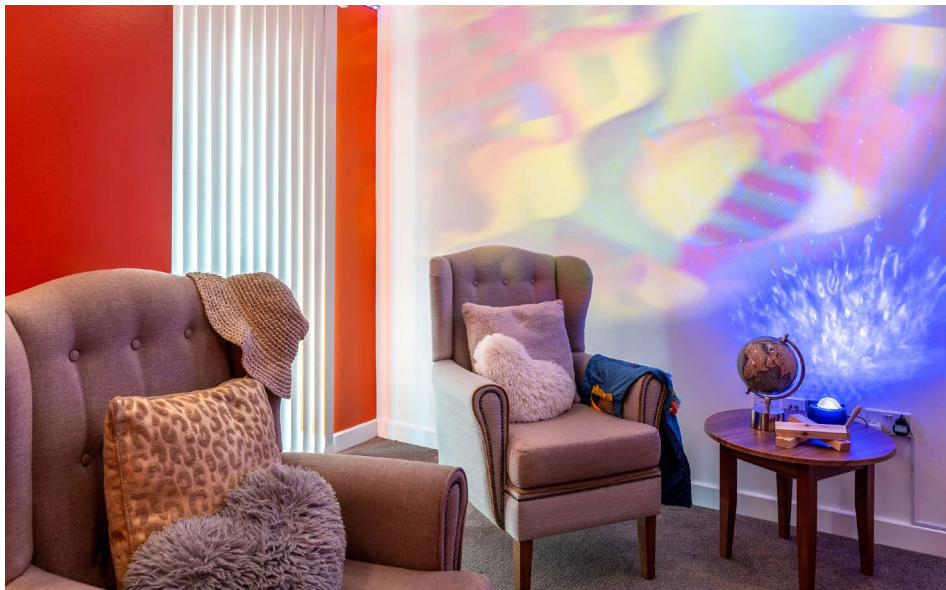


The CALM Training that we provide our staff is tailored to address the specific situations they may encounter. Scheduling ongoing refresher sessions ensures that they remain proficient in CALM techniques and are prepared to support situations effectively. Here At Cramond Residence, we aim to ensure CALM Training is part of the broader effort we maintain when providing a culture of compassion and respect within our care environment. Continuous evaluation is key to the success - we regularly gather feedback from staff, review incident reports and make necessary adjustments to ensure the training remains relevant and effective in our care setting.

By investing in this training, we at Cramond Residence can reduce incidents of aggression, enhance the well-being of residents, and empower our staff to provide the highest quality of care. A calm, compassionate care environment benefits everyone involved, leading to better outcomes and a more harmonious workplace.

# Sensory Room

We have unveiled our new Sensory Room here at Cramond Residence! We don't need any excuse for a celebration, so we decided to have a grand opening complete with tea and celebratory cakes! The new Sensory Room was opened by one of our long-term residents who resides on the same floor. Rae was so thrilled to be asked, we invited her family along to share in this memorable day on the 21st of June 2024. Rae did the honours by cutting the ribbon and said a few words, residents were also invited to join in the celebrations with a tea party.

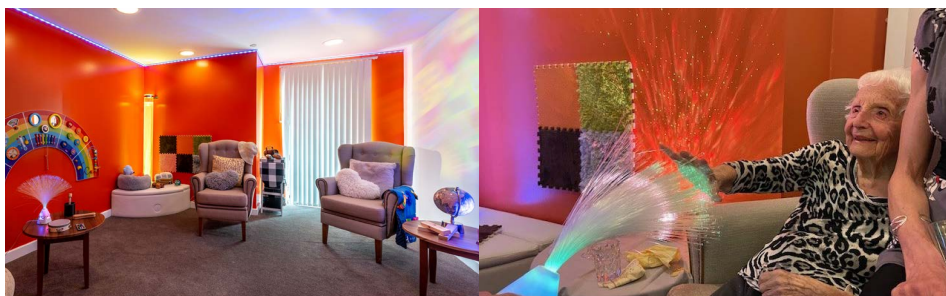


The new sensory room includes a bubble tube and textured tiles which they like to feel. A favourite of the residents is the fibre optic lamp, which changes colour. It also acts as a speaker which we use to play calming music.

The intention behind the Sensory Room was to create a calming, gentle and safe space for residents to sit on their own or with a small group and relax in the tranquillity of their surroundings.

Studies show that Sensory Rooms can help improve mood and reduce agitation for those living with dementia, we felt this was a vital space we required for our residents.

The Sensory Room took 7 months to complete and is now used on a daily basis. Most importantly, the benefit of having a sensory space to engage with residents is most definitely a worthwhile addition to our home!



## Meet Jodi, Care Assistant



“I began working at Cramond Residence for my 2nd placement via Napier University for Mental Health Nursing. During my course, I have to complete 7 weeks of learning experience, so I contacted Cramond Residence who luckily had an opportunity for me to complete my work experience with the nursing team. Throughout my 7 weeks placement I gained valuable experience which has also helped me whilst studying for my Mental Health degree.

I thoroughly enjoyed my time at Cramond, so much so that when my placement came to an end, I approached Ross, General Manager, to see if there was a permanent position available. I am now a Care Assistant and I am loving every minute of it! The Cramond team are so supportive and welcoming, I have met some lovely people through my time at Cramond Residence- the residents always have interesting stories to tell and I like to think I am enhancing their stay by being a part of the team!”



# Difficult decisions



*The decision to move into care isn't always straight forward, it can be an extremely emotional and stressful time, especially when you are selling and moving out of your home or possibly leaving a loved one behind. Our dedicated and compassionate team at Cramond Residence ensure that your transition is as easy as possible. Here is Georges' story, he has been with us for just over a month and is very much enjoying the 'mouth watering' menus and spending quality time with his wife, Elizabeth. However, it has been an anxious time for George who has had to make some difficult decisions along the way...*

"We were lucky enough to have a lovely south facing patio flat in Comely Bank which was a unique Victorian style that I had renovated from scratch. We spent many wonderful years living there. My wife was then admitted to Cramond Residence two years ago, I missed her terribly and shortly after that I made the tough decision to move out of our home into an assisted living retirement property. I was well looked after by nurses who visited me daily but very much missed my wife and would visit her as much as I was able. Unfortunately, as time went on, I felt I was too old to drive which meant visiting my wife became extremely difficult. A temporary solution was a respite stay at Cramond Residence for one week every month, it meant I could see her on a daily basis and not have to worry about transport, care or meals – it was all taken care of!

My wife has just celebrated her 90th Birthday, and it really made me realise that time spent together is really precious, I had a few sleepless nights about what my next step should be.

Luckily, by a twist of fate four days after my wife's birthday, I received a call from Ross, General Manager, to say that there was a room available and would I be interested. Ross understood the difficulties I had about visiting Elizabeth and wondered if it would help alleviate a lot of my worries. It's safe to say, I didn't think twice! I have now been at

Cramond Residence for just over a month and I am thoroughly enjoying the delicious food and being looked after by the wonderful care team.

Cramond also arranged for a few special items of furniture from my flat to be moved into my new room – it feels very homely, but above all else, I get to spend quality time with my wife on a daily basis."



## Introducing Emma Stubbs



*Emma Stubbs carried out her 7 week placement whilst studying Nursing at University. Here is her experience....*

“Prior to making the decision to study nursing at university, I always wanted to experience working in a care home, so being given a placement at ‘Edinburgh’s Finest Care Home’ was very exciting for me. Although I wasn’t employed at Cramond, I got to experience the routine, responsibilities and roles of those who did. By the end of my 7-week student nursing placement

I had gotten to know the environment, staff and residents at Cramond and after discovering that I could apply to get on the staff bank, I was eager to start the process right away. I knew before moving to Edinburgh that uni life would be expensive and didn’t want my parents to be my primary source of income. However, getting a job as a nursing student is difficult in itself to approach due to the heavy workload and being required to complete hundreds of hours in different nursing environments. This is why getting myself on the bank just made sense as I didn’t have to commit to working a set number of days a week, which would make it difficult to balance with my university work and social life. Instead, I select my desired shifts/hours and can take on as little or as many shifts as I like.

I settled into my role as a care assistant relatively quickly thanks to my placement and was grateful to be supported by all the staff I worked alongside. Despite now working at Cramond Residence and no longer being placed here for learning purposes, I know I will continue to be supported by staff throughout my degree, which I greatly appreciate.”

## George travels the world!

*George has travelled around the world - all from the comfort of Cramond!*

George Hutton, who is one of our long-term residents here at Cramond, enjoys spending time on his Oculus 2 VR headset which was gifted to him from his daughter. As he spends a lot of time in his room this keeps him entertained as there is a wide variety to choose from.

George was intrigued to get one after reading about a study online by Plymouth and Stirling University. A gentleman named Fred took part in a *GOALD* (Generating Older Active Lives Digitally) project as he had lost his lower body strength, like George, but was able to use his upper body strength while sitting down and found he could enjoy kayaking through the Antarctic.

When we asked George what his favourite thing to engage with on VR was, he said ‘everything’ as there is so much choice. George recently logged into YouTube and experienced a magical train journey around St. Moritz in Switzerland, he also uses the Tripp Meditation everyday which provides a lot of variety. George also recommends Blue Planet where you can explore caves, canyons and hills... he’s even enjoyed VR Cinema!

George has had his VR for a few months now and uses it daily. It is proving very popular with the staff as they visit him on a regular basis to have a chat about his experiences and have a go themselves. George thoroughly recommends VR and would like to thank his daughter as it’s the best present he has ever been given!





## Eileen's road to recovery

*Eileen Crawford recovers from major surgery with support from her team.*



As an integral member of our nursing team, Eileen is back to work post hip replacement. She was cared for by the Cramond Team as she decided to stay with us and experience for herself the post operative care packages we offer. We caught up with Eileen to get her thoughts on the experience...

*"With more than 43 years of nursing experience, I have spent a lot of time on my feet and unfortunately over time, I started to get arthritic pain in my hip which got worse over time, so I took the decision to undergo a hip replacement.*

*When I told my team at Cramond that I was going in for a hip replacement they immediately offered to help with my post operative care and obviously I didn't think twice!*

*Following my operation at the Spire Hospital, I was collected by my colleagues and I had a week inclusive stay at the residence which included physiotherapy and wound care before I went home. It was lovely to be cared for by the team, and I got to experience for myself the wonderful service and facilities on offer - not to mention the excellent physiotherapy I received too!*

*Although I am in the industry, I was still very anxious about my surgery but knowing I would be cared for at Cramond did help alleviate my concerns, it felt like a home from home.*

*I am now back at work and pain free - the support I received helped me get back on my feet sooner than expected! I am enjoying Pilates, and have started cycling in the Gym in the hope that I can progress to a real bike in the next 4 - 6 weeks."*

## Meet our new Head of Sales and Marketing



*Many of you will already have noticed a new face around the Residence. Let us introduce you to Richard Annan, who is our new head of Sales and Marketing. Bringing a wealth of experience to Cramond Residence, we are excited to welcome Richard to the team!*

With a marketing career spanning 30 years, Richard has since spent the last five years working for some of the UK's largest care providers working in a number of homes across the country, building an impressive track record.

Now, Richard's key focus is enhancing the activities programme to ensure that all residents - especially those living with dementia - enjoy meaningful and stimulating experiences. Keep a close eye on our monthly activities planner,

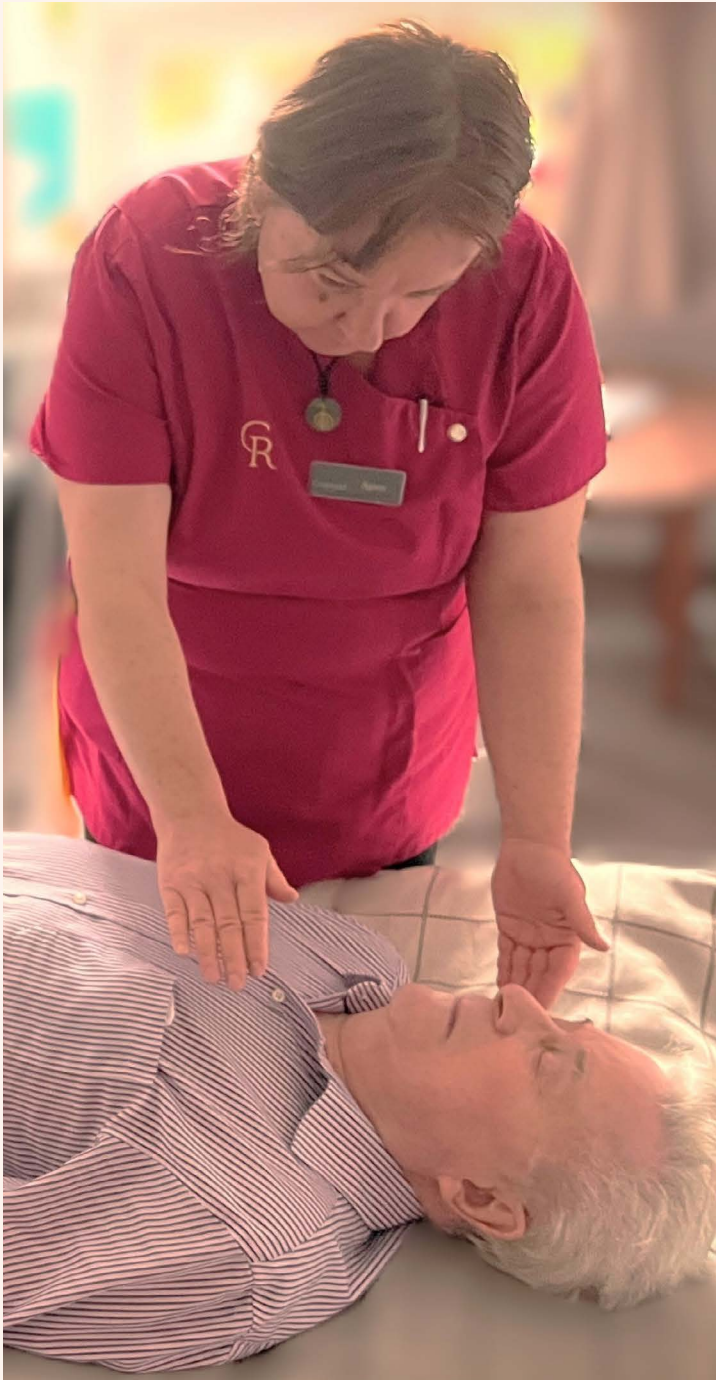
we have some exciting new activities arranged!

Outside of work, you'll find Richard on the golf course or catching up on all the latest sports results! Harris, his Cavapoo also keeps him busy on a weekend... we are hoping Harris may make an appearance at the residence too!





# We are all feeling very 'zen' at Cramond with our Reiki therapy offering!



Reiki Therapy is an alternative medicine that can activate the body's natural healing processes and restore physical and emotional well-being. This therapy involves channelling energy into the patient through touch or by hovering hands above the body, which promotes healing by rebalancing the body's energy flow. When supplemented with other holistic therapies such as crystal therapy and aromatherapy, Reiki Therapy intensifies the body's energy flow and supports effective healing. It is widely used worldwide, including in medical settings like hospitals and hospices, to complement traditional health treatments. In addition to promoting relaxation, stress reduction, and symptom relief, Reiki Therapy can inspire feelings of warmth, tingling, and calmness during and after sessions. Overall, it is a rejuvenating therapy that can improve the health and well-being of individuals of all ages.

During a typical Reiki session, the space is infused with essential oil scents to help open up the body's energy centres. The Reiki therapist begins by assessing the patient's current well-being and obtaining consent for the therapy. By using crystal therapy, practitioners either let the patient choose a crystal or select one themselves to place on the patient's body. The patient then lies down or sits comfortably in a relaxed position while the practitioner gently places their hands on or over specific areas of the body. The practitioner follows specific hand positions that correspond to different areas of the body and aspects of emotional and physical health. After the session, patients often feel relaxed, at peace, and sleepy. Some have reported feeling warmth in their body or even having visions as if the weight on their body and soul has been lifted. It's not uncommon for patients to fall asleep during the session.

Did you know that we offer Reiki Therapy sessions at Cramond? Agnes, who is part of our Lifestyle Team, provides regular weekly Reiki Therapy sessions to 6 residents.

The feedback we have received has been very positive and our residents feel very relaxed after their session.

Keep up the good work Agnes!

*Interested in a Reiki Session - speak to our Lifestyle Team who can organise this for you!*