

# The Eckling Grange News

Autumn 2011

Cheryl Illingworth has been a Trustee at Eckling Grange since 2010. Below she tells us a little more about herself.



Cheryl is pictured with her husband David at Wembley Stadium

What a pleasure it is to be a small part of Eckling Grange, as one of the trustees. I became involved through Rev Jenny Taylor (St. Nicholas Church in Dereham), who many of you will know, as she also lives in one of the bungalows.

I am originally from North Nottinghamshire and my professional background is a scientific one. Whilst in my early twenties I left Nottinghamshire where I worked in a Biochemistry Laboratory and went to work in Weybridge in Surrey. I have worked for many years in the Pharmaceutical Industry, working on a number of different clinical development projects investigating diseases such as cancer, heart disease and various bone related conditions. I was very lucky in being able to travel extensively whilst managing a Clinical Operations Department, visiting places in Europe, America, Australia and India.

Following this, I decided I wanted to change direction and focus on charity work. Initially I started in Surrey, being a co-ordinator in a Volunteer Agency, placing volunteers into different charities, hospitals etc. Additionally, I was a trustee at the local Caring of Carers charity, where I also acted as the fundraiser and I also organized Parenting Courses for facilitators on behalf of the Mothers' Union.

My husband, David and I then moved to Norfolk and invested in both a house in Yaxham and a little Westie, called Bonnie. I assumed the role of Action and Outreach Co-ordinator for the Mothers' Union – focusing on community projects and working with the diocese and the police to raise awareness of Domestic Abuse and then more recently I've become involved at Eckling Grange

## CQC Inspection

In September (while Irene was on holiday) we received an unannounced inspection from our governing body CQC.

The Inspection centred on 5 Outcomes from the new Care Standards, around the Care Home and Domiciliary Care in the bungalows. Documents and records were examined but the inspector spent most of her time observing and talking to Residents and Staff.

We are very pleased to say that CQC were very happy with all that they found and their report is now accessible to the public on both CQC and our website. If you don't have access to a computer and you would like to see the report, please ask in the office.

Again, we would like to thank the many staff who have helped towards the results of this report.

## Gods Protection and Timing

During the summer God has protected us in two very dramatic ways. In July we had a kitchen fire in the bungalow of Alf and Jean Entwistle. Although there was considerable damage to the property, both Alf and Jean were able to escape safe and well.

Now they had no home, but firstly the guest bungalow was available for them with the beds already made and we also had a bungalow available which they could then move into for the next two months.

If that wasn't enough, on the 3<sup>rd</sup> August we then suffered a major lightning strike which took out most of our alarm systems. There was also damage to the roof and several minor electrical and computer issues. Again through all of this there was no fire or anyone injured.

The trustees would like to thank everyone who went beyond the normal call of duty in both of these events.

## Many new faces move into the bungalows

During 2011 we have seen many new (friendly) faces move into the bungalow complex. So far this year 10 new residents have moved in, with 1 more to come at the beginning of December.

In April Paul and Nesta Volle moved into B49 from Italy where they had served the Lord for many years.

In May Mr Peter England moved into B5 from Heacham. and in June Mrs Marguerite Parkinson moved into B52 after living in Dereham for several years.

During July Richard and Ann Knowles moved into B56 from Scotland and Mrs Ann Parker moved into B13 from a lot closer to home, in Gressenhall.

In October Mrs Hilary Gill moved into B35, Hilary has lived in Dereham for many years and then most recently Ralph and Emily Canham moved into B26 from Wendling.

Lastly this year Mr Eric Swann will move into B7 at the beginning of December.

Please make everyone feel welcome and at home.

## Keeping up with the training

Over every twelve month period training is always a topic which a lot of time and effort is spent on. Keeping all of our staff up to date with the many topics which need to be covered is always a challenge. This year is no exception and during the summer many staff have been refreshing their memories with the subjects of First Aid and Basic Food Hygiene.

23 staff have completed Emergency First Aid training over the summer with the majority doing a one day course. 4 staff also completed a three day First Aid at Work course.

The majority of the catering staff and many of the Care Supervisors also completed the Level 2 Award in Food Safety in Catering.

Well done to everyone.

## Guy Fawkes Celebration goes off with a touch of magic



On November 3<sup>rd</sup> Richard and Wilma Oliver came to entertain 60 plus residents from both the home and the bungalows at our annual Guy Fawkes Celebration.

As well as being a Musician and Trustee of Eckling Grange, Richard is also a budding Magician. He impressed the residents with a variety of tricks and at times also had the help from a residents Granddaughter.

Wilma on the other hand is a professional pianist and brought a touch of class to a fun time together.

## Christmas Events

As we approach the Christmas session we have an extensive programme of events lined up, starting on the 23<sup>rd</sup> November with Class Act and finishing with the Staff around the Christmas tree on the 23<sup>rd</sup> December.

Come along to as many as possible.

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