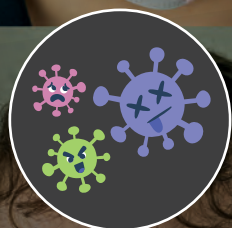


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Welcome

to this latest edition of the Grapevine.



It is hard to start any introduction without talking about Coronavirus. The pandemic has dominated our lives for over 16 months now and, while more and more people are fully vaccinated, we are once more in a situation of large increases in infection.

Our first priority has always been to do everything we can to help keep people safe. Whether that be you, our customers, or our dedicated colleagues. Crucial to this has been ensuring that as many colleagues as possible are

vaccinated. Over 85% have now received both doses of the vaccine and we're working hard to achieve as close to 100% as possible.

As restrictions have been lifted we are actually increasing some measures, as we enter unknown territory. Most of our infection control measures will remain in place across our services and sites for some time yet. I hope that you can understand the need for this and I thank you for your ongoing support.

Away from Covid, we have just agreed a new strategic plan for the organisation, which you can read more about on page 4-5. This plan sets out our focus for the next three years and, importantly, includes a new set of values by which we will work.

In the coming weeks we'll be launching our new customer engagement scheme called 'Together with Customers'. Key to this work will be hearing from you about what matters most to you. There'll be lots of ways to share your views and you can read more about our plans on page 6.

Finally, summer has arrived, gardens are blooming, and I hope you are finding the time to get out and enjoy the sunnier days.

Oona Goldsworthy
CEO at Brunelcare

CORONAVIRUS UPDATE

The Prime Minister has announced what the final stages of 'unlocking' from Coronavirus restrictions will look like.

From **19 July** many of the measures that have been in place will be lifted, including:

- ✓ **no limits on social contact**
- ✓ **1m-plus rule removed**
- ✓ **no legal requirements for face coverings**
- ✓ **limits on hospitality venues will be lifted**
- ✓ **limits on life events, such as weddings and funerals, lifted**
- ✓ **no limits on people attending concerts, theatres or sports events**

What does this mean for Brunelcare?

While the Government has announced that most limits will be lifted, Brunelcare will be keeping a number of measures in place for the time being. We're doing so because cases in our local communities have been rising, and we want to ensure that we're doing everything we can to help keep our customers and our colleagues as safe as possible.

IN CARE HOMES:

Limits on the number of named visitors will be lifted, but we may still need to manage the number of people who can visit at any one time. Testing and personal protective equipment (PPE) will still be required.

IN OUR EXTRA CARE AND SHELTERED HOUSING SCHEMES:

We encourage all tenants and residents to continue to maintain social distance, to wear a face covering when in close proximity to others, and to keep spaces well ventilated.

IN THE COMMUNITY:

You can expect our home care workers to continue wearing PPE.

For full details of local measures, please contact us in the usual way. We will keep all measures under regular review and will update you as and when changes are made.

WE THANK YOU FOR YOUR UNDERSTANDING.

Orchard Grove photography project



Ota Havlik, reablement worker at Orchard Grove, recently unveiled an incredible portrait photoshoot of the Orchard Grove team, giving them a chance to showcase their

emotions through decorating their own face masks. Completing the project over three weeks, Ota set up a makeshift studio in the gym to photograph his colleagues, with each person decorating their own masks to show their creativity. After editing the photos, he created a digital booklet and had it professionally printed to give each person their own copy.

Ota said: "I was really positively surprised by how many of my colleagues joined in the project and put their time and effort into decorating their masks. I think it was a hugely welcome change from the daily routine for everyone involved."

Brunelcare: Our Future

We're delighted to be launching a new strategic plan for Brunelcare. The plan sets our direction for the next three years and the outcomes we're aiming to achieve for our customers.

Our experience of Covid-19 has highlighted many of the inequalities in our society. It has reminded us of the importance of 'home', it has brought communities together, and it has shone a light on the enormous contribution made by social care.

Our planning has had to adapt to these changes, and the resulting outcome measures, mission, vision, values, and aims, are all designed to help guide us as we adapt as an organisation.

Our Mission:

To provide person-centred care, housing and support for later life. To do this we will embrace new partnerships, and engage with our communities, to achieve better outcomes for all.

Our Vision:

Later living that makes the most of every moment.

Our Values:

- ✓ We are positive and passionate
- ✓ We are caring and kind
- ✓ We are diverse and one team
- ✓ We go the extra mile
- ✓ We act with honesty and integrity

1

A PLACE TO CALL HOME

Whether we're helping our customers to retain or regain their independence at home, to return home, or to live well in one of our homes, we believe **everyone should feel comfortable and safe wherever they call home.**

Our customers have told us that it is important for them to be able to say:

- I have a place to live I am proud to call my home
- I have a home in which I feel safe and secure
- I have a home that gives me long term stability
- I feel financially comfortable living in a Brunelcare property
- I have a home where I am warm and comfortable

2

THE RIGHT CARE AND SUPPORT

Achieving the best possible outcomes means **putting our customers at the heart of everything we do.** By understanding each person's needs now, and anticipating how they might change, we'll work with our colleagues, customers and our partners, to provide the care and support that's right for everyone.

Our customers have told us that it is important for them to be able to say:

- Receiving care and support from Brunelcare enables me to live an independent life
- I feel healthier and happier due to the care and support I receive
- I feel that my dignity and privacy are always respected when I receive care and support
- I have peace of mind knowing I will be cared for should my needs change
- I feel reassured knowing there is always support and assistance when I need it

3

A GOOD QUALITY OF LIFE IN THE COMMUNITY

We aim to **help our customers achieve the best possible quality of life**, so that they can make the most of every moment. Whether it's through the services we provide directly, or by making connections in their community, we want our customers to thrive and live life well.

Our customers have told us that it is important for them to be able to say:

- Brunelcare helps me to feel safe and welcome in my local community
- Living in a Brunelcare property enables me to have the social life I want

Our History:



Brunelcare was founded in response to a crisis, the Bristol Blitz. Over 80 years later, we have again faced a crisis like never before. We look forward now with hope and positivity. Our new strategy will help us chart our course in the years ahead, for the people we serve, for our colleagues and for our communities.

THANK YOU

to the customers, colleagues, and partners, who helped develop this strategy.

‘Together with Customers’ HAVE YOUR SAY

We’re delighted to be launching Brunelcare’s new customer engagement scheme: ‘Together with Customers’.

A key part of the scheme will be creating a ‘Together with Customers Charter’. The Charter will be a list of commitments from Brunelcare which you can hold us accountable for. It will include commitments about how we work, how we communicate with you, and how we involve you in the delivery of our services.

To create the Charter we need your help!

We’d like to hear your views on a range of different topics, including:

RELATIONSHIPS:

Do you feel we always treat you with respect?

COMMUNICATION:

Is the information you receive from us always clear and understandable?

VOICE AND INFLUENCE:

Do you feel you have a ‘voice’ and do we listen to you and take your views seriously?

ACCOUNTABILITY:

Do you feel we are accountable to you for the decisions we make on your behalf?

QUALITY:

Can you expect good quality from us?

WHEN THINGS GO WRONG:

If things go wrong, what can you expect from us to put things right?

ANY OTHER SUBJECTS WHICH MATTER TO YOU:

Are there other topics which matter to you?



SHARE IDEAS

FIND OUT MORE AND HAVE YOUR SAY

Throughout the summer and early autumn of this year, we’re planning different ways for you to find out more and have your say.

We’ll be:

- ✓ Hosting events at all of our sites
- ✓ Sharing a customer engagement survey
- ✓ Holding focus groups
- ✓ We’ll also be available for individual conversations too

More details about events and ways to get involved will be promoted at our sites and on our website: brunelcare.org.uk/together-with-customers

To find out more about **Together with Customers**, or to share your views now, get in touch:

- ✓ Visit: brunelcare.org.uk/together-with-customers
- ✓ Email us at: together@brunelcare.org.uk
- ✓ Call us on: 07557 568 565
- ✓ Write to us at: Brunelcare Together with Customers, Saffron Gardens, Prospect Place, Whitehall, Bristol, BS5 9FF

You can also follow ‘Brunelcare’ on social media on Facebook, Twitter and Instagram.



Gaynor Powell, tenant at Woodland Court, has recently graduated after completing a six year degree.

Gaynor, 75, received her BSc (Honours) Open degree from the Open University in August 2020 after enrolling on a part-time course. She studied four modules of Social Science and two modules of Health and Social Care.

She studied for 20 hours every week, learning a range of topics including geography, history, economics, law, politics, psychology, sociology and anthropology. The topics showed Gaynor a different way of thinking, and she even adapted to a new way of learning when technology was introduced to the course.

Gaynor started attending virtual lessons and submitting assignments digitally, with her grandchildren helping her adapt to the changes.

Gaynor said: “My second grandson showed me how to send my work digitally and it just blew my mind because I’m so used to the classroom.

There were little hands to go

YOU’RE NEVER TOO OLD *to learn*

up, little crosses for when you weren’t speaking and the tutor would say ‘turn your video on,’ or ‘turn your voice on,’ it was such a learning curve. But now I look back and I think ‘Wow. I did that.’ And I was in my 70s, so you’re never too old to learn something new.”

After six years of learning, Gaynor completed her degree in August 2020 and looks forward to having a graduation ceremony, which was put on hold due to the pandemic.

Gaynor said: “I studied four hours a day, 20 hours a week, for six years. And it was just wonderful. The course challenged my view of life and made me question my views. As you get older you already have certain ideas, but the course opened my mind to new things and it was just great.

Some of the things I learned made me angry and quite emotional because I was experiencing emotions I’d never had before. The injustices and prejudices that people face, it brought it all to light. It blew my mind.”

Gaynor first moved to Bristol with her husband and two children in 1974, and attended Soundwell College to receive her O-levels. She later became a nurse, working

at various hospitals around Bristol before joining Frenchay Hospital as a paediatric nursing sister.

Frenchay Hospital paid for Gaynor to attend the University of the West of England to study Health and Social Care, and she was one of the first intakes to the course in 1992. The education she received from UWE gave her a love of learning, and she returned to education 22 years later to receive her BSc (Honours) Open degree.

When asked if she had any advice, Gaynor said:

“Do what you enjoy, because if you enjoy it then you’ll stick to it. I didn’t realise I enjoyed learning until I started. I wanted to go to university because my grandson did, but once I started I thought ‘Wow, what have I missed all my life? I missed this education?’ It’s never too late to learn new skills.”



Congratulations Gaynor!

Care Homes Update

Message from Sandra Payne, Director of Nursing & Care Homes



All of our homes and reablement centres have been through some difficult times in the last few months. Our teams, as ever, have gone the extra mile to ensure that residents and guests continue to receive tender loving, person-centred care.

Many Government changes have been announced relating to visiting care homes, and lots of hard work has been taking place to open our doors in line with the latest

guidance. It is lovely to have visitors back with us again and we can really see the positive impact of this on the wellbeing of people living in the homes.

With the summer months coming, our outdoor spaces will be used more and more, and many of our homes have lots of plans for gardening projects.

Thank you to everyone for bearing with us during restrictions on visiting, to the fantastic teams working in the homes and reablement centres, and the residents and guests who it is our privilege to provide care and support for.

Robinson House



We are gradually getting back to some sense of normality, welcoming back our much missed family and friends into our home.

We have held lots of fun activities over the last few months, enjoyed by residents and staff alike. At Easter time, our Homemaker, Hannah, dressed up as a chicken which brought a lot of smiles to our residents.

The residents have been very

busy making cupcakes and biscuits. We are now looking forward to the nicer weather so we can get out into the garden and enjoy the sunshine.

We are so proud of Jennifer Radford, one of our nurses at Robinson House who has just been published in the Nursing Times following an excellent piece she has written on the challenging times of Covid. Well done Jen! We hope this is the first of many.

Saffron Gardens

Currently we are welcoming back increasing numbers of relatives into the home as confidence in our testing increases and the general relaxing of Covid measures gathers pace, which is amazing to see. We are starting to get interest from both staff and relatives around giving all of our gardens a makeover, to make the space more welcoming and accessible for families to spend more time in over the summer.

We have also recently expanded our homemakers team, which now has the scope to support more with activities, and we have a regular monthly activities magazine to give to residents and families to let them know what is coming up in the coming weeks.

Care Homes Update

Deerhurst

What a year! We were delighted to welcome back our volunteers in May, whose first job was to upgrade the beach and make it ready for Summer. It looks amazing and even featured on the Brunelcare TikTok channel! We are excited to welcome back families and grandchildren, and to be planning mini adventures, canal boat trips and garden

events. We also welcomed back Nick Dewfall and our Boccia teams, and are planning our annual talent show - Deerhurst life feels almost normal again!

We would like to say a huge thank you to everyone, especially the families who have been incredibly supportive and understanding! Roll on the summer.

Little Heath

Summer is coming! After what has been a difficult year for everyone, the team have continued to go above and beyond. We have been able to adapt and provide activities and entertainment which have boosted both staff and guest morale. A highlight was Thai New Year. Thai members of our team wore traditional clothing, cooked traditional food and demonstrated a traditional dance!

Gardening has also been a highlight, we have big plans for our outdoor space to help with mindfulness. We are working towards making visiting easier for families and with the nicer weather coming outdoor visits will be a must. Our reablement centre has recently had visits from two former guests who came back to show us their continued progress - one guest who has been able to go back to work and visited us during their lunch break, and another who is now independent and looking for a new car!

Orchard Grove

We have had some challenging times over the past few months, but the team remains incredibly resilient and has been working hard at supporting our guests during their period of reablement.

Reablement worker Ota Havlik has worked on a few photo projects, such as black and white guest portraits and portraits of our staff in masks. The latter was made into a small book which was given to staff as an appreciation of their work.

We have started welcoming back visitors to the centre and this has been a massive boost to our guests' mental wellbeing, which is paramount during their reablement journey. We have enjoyed lots of gardening, baking, arts and crafts, games, films and the odd quiz session. We welcomed student nurses to the centre and feel proud that we have been able to contribute to their learning and development.

Glastonbury

Glastonbury are excited to welcome Edwin Jose as our new Care Home Manager. Edwin has been at Glastonbury care home for the past seven years, firstly as a nurse, senior nurse, and most recently as deputy manager.

In March, the home welcomed our first family visitors in 12 months. There was much excitement in the home as the residents were well and truly ready to see some new faces. The entrance of the home had a bit of a spruce up to welcome the relatives and they were welcomed with balloons and bucks fizz.

The hairdressers and podiatrist are now back in the home which has made the residents feel so much better, there is nothing like a good haircut to cheer you up. Jane, the hairdresser, is new to the home and felt like a new girl at school on her first day, but has settled in nicely and is enjoying pampering the residents.

Our next project is to revamp the garden to make the most of our British Summer. We are setting up a team of volunteers to assist us in this major task!

The minibus also went on its first outing on a mystery tour in our local area. Residents were very pleased to be out and about again.

Community Service Update

A Message from Michelle Caine, Director of Community Services



Hello to all, I'm struggling to believe we are now in summer and hope the terrible weather is behind us. Whilst we have all experienced a very strange year or so, we are now looking with some hope towards a "normal" life again.

As restrictions have been lifted slowly, I have had the joy of

seeing tenants and residents chatting with their friends, using the restaurant and attending activities, all with big smiles on their faces. It is lovely to hear the chatter and laughter in our sites once more.

To all our tenants and community clients I'd like to say a massive "thank you" for your support and understanding over the past year. To all our wonderful employees, you are amazing, thank you.

YOU ARE AMAZING, THANK YOU

Woodland



Woodland Court has now opened the restaurant, started activities and resumed the shopping trips. It was an emotional day for the residents being able to see each other at last.

With summer now upon us, residents have been enjoying lots of outdoor activities including quizzes in the garden.

Somerset

We are currently part of a year-long pilot of a new monitoring system, Miicare. Miicare provides support for an independent and healthy lifestyle by sending reminders to take medication, hydrate, and keep active. Our clients will wear a smart watch which monitors daily activities to improve life satisfaction and health outcomes, as well as providing companionship by connecting with family and neighbours e.g. through voice calls.

The system aims to improve safety through SOS alert methods, and detects behaviour changes by monitoring vitals. We are excited to be part of this pilot project and hope to see some benefits from using the system.

Community Service Update

Kingswood



We are pleased to announce our Kingswood office has now moved to Woodland Court!

We would also like to wish a Happy Birthday to Phyllis, who receives support from our community team. Phyllis celebrated her 100th birthday in April with a socially distanced garden party, and spent time with her loved ones.

She enjoyed visits from friends, family and our community team, who showered her with lots of cards and gifts - including a card from the Queen. Everyone had a lovely afternoon eating cake and enjoying a glass of bubbly.

When asked what her secret to a long and happy life is, she said "Family, friends, and a port and lemon!"

ABC Centre

The easing of restrictions has meant we are able to enjoy some normality around the building and tenants are able to socialise and enjoy time with each other. It was a real celebration when our restaurant reopened, with glasses of bubbly on arrival. We have also welcomed an admin volunteer who is supporting us with the additional workload that comes from Covid testing, this has been a great help to us at the ABC Centre.



Colliers Gardens



We are pleased to be welcoming visitors back into Colliers, which has raised the spirits of tenants and staff alike. Our restaurant reopening on 17th May went really well, many tenants attended and we kicked off the reopening with complimentary wine and sherry.

The gardening group are working really hard preparing for the Brunelcare competition, and activities are in full swing

with coffee mornings, arts and crafts, and watercolour groups.

In June, a knitting group will start up which will be organised by one of our tenants, and we would be grateful for any donations. If anyone has needles or wool they would like to donate, please email julie.walker@brunelcare.org.uk or call 0117 958 6336.

Housing and Property Update

help

When You Need It



Help When You Need It is funded by Bristol City Council and is for older people who live within the Bristol boundaries, are over the age of 55 years, and in need of support (including mental health and substance misuse issues).

There are two teams within this contract; the Health and Wellbeing team, who provide support to our current tenants living within our sheltered sites, and the Communities team, who provide support to clients living within the community.

There are three support tiers within this contract, and both teams play a vital role in the delivery of the 'Tier 2: Help When You Need It' services across the city. These provide targeted short-term interventions for adults with support needs that prevent and delay the need for longer-term reliance on formal services across adult social care, health and housing.

Examples of the support services provided by both teams are as follows:

- Supporting clients with mental health and substance misuse issues.

- Support with overall health and wellbeing, including managing physical and mental health, timely signposting to health and wellbeing agencies, liaison with social care
- Support following immediate discharge from hospital, and support to prevent readmission, such as health and wellbeing checks
- Support to identify access and maintain meaningful activities, and support to prevent loneliness and social isolation, such as timely signposting to local community and activity groups, befriending services, and support to keep in contact with family and friends
- Support with the development and promotion of skills required for maximising independence living in older age
- Support with aspects of maintaining tenancy, such as effective liaison with registered social landlords regarding tenancy issues or queries (i.e. repairs and maintenance).
- Support with maintaining the environment, including referral for adaptations and assessments, access to Assistive Technology and Gadgets
- Support with finances such as welfare benefits advice and signposting to Money Advice

Services (such as BCC's Welfare Rights and Money Advice Service – WRAMAS) and Citizens Advice.

Our team is passionate about providing support that promotes the dignity of people using services, and we make it a priority to find out what is important to our customers to help maintain dignity and respect while providing the much needed support to assist our customers to achieve their required outcomes.

Get in touch...

If you would like to make a referral to any of the services, please do get in touch with us.

Tenants, professionals, family members and friends can make referrals for our services and we can be contacted:

Communities Team

Email: hwynireferrals@brunelcare.org.uk

Telephone: 0117 428 1274

An online referral form can also be accessed via the Brunelcare website.

Health and Wellbeing Team:

Email: health.andwellbeing@brunelcare.org.uk

Housing and Property Update



WELCOME TO DAVE

We would like to give a warm welcome to Dave Bull, who started with us as the new Tenancy Services Manager at the beginning of May.

He has over 20 years experience in working in housing management for both local authorities and housing associations in Bristol.

Dave said: "I am really excited to be at Brunelcare. I'm looking forward to getting to know my colleagues and most importantly our tenants."

PREPARING FOR THE FUTURE

Preparing for the future is something we should all do, to give ourselves peace of mind and to make life easier for our loved ones.

It is essential to plan how your money should be handled in the event of an illness or death. Good planning will help ensure you and your family are aware of any costs that might arise.

When someone dies it can be hard to consider practical things, but making a will ensures your money, property, possessions and investments (known as your estate) go to the people and causes you care about.

Don't delay, it's easy to make a will and it will save your family unnecessary distress at an already difficult time.

FIVE REASONS WHY YOU NEED A WILL:

- 1** A will makes it much easier for your family or friends to sort everything out when you die – without a will the process can be more time consuming and stressful
- 2** If you don't write a will, everything you own will be shared out in a standard way defined by the law – which isn't always the way you might want
- 3** A will can help reduce the amount of Inheritance Tax that might be payable on the value of the property and money you leave behind

- 4** Writing a will is especially important if you have children or other family members who depend on you financially, or if you want to leave something to people outside your immediate family

- 5** You can also use your will to tell people about any other wishes you have, like instructions for your burial or cremation

What happens if I don't make a will?

If you don't make a will, you will die 'intestate' and your estate may not go to the people you want. There are special rules for how your estate will be distributed; these are called intestacy rules.

Housing and Property Update



NO MOW ZONES

Our Landscaping team - Landscape Services, will be taking a more ecological approach to gardening this year by rewilding at selected sites. Our residents at Cherry Tree Close, Eglin Croft, Emmanuel Court, Garden Close, Maple Close, Lea Croft, Lilac Close, Lindon Close, Longmead Croft

and Rowan Court will have an opportunity to reconnect with nature and watch mini meadows grow throughout Summer. Landscape Services will leave areas of grass unmown in a bid to encourage wildlife, from bees, bugs and birds and allow grasses and wildflowers to bloom.

ALL WIPEES

Our maintenance team and drainage contractor are increasingly responding to blocked toilets and the cause is largely wipes. Whether it's a wet wipe, baby wipe, makeup wipe, moist wipe, or cleaning wipe, they should all be disposed of in a bin. Wipes contain plastic resins and despite being labeled as flushable, can take up to 500 years to decompose. Combined with oil and grease this creates significant issues in the sewerage system.



REPORTING REPAIRS



Please report all repairs via 0800 072 6308 and not through the site teams. Our repairs co-ordinator, Michelle, will deal with your enquiry efficiently, ensuring you are informed, and she usually has a DIY tip or two should you need it!

FLY TIPPING

IS COSTING US £4,500 PER YEAR

The maintenance team spend around 14 hours per month clearing fly tipped rubbish from our sites and costs on average £4,500 per year to dispose of. This naturally puts pressure on the maintenance budget.

Bristol City Council will collect 1-3 items for £25 and 4-6 items for £50. If you use any other clearance company, please ensure that they have a licence and are insured to carry waste.

Volunteering Update



As the well-known saying goes, make some lemonade. But what if you don't like lemonade, are fed up with curveballs, can't be bothered to roll with the punches... then what?

Emotional resilience is something we've all had to practise with varying degrees of success. Perhaps something we also may not be so good at is trying something different when change is needed. If you're used to coping well, it's difficult to consider when that's no longer true.

Change is possible, and a fantastic place to start is with our volunteering. It's one of those amazing things that can be transformative whatever your involvement. As a volunteer, as someone who benefits from the time a volunteer gives, as well as friends, family and our Brunelcare colleagues. Offering ideas and suggestions on how and what we can do to support also makes a big difference to our approach.

Volunteering often suffers from negative perceptions. Being seen as a do-gooder can be off-putting, and accepting support can make someone

feel their vulnerability defines them. However, this diminishes the power of volunteering. It is a choice. A choice to give time or energy, a choice undertaken of one's own free will and a choice not motivated by financial gain or for a wage or salary.

Accepting or asking for support is also a choice, not a weakness.

Another fine choice to make is to share any of your ideas about how volunteering can improve our services, our everyday lives, our environment and communities. Giving time to become involved in developing these ideas will help us to create rich and diverse volunteering that embeds us into the community, into your community.

We will grow and develop our volunteering as a holistic practise that ranges in scope from the more formal, defined role such as our 'Friends on the Phone' initiative, to the informal, such as helping out now and again with community activity, coming up with a TikTok video, helping with fundraising or helping a neighbour when they need it. Our commitment to what we do will ensure that:

- ✓ Volunteering and participation is valued, supported and enabled
- ✓ Volunteering in all its forms is integrated and recognised
- ✓ There is an environment and culture which celebrates volunteers and volunteering and all of its benefits
- ✓ The places and spaces where we volunteer are developed, supported and sustained
- ✓ There are diverse, quality and inclusive opportunities for everyone to get involved and stay involved

We welcome you to play your part. Whatever your relationship with Brunelcare, our volunteering and community building has plenty to offer. So much more can be achieved together and often the simplest of things make the biggest difference.

FOR MORE INFORMATION

If you would like to find out more about any of our volunteering or community activities please contact Emma at volunteering@brunelcare.org.uk or call 07786 038 058

Care & Support That's Right For You

Brunelcare offers a range of housing, care and support services to meet your changing needs.

✓ Care Homes

We have 5 residential care homes across the Bristol and Somerset area. All provide purpose-built facilities, 24 hour nursing care and a range of activities to support your health and wellbeing. We are passionate about creating vibrant homes in which each individual can thrive whilst receiving the highest quality, award-winning nursing and dementia care.

✓ Extra Care Housing

Maintain or regain your independence within our extra care housing sites. We offer 1 and 2 bedroom self-contained apartments with dedicated care and support on site 24/7.

✓ Home Care

Receive regular care and support in your own home. We'll work with you to tailor care that meets your specific needs - whether that's simply help with personal care or preparing meals. Our hours will fit with your needs.

✓ Reablement

Reablement support is available if you have had a hospital stay, and need some help getting back on your feet for a few weeks.

✓ Respite & Day Centres

If you care for someone 24/7, we can offer specialist short-term respite care - either through our day centres or in your own home.

✓ Time For You

If you are a full-time carer for someone, you might be finding you need support with daily domestic tasks, or just don't seem to find the time to go out? You might be feeling lonely? By freeing up some 'me time' for you, this could also be a wonderful way to meet up with friends, access the local community and enjoy days out.

✓ Help When You Need It

Funded by Bristol City Council, this service is for those living in Bristol, who are over the age of 55 years, and in need of support (including mental health and substance misuse issues).

✓ Marigolds

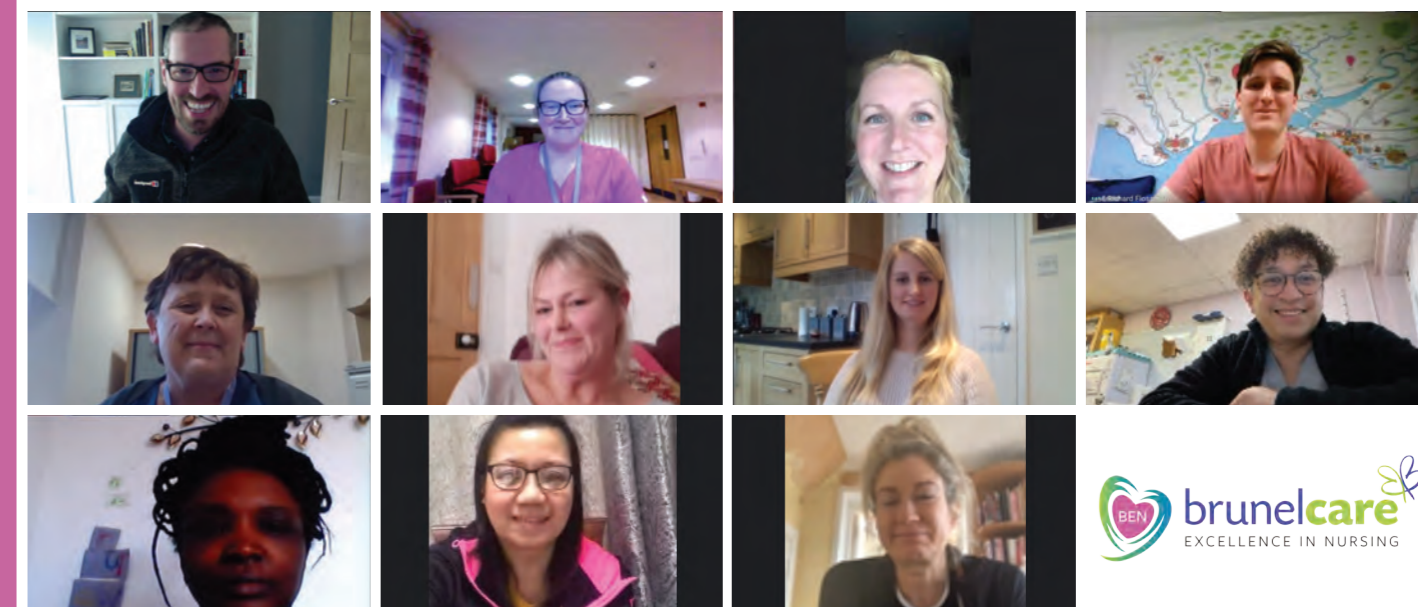
Get help with domestic tasks such as cleaning, gardening, laundry, dog walking or being escorted to appointments.

For more information about any of our services, please get in touch:

Telephone: **0117 914 4200**
Email: **info@brunelcare.org.uk**

brunelcare 

INTRODUCING THE **BRUNELCARE EXCELLENCE IN NURSING** PROGRAMME



In March 2021, we were delighted to kick off a brand new initiative: the Brunelcare Excellence in Nursing Programme (BEN).

The programme aims to recognise the extraordinary contribution of our wonderful registered nurses, challenging preconceptions around working as a registered nurse in social care while providing them with a range of fantastic and inspiring development opportunities.

Over the course of the last four months, the 12 members currently enrolled in the programme have attended five sessions, covering topics such as quality improvement, social media, organisational and national perspectives, and raising the voice of nurses in social care. The team organised three virtual meetings via Zoom before being able to hold their first in-person session in June.

They have so far enjoyed guest talks from a range of professionals such as Eileen Sheppherd, clinical editor from the Nursing Times, who discussed writing for publication, and Sam Sherrington, Head of Community Nursing at NHS England, who shared insights on her own quality improvement.

Each member will be participating in an individual project to help improve the quality of nursing care within the organisation, with topics including:

- ✓ Sustainability
- ✓ Medications management
- ✓ Infection control
- ✓ Reducing documentation duplication
- ✓ Developing a sensory environment
- ✓ Wellbeing
- ✓ Pressure ulcer prevention
- ✓ Catheter care
- ✓ Workplace recognition

Teresa Chinn MBE, who is leading the Brunelcare Excellence in Nursing programme, said:

"Brunelcare nurses do amazing things everyday, and now more than ever it's important that we promote and celebrate that excellence in nursing practice. The BEN programme aims to do just that. Over this year-long programme we aim to support registered nurses to make improvements in their own clinical settings, and really help them to share what social care nurses do far and wide."

FOR MORE INFORMATION

To find out more about the Brunelcare Excellence in Nursing programme, visit **brunelcarenursing.wordpress.com**

TENANTS PHOTOGRAPHY Competition

Are you ready to put your photography skills to the test with some Summer snaps? Our photography competition is back!

Our photography competition continues to run as a Grapevine exclusive competition, running on a seasonal basis. Each competition contains

new categories to fit that season, and the winner will be announced in the following edition. You will have plenty of chances to get creative!



CELEBRATION

A photograph that captures fun or joy, wherever you may find it.



SPORTS AND GAMES

A photograph that captures any form of sport or games, from a garden kickabout to a cup final.



A DAY IN THE LIFE

A photograph that captures how you make the most of life in your home and/or garden.



WILDLIFE

A photograph that captures anything from bugs to bees or finches to foxes in your garden.

First place winner from each category will receive a £25 Love2Shop voucher.

Certificates will be awarded to first, second and third place entries. Entries close on Tuesday 31 August and winners will be announced in the next edition of Grapevine.

ENTRY CRITERIA

- All entries are to be received by Tuesday 31 August 2021
- Only one entry per person per category can be submitted
- This competition is open to all Brunelcare customers
- By entering the competition, entrants agree to the use of their names and photographs in any subsequent publicity undertaken by Brunelcare.

ENTRIES

Entries can be sent via email to our Marketing Assistant, Katy Westaway, at katy.westaway@brunelcare.org.uk. Be sure to include in your email what category you have entered, your full name, site and a contact telephone number.

Good Luck

TO ALL ENTRANTS TAKING PART!

EPIC Summer SALAD

INGREDIENTS:

- 400g black beans, drained
- 2 large handfuls baby spinach leaves, roughly chopped
- 500g heritage tomatoes, chopped into large chunks
- ½ cucumber, halved lengthways, seeds scooped out and sliced on an angle
- 1 mango, peeled and chopped into chunks
- 1 large red onion, halved and finely sliced
- 6-8 radishes, sliced
- 2 avocados, peeled and sliced
- 100g feta, crumbled

- handful of herbs (reserved from the dressing)

For the dressing:

- large bunch mint
- small bunch coriander
- small bunch basil
- 1 fat green chilli, deseeded and chopped
- 1 small garlic clove
- 100ml extra virgin olive oil or rapeseed oil
- 2 limes, zested and juiced
- 2 tbsp white wine vinegar
- 2 tsp honey

METHOD:

- 1 Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.
- 2 Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.

SUDOKU

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				6				
	8		9	1	5		2	
	4		7		1		5	
				9				
				4				
	6		4	2	8		7	
7	9			5			1	8
2				7				4

ANSWERS

4	3	6	9	7	1	8	5	2
8	1	8	5	3	9	6	7	4
5	7	6	8	2	4	3	1	9
7	6	3	2	5	4	9	8	1
2	4	1	6	9	8	5	7	3
9	4	2	7	3	1	8	5	6
6	8	7	1	6	5	4	2	3
5	3	8	6	9	2	7	4	1
1	5	4	3	1	6	8	7	9
9	6	5	7	8	3	1	2	4

WORD SEARCH

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

CAN YOU FIND THESE WORDS?

- HEAT
- HOLIDAY
- HUMID
- PARK
- SANDALS
- SPADE
- SUMMER
- SUNHAT
- SWIM
- TRAVEL



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(Extra Care Housing & Sheltered Housing)
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We invest in people Standard

Registered as a charity (201555) and
Regulator of Social Housing (LHO269)

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