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A warm welcome to Emma Gwynne

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WIN £50 of gardening vouchers



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Six top tips to look after your wellbeing

Jim's amazing recovery story

How he survived the Coronavirus



A huge thank you

*Working together as
one amazing team*

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Welcome to Grapevine



Our whole world has tipped upside down over the last few months. Rather than hugs we have to stay apart. We haven't been able to see our loved ones, whether that is grandchildren or grandparents. We've 'closed down' rather than our normal instinct to 'open up'.

Covid-19 has changed us forever and for a few critical weeks we really feared for how far it would reach. And it did reach into our care homes. Sadly six residents did not survive and I pay tribute to them all, Lena, Toni, Donald, Alfred, Geoffrey and Michael. They aren't statistics to us, but real people who were part of our Brunelcare family. Eight residents

who contracted Covid have made a full recovery and for that we are truly grateful, (Jim's story is on page 3). Fortunately it appears that we have no new cases now since April. We have finally got the testing we needed as well as all the PPE (at a cost!).

So for now it's about recovery. How can we learn from this and make sense of it? If there are positives I would say that the goodwill in our communities, which we have seen in offers to help, with befriending, shopping, and volunteering, have really kept us going. We've welcomed over 100 new colleagues to work with us in social care and we want to keep them.

But it won't be good enough to just keep quiet and return to normal. The impact of Covid-19 on social care and care homes has been too significant for that. So we'll be shouting loudly for a new deal for social care, for better funding, higher status and career opportunities and most important of all, better wages for our hard working colleagues.

Thank you to all of you who have supported us, been patient and shown our residents and carers kindness. We appreciate it.

Oona Goldsworthy
CEO at Brunelcare

Jim's amazing RECOVERY STORY



Jim, a resident at Robinson House Care Home, managed to beat Coronavirus at the grand age of 78. Jim has lived at Robinson House for a number of years and is also from the local community in Stockwood.

Thankfully, Jim is now fighting fit after beating the virus, however in May, Jim was severely unwell and was admitted to hospital with a bad chest infection, alongside other Covid-19 symptoms. Jim automatically thought the worst when he was told he was Covid-19 positive.

Jim said: "I was taken on a ward with other people who were diagnosed with Coronavirus, it was a very scary time and I did think, 'well that's me done for!' I felt very unwell indeed, the virus is similar to the flu but makes you feel much worse. I was worried I wouldn't see my family or friends again as I know how serious contracting the virus was, and how it was affecting older people."

Jim said that the ward at the BRI Hospital was busy but also very sterile. The doctors and nurses did an amazing job in caring for

him and the other patients on the ward.

Jim said: "I kept asking if I could go home to Robinson House, but the doctors and nurses told me I couldn't return home until I was fitter and had more strength."

After two-days in Hospital, Jim was finally told he was able to return home to Robinson House. Even though he was still Covid-19 positive, Jim was barrier nursed in his room until he got the all clear.

Jim said: "I was so thrilled to be home. It's a lovely place at Robinson House and the employees are just marvellous. The nurses and carers who took care of me in my room were so great and luckily no one else was affected by Coronavirus due to my return."

Jim is now fit, healthy and has made a full recovery from the virus. He has said he's feeling in 'tip top condition' thanks to the nurses and carers at Robinson House.

Christine Halleron, Robinson House Care Home Manager said: "I couldn't be more proud of Jim for staying strong and fighting off the virus, he's such a dedicated individual and is very loved by all at Robinson House. I want to take this opportunity to also thank my passionate team for their help, care and support that Jim was offered during his barrier nursing. I couldn't be more proud of Robinson House. Welcome home Jim, it's great to have you back!"

Good News.. Post from Poppy



Poppy, five, has been spending her evenings and weekends during the Coronavirus lockdown creating 48 personalised crafted gifts for the residents at Saffron Gardens.

Realising that elderly people may feel more isolated today more than ever, Poppy volunteered her time to create letters and drawings for each and every single resident at the Care Home.

Poppy said: "I wanted to do something nice for the older people. My mummy told me that their friends and families may not be able to visit them as much, so I wanted to do something to make them smile. I love playing arts and crafts so I asked mummy if I could write letters and draw pictures to send them, and she said yes!"

Poppy has spent weeks creating letters and drawings for each and every resident at the home. She'll then post her letters and cards to Brunelcare, where Unit Care Leaders on the wings will distribute Poppy's personalised crafts.



Sophie, Poppy's mum said: "I'm so incredibly proud of her. She's very intune to the bad news in the press at the moment and how this is affecting older people. She asked if she could draw some pretty pictures and letters to cheer them up, so we went out and bought lots of supplies!"

Poppy has been working hard creating personalised crafts for the residents of Brunelcare, and aims to create six cards and drawings per evening with help from her mum and dad.



BRUNELCARE OPEN OUTDOOR SPACE to visitors

FOR MORE INFORMATION

about visiting a friend or family member at one of our Brunelcare Care Homes or Extra Care Housing Sites please contact the site Manager for more information.

Deerhurst was the first care home out of Brunelcare's five care homes and three extra care housing sites to open to outdoor visits.

Precautions such as PPE, a temperature check, a signed disclosure form and social distance rules are to be in place at all five homes and three extra care housing sites.



The rest of the charity's four care homes, Little Heath, Robinson House, Glastonbury and Saffron Gardens and three extra care housing sites, Colliers Gardens, ABC Centre and Waverley Gardens opened their gardens on Monday 6 July to visitors.

Each one on one visit will be 30 minutes long, with visits being coordinated on a 'one in one out' basis. The visitors will be chaperoned to the garden area where their loved one will be waiting to greet them (all under a gazebo incase of bad weather).

Lesley Hobbs, Care Home Manager at Brunelcare's Deerhurst Care Home said: "We are so excited that we are able to open our gardens to visits from family and friends. It means so much to everyone and I know our residents are very excited to finally be able to see their loved ones face to face. We have rolled out the red carpet as well as taking precautions with every visit, and all visitors will have to wear PPE with all meetings maintaining social distance rules. It's been three months since we've had any visitors at Brunelcare's Deerhurst Care Home and we are happy to finally be open!"

Deerhurst was last open to visitors on 23 March. The carers and employees at the site have been making sure all of their residents have stayed well connected with

friends and family with daily video and telephone calls and lots of activities taking place at the home.

Sue, a resident family member said: "I wanted to thank everyone at Deerhurst for putting in all the measures so I could see my Mum today. Honestly she looks so incredibly well and that is down to all the fantastic care she is receiving. Thank you isn't enough!"

Sandra Payne, Director of Care Homes and Nursing said: "Our Deerhurst home started garden visits on Wednesday 1 July and what an emotional, rewarding and amazing afternoon it was! We are so grateful to all of the families and friends for working with us to make this a safe and enjoyable experience for people living in the home. Many thanks to all of the people living and working in our homes for their continued passion and dedication and to our visitors who we are pleased to welcome back."

Housing and Property Update

Support Services - 'Help When You Need It'

In October 2019, Bristol City Council opened a tender process so that Brunelcare, and other providers, could bid for 'Help When You Need It' funding to be able to offer support to our Sheltered Housing tenants - previously known as 'Supporting People funding.'

Brunelcare submitted a bid in November 2019 and Bristol City Council hoped to inform providers of the results in January 2020, however, this was delayed until May 2020.

We are really pleased to inform you that Brunelcare has now been awarded the contract which will be for a period of three-years commencing on 1 July 2020 with the option to extend for up to a further three-years.

The grant funding will mean we can continue to provide time limited support to those of you that live in our sheltered housing schemes. The support will be for older people who are encountering some difficulties and may need support to help them:

- ✓ Maintain accommodation/tenancy or secure accommodation

- ✓ Manage physical health and wellbeing
- ✓ Manage mental health and wellbeing
- ✓ Maximise income, reduce debts, or find paid work
- ✓ Prevent loneliness and isolation
- ✓ Stay safe

If you feel you need support through the 'Help When You Need It' service, please contact the housing team on: **07766 545 388**.

A warm welcome from the Housing team

We are pleased to welcome...



Thomas Calcott
New Health and Wellbeing Officer for our South sheltered sites

Thomas' main duties will be:

- To coordinate a safe discharge of patients from a hospital or a care setting back to their homes in the community
- To resolve concerns that may delay an effective discharge from a hospital or a care setting
- To help our Sheltered Housing Tenants through times of crisis



Shel Ali
Lettings and Allocations Officer

Shel's main duties will be:

- Arranging viewings and sign-ups for Brunelcare properties
- Managing lettings process for sheltered and extra care housing tenants
- General customer service queries



Alys Cameron
Repairs and Maintenance coordinator

Alys' main duties will be:

- Receive phone calls and emails requesting repair and maintenance jobs from both customers and employees
- Allocate jobs to the most appropriate person (maintenance team or contractors) to ensure it can be fixed first time in one visit
- Assist the maintenance team to order the appropriate equipment and materials to enable them to do the job

Housing and Property Update



Avon Fire and Rescue Service has changed the way in which they respond to Automatic Fire Alarm responses.

In the past, Avon Fire and Rescue Service has always responded to every activation of the fire panel on a site, whether it be an actual fire or a false alarm. They have now decided to change the manner of their response and require a verbal confirmation of a live fire via 999 before they attend any site.

This means that a call confirming there is a fire from a resident or a member of Brunelcare's Housing Team will be required (on activation of the Fire Alarm) in order for Avon Fire and Rescue Service to dispatch a Fire Tender to your address.

Activate the fire alarm right away if you see a fire at your site then CALL 999 IMMEDIATELY

Whilst Brunelcare will always endeavour to respond in a timely manner to all Fire Alarm Activations, we must ask tenants to also act on Fire Alarm Activations and call the Fire Brigade by dialling 999 and **confirming** the fire.

The following premises will still receive a response to alarms operating, however this will only be after the **confirmation** of a fire within the building / site.

Domestic premises and sleeping accommodation including;

- ✓ Brunelcare's Sheltered Housing
- ✓ Brunelcare's Extra Care Housing sites
- ✓ Brunelcare's Residential flats

If you have any queries or concerns in relation to these changes, please contact your Housing Officer or Tenant Liaison Officer.

Brunelcare will continue to challenge Avon Fire and Rescue Service in conjunction with our local partners to re-evaluate their decision.

We will keep you all updated in the coming weeks with any updates.

Housing and Property Update

Housing and Property Feedback Form

Helping, supporting and communicating effectively with our tenants and residents is very important to us.

We are committed to improving and keeping communication between our tenants, residents and employees open at all times, to do this effectively we need you! Once you have filled out the survey, please tear out the page and post the form into your scheme's suggestion box. Otherwise, please feel free to photograph your survey and email it to info@brunelcare.org.uk. You can also fill out and submit the feedback form online at www.brunelcare.org.uk/feedback

Name:

Address:

Post code:

Do you have access to the internet? YES ☐ NO ☐

Do you have an email address? If so, would you be happy to share it with us so we can keep in touch with the latest news and information about our services?

NO ☐ YES ☐

Email address:

Do you have a 'smartphone' (such as an iPhone) or 'tablet' device (such as an iPad)?

Smartphone ☐ Tablet ☐

How would you like Brunelcare to communicate with you?

☐ Telephone ☐ Printed newsletter
☐ Email ☐ Regular E-newsletter
☐ Letter ☐ Quarterly site meetings

What has helped you to maintain your independence during Covid-19?

☐ Help and information from Brunelcare Employees
☐ Volunteering support introduced by Brunelcare, such as Friends on the Phone
☐ Having someone to contact from Brunelcare for help and advice
☐ Help from friends and family

What have you found difficult during these past few months in lockdown?

☐ Not being able to be social with friends and family
☐ Not being able to have frequent face to face contact with Brunelcare employees
☐ Not being able to go shopping as frequently
☐ Not being able to access the supermarkets due to being high risk
☐ Feeling lonely due to self-isolation

How have you kept in touch with family and loved ones during this time?

☐ Telephone calls ☐ Emails
☐ Video calls ☐ Letters

We'd appreciate your feedback with regard to our repairs and maintenance service during the pandemic. Could you please rate the performance of the following by circling either; Excellent, Good, Satisfactory or Poor

Ease of reporting a repair

Excellent | Good | Satisfactory | Poor

Response time

Excellent | Good | Satisfactory | Poor

Quality of repair

Excellent | Good | Satisfactory | Poor

Was there anything else you wish to add?

Thank you for taking the time to complete this survey.

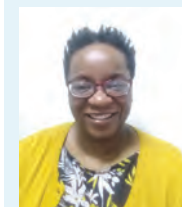
Care Homes Update



A note from Sandra Payne, Director of Nursing and Care Homes:

"I just wanted to say the biggest well done to all of our employees across our five care homes. Thanks to you all we have managed to get through this unprecedented time together, as one big team. All I can say is a huge thank you, you've kept going when we've needed you the most and we couldn't possibly ask for a more passionate, dedicated team. This includes the housekeeping teams across the sites too, you have kept our homes clean and safe throughout. Thank you!"

Orchard Grove



A massive thank you to Johaneet and the team for coping with the first positive case of Coronavirus

in Orchard Grove in such a professional way, thankfully, all our Covid-19 positive guests have made a full recovery and since returned home.

Little Heath



Little Heath Managers Marius Popescu and Lewis Farrell managed to successfully

open our brand new Care Home and Reablement Centre at the height of the outbreak. Not only does the site cater for older people as a place to now call home, but also helped relieve pressure on NHS hospital beds during the peak of the pandemic thanks to the Reablement Centre. Both Marius and Lewis have nurtured fantastic teams - hats off to everyone at Little Heath.

Saffron Gardens



Saffron Gardens saw a massive supply of PPE arrive at the Care Home in April, where

this was then evenly distributed across all our sites. The carers at Saffron Gardens, much like our other care homes have been pulling extra shifts, coming in earlier and leaving later than they usually would, so a huge thank you to them all. We would like to say welcome to Saffron Gardens new Manager, Steve Croome, and new Deputy Manager, Jan Evans, who both joined the team at Saffron in mid June. We wish Francis DeVilla, Steve's predecessore the best of luck with his new venture!

Robinson House



Robinson House has welcomed a new Care Home Manager, Christine

Halleron, who joined Brunelcare at the peak of the pandemic. Christine joined Brunelcare at the beginning of March and brought with her a wealth of knowledge, passion and led her amazing team through some rather difficult times and challenges. Robinson has also been lucky to welcome a new Deputy Manager, Lisa Brain, making an entire new Management team. A big warm welcome to Christine and Lisa, and a well deserved thank you to you and your teams.

Glastonbury



Glastonbury are continuing to give thanks for no positive cases of Covid-19 at the Care Home. Thanks to Jo Crago, the Care Home Manager, and her team, morale has continued to be boosted at the site with employees and residents dancing in the garden. It's so important to keep spirits lifted and they've all done an amazing job!

Deerhurst



Deerhurst have continued to keep their residents in high spirits. They celebrated Flo's 102nd birthday on the balcony so her close family and friends could wish her a happy birthday from the car park. They have also been helping the Marketing team with initiatives such as International Nurses Day, Volunteers Week and Kath's fundraising efforts for the charity (page 18). A huge thank you to the team at Deerhurst for going above and beyond their usual duties.

Community Service Update

Message from Michelle Caine, Director of Community Services



"We have been really fortunate to see very few cases of Covid-19 across our communities. I would like to thank all of our clients and tenants for their patience and support whilst we have had to make changes to ensure the safety of all. I would also like to say a massive thank you to all employees who continue to work tirelessly to support and care for our clients and tenants during this pandemic. We will ensure we continue to work hard to provide the best care and support and minimise disruption where ever possible."

A MASSIVE THANK YOU

Woodland Court



Woodland Court continues to work hard to deliver meals to residents' apartments as the restaurant is still closed. The village has restarted the housekeeping routines and have taken on four temporary employees to help with work around the village while some of the Brunelcare employees are furloughed. Another huge well done to all the employees.

Waverly Gardens



Waverley Gardens have been in the press recently, thanks to 11-year-old Ava Reynolds. Amazing Ava managed to raise £200 to buy two new Android Tablets, so tenants can stay connected to their friends and family during the lockdown. Ava baked muffins, tiffin, cupcakes and more and sold the goods to her friends, neighbours and family to raise the money. A huge well done to Ava.

The Waverley Gardens extension has also been completed, with 62 purpose-built, self-contained flats. We welcomed our first new tenants in mid May and are thrilled to now have more tenants move in shortly.

ABC Centre



A huge well done to the ABC Centre, they passed their CQC inspection with flying colours being awarded a 'Good' across all areas. A huge well done to Danielle Morgan, Centre Manager and all the employees at the scheme.

The ABC Centre also celebrated Mental Health Awareness Week at the end of May with random acts of kindness each day for the employees. Danielle offered her employees relax and unwind candles, ice-lollies and treats.

Community Service Update

South Gloucestershire and Bristol services



Clare Hall the new Operations Manager for South Gloucestershire

The Kingswood Office wish to welcome Clare Hall, the new Registered Operations Manager for Bristol and South Gloucestershire who joined us on 15 June, alongside new starters Harley Adams and Gemma Mckechnie who began their administration journeys at the Office.

The South Gloucestershire team has taken on new referrals to relieve the pressure from the hospitals and other providers at this trying time. A massive thank you to the temp staff who

have joined to support them in delivering a great service to their clients.

During the pandemic, a number of our Bristol services have had to be cancelled. We continue to work hard to risk assess what visits can be put back into place, following Government guidance.

Whilst the services are closed, our employees have continued to try and support clients through various other avenues including weekly phone calls and activity packs for the day centre clients.

Somerset



Our Somerset Community Services Team would like to welcome Mandy Curran, the new Registered Operations Manager based at Brunelcare's Bridgwater Office. Mandy joined the team at the beginning of the outbreak in March and has done a fantastic job supporting and guiding her dedicated, passionate team. A huge thank you to everyone in Somerset, you're doing a fantastic job and we couldn't do it without you.

Colliers Gardens



Colliers Gardens has been busy helping the Marketing team join the conversation around Volunteers' Week that took place at the beginning of June. The tenants have been getting involved by making videos and sending in images of thanks to

all of our Brunelcare volunteers to be used on social media and the Brunelcare website. Colliers Garden have also been making the most of lockdown by getting their gardens ready and having new fencing installed around the beautiful site.

Community Service Update

Community Services, Extra Care Housing and Woodland court Feedback Form

Helping, supporting and communicating effectively with our tenants and customers is very important to us.

We are committed to improving and keeping communication between our tenants and customers open at all times, to do this effectively, we need you! Once you have filled out the survey, please tear out the page and place the form in your site suggestion box, pass to your carer to return to the office. You can also fill out and submit the feedback form online at www.brunelcare.org.uk/feedback

Name:

Do you live within a Brunelcare scheme or in your own home?

☐ Brunelcare scheme ☐ Own home

If you live within a scheme what is the scheme name?
.....

Do you have access to the internet?

☐ YES ☐ NO

Do you have an email address? If so, would you be happy to share it with us so we can keep in touch with the latest news and information about our services?

☐ NO ☐ YES

Email address:

Do you have a 'smartphone' (such as an iPhone) or 'tablet' device (such as an iPad)? please tick those that you have

☐ Smartphone ☐ Tablet

How would you like Brunelcare to communicate with you?

Please tick your preferred option:

- ☐ Telephone
☐ Email
☐ Letter
☐ Printed newsletter
☐ Regular E-newsletter
☐ Quarterly site meetings (for buildings based services)

Comments
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Thank you for taking the time to complete this survey.



Volunteering Update

Welcome Emma Gwynne, Brunelcare's new Volunteering Development Manager.



Emma joined the team in March, just a week before lockdown measures came into place and

has hit the ground running bringing with her a wealth of experience and new volunteering initiatives to help the people in our care during the pandemic. A huge thank you to Emma Gwynne and Liz Ehlers, Volunteering Coordinator, we couldn't have done it without you!



Volunteering like so many other things in Brunelcare has changed as a result of this crisis, we have grown our numbers and the ways we support, reaching further than ever before. This change is one that we hope will evolve and create a long lasting change that supports where it's needed and encourages more people to come together and be a part of our community.

During the Coronavirus pandemic we have launched three volunteering initiatives, Friends on the Phone, an initiative to match our residents and tenants with friendly volunteers for

weekly telephone calls. So far we have managed to successfully match 35 pairs!

Drive to Care, another initiative we launched was all about getting volunteers to deliver much needed supplies and PPE across all our sites.



We also launched a scheme called Help your Neighbour, whereby members of the public would volunteer their time to pick up food, essentials and prescriptions for our residents and tenants that were unable to leave their homes because of shielding or being particularly vulnerable to the virus.

And finally, our pen pal initiative, where our residents and tenants have received over 300 letters from the local community and some of them have even written back!



WE NEED YOU!

We want to build on what already exists and make it bigger and bolder, invest in what's possible and not be limited by what's happened before. However, we do not want to do this on our own. We would like to know how you see volunteering develop, perhaps more importantly (but certainly with no expectation) we want to know if you would like to help us make this happen.

Please get in touch if you think you would benefit from any of our volunteering opportunities such as Friends on the Phone, gardening, coffee mornings and day trips out (Government advice permitting) or would like to chat about how volunteering can develop in Brunelcare, contact:

Emma Gwynne,
Volunteering Development Manager

Tel: 07786 038 058

OR

Liz Ehlers
Volunteer Coordinator:

Tel: 07776 652 736

Friends on the Phone



Would you like a regular chat with one of our volunteers?

With more people spending time alone, Brunelcare has launched 'Friends on the Phone'. This new service connects volunteers with Brunelcare clients and tenants to provide a regular friendly chat on the phone.

You agree the best time and day to suit you, we'll match you with one of our friendly and caring volunteers.

If you would like to enjoy a regular chat, please get in touch:

Email: volunteering@brunelcare.org.uk

Call: Emma on 07786 038 058 or Liz on 07776 652 736

brunelcare.org.uk

brunelcare 

FAMILIES PULL TOGETHER to help Brunelcare

"We saw the hard work and dedication of the employees and we couldn't just sit there and do nothing"



After a Q&A video call, arranged by Brunelcare specifically for the friends and family of the people living within the care homes, it was brought to the attention of family members, Tessa Holmes and her Mother, Hilary Green, the vast amount of money in which the charity has had to spend on PPE and safeguarding equipment across its five homes.

The twosome then created a Crowdfunding page to help the charity inject donations into the homes where their loved ones now live.

Tessa said: "My Mother and I joined a relatives Q&A call where we heard that Brunelcare has had to spend over £1200 per day, projecting a spend of half a million by the end of this year on PPE and specialist shielding equipment during the pandemic. For years we have witnessed the hard work and dedication of the carers at Saffron Gardens and we couldn't just sit there and do nothing, so we decided to set up and launch a Crowdfunding page supported by other relatives."

With the money raised, Tessa, her Mum and other relatives are hoping to fund classes, such as music, cookery, day trips and volunteering visits all when safe to do so.

Tessa said: "My Dad, Andy, has lived within Brunelcare's Saffron Gardens for just over four-years now and the carers and employees are just fantastic. We couldn't ask for Dad to be in a better place. The amount of activities that are put on at the home is just incredible, this is what we want the money raised to go towards, activities and sessions for the residents and wellbeing equipment to spread across Brunelcare's five care homes."

FIND OUT MORE...

To find out more information about how you can get involved or how you can donate, visit: www.crowdfunder.co.uk/theycarewecare

BRUNELCARE **EASYFUNDRAISING**

Did you know you can now donate to Brunelcare for free when you shop online?

We've registered with 'easyfundraising', which means over 4,000 shops, such as eBay, Amazon and Argos will now donate to Brunelcare every time you use easyfundraising to shop.

HOW DOES IT WORK?

Easyfundraising turns your everyday online shopping into free donations for Brunelcare. How? Just start your online shopping first at easyfundraising, then shop as normal. The retailers will then make a small donation to say "thank you". It's really that simple and won't cost you a penny extra!

HOW TO START

To use Easyfundraising for your shopping and start raising money for Brunelcare visit: <https://bit.ly/2VabzYH>



BRUNELCARE IN BLOOM

Competition

**ENTRY
CLOSES**
MONDAY
31 AUGUST
2020

**WIN
£50**
GARDENING
VOUCHER

Gardens are great places to be, whether you enjoy the digging, planting, picking and pruning or just taking in the colourful, scented and edible plants.

As we can't visit your gardens this year, we're launching a Grapevine-exclusive Brunelcare in Bloom competition. All you need to do is choose a category, and submit a photograph of your garden to be considered. Due to Government advice on social distancing, we are asking for individual entries only please.

BEST CONTAINER GARDEN

This category will be judged on the best display created in a container or group of containers such as hanging baskets, window boxes, pots and tub containers. The maximum size of a container should be no larger than one meter across.

BEST RECYCLED GARDEN

A recycled garden is a sustainable haven for surrounding wildlife. The use of recycled or 'upcycled' materials can emphasise the garden whilst helping to promote sustainable living through creativity. This category will be judged on the variety and use of recycled or upcycled materials suitable for wildlife.

BEST EDIBLE GARDEN

This category will be judged on the quality and variety of edible plants such as fruit trees/bushes; herbs; vegetables; salad items. These can be grown in containers, raised beds, in greenhouses or out in the open.

**FIRST PLACE WINNER
WILL RECEIVE A £50 B&Q
GARDENING VOUCHER**
**SECOND AND THIRD
PLACE ENTRIES RECEIVE A
£25 VOUCHER**

All first, second and third place winners will also receive their own certificate. Entries close on Monday 31 August and winners will be announced in our Autumn edition of Grapevine.

ENTRY CRITERIA

- ✓ All entries are to be received by Monday 31 August 2020
- ✓ **THIS COMPETITION IS OPEN TO ALL BRUNELCARE SHELTERED HOUSING, EXTRA CARE HOUSING, RETIREMENT LIVING AND CARE HOME SITES**
- ✓ Only one entry per person per category can be submitted
- ✓ 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 PR and Marketing Coordinator Stacey Byles at stacey.byles@brunelcare.org.uk. Be sure to include in your email what category you have entered, your full name, site and a contact telephone number.

TENANTS PHOTOGRAPHY Competition



**ENTRY
CLOSES**
MONDAY
31 AUGUST
2020



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

While our photography competition has previously been run as a one-off annual event, we are now making it a Grapevine-exclusive competition, run on seasonal basis.

Each season will contain new categories to fit that season and the winner will be announced in the following edition. So you have plenty of chances to get creative!

THE CATEGORIES ARE:

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

THE GREAT OUTDOORS

A photograph that captures life outdoors

**FIRST PLACE WINNER
WILL RECEIVE A £25
LOVE2SHOP VOUCHER**

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

ENTRY CRITERIA

- ✓ All entries are to be received by Monday 31 August 2020
- ✓ Only one entry per person per category can be submitted

✓ **THIS COMPETITION IS OPEN TO ALL BRUNELCARE SHELTERED HOUSING, EXTRA CARE HOUSING, RETIREMENT LIVING AND CARE HOME SITES**

✓ 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 PR and Marketing Coordinator Stacey Byles at stacey.byles@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 ENTRIES
TAKING PART**



Kath Embling, Brunelcare's Digital Marketing Coordinator, is running 510 miles for Brunelcare in just 20 weeks, 40 miles more than running from London to Scotland.

510, represents the number of tenants and residents across the charity's Care Homes and Extra Care Housing Sites, and Kath wants to run a mile for each of them!

Kath started her challenge on 13 May and will be running 3.3 miles daily around her local area, St Werburghs in Bristol. She'll continue to run 23 miles - almost a marathon each week - with no rest days, until the 154 day challenge has been completed on 14 October. Kath believes the challenge will take her, in total, an average of 103 hours, a total of eight days running!

Kath's original target was to raise £500 for the charity to buy wellbeing supplies for Brunelcare's five Care Homes and three Extra Care Housing Sites. However, much to her surprise, Kath managed to smash her target before she even started the challenge. Kath is now hoping to double her donations to raise £1,000 for the charity.



Kath said:

"I wanted to do something special for Brunelcare, something that meant a lot to our tenants and residents and something they could get involved in. The money I raise will fund wellbeing activities within our care homes and will go towards future day trips for our residents to look forward to once we're out of lockdown. I've never taken part in a challenge like this before, but I can't wait to get my trainers on later and complete my first run!"

To donate to Kath's cause visit:
www.justgiving.com/fundraising/kaths500milechallenge

Looking after your wellbeing

during Coronavirus

It's important that we look after our wellbeing, both physically and mentally, but more importantly during these more difficult times.

Below Brunelcare has outlined six top tips to ensure you look after your wellbeing. These tips have been suggested from our very own mindfulness expert, Karolina Nowadczyk, from our Deerhurst care home.

1 Get exercising

Exercising is one of the most important things you can do to combat stress, anxiety and increase your well being. With Government rules now allowing us to exercise as often as we like, it's important we keep active. Please do remember if you are shielding, are particularly vulnerable to Coronavirus or have Coronavirus symptoms, it's important you stay indoors and take care of yourself before stepping outside to exercise. It's said that people who exercise regularly are less likely to experience anxiety than those who don't. If you find it difficult to exercise, try going for a short

walk outside or even doing some stretching in your chair. You could even take to the garden for some fresh air, light stretching and a moderate walk if you're able to.

2 Purchase some essential oils

Using essential oils may help reduce your feelings of stress and anxiety during the pandemic. The most soothing and calming scents are said to be lavender, rose, vetiver and bergamot. As the majority of supermarkets stock essential oils, why not pick one or two up while doing your weekly shop, or get a loved one to pick up the smellies for you.

3 Staying connected

Staying connected to friends and family using technology is key to promoting positive well being. Facetime, Whatsapp calling, texting, emailing or even writing letters to a loved one can boost your morale. Being a part of a network gives you a sense of belonging and self-worth which can help you through tough times. Brunelcare also offer an initiative called Friends on the Phone, whereby the people in our care can sign up to weekly telephone conversations with friendly volunteers. **To find out more, contact Emma Gwynne: 07786 038 058**

4 Listen to soothing music

Listening to music can have a very relaxing effect on the body. Slow-paced instrumental music can induce the relaxation responses by helping lower blood pressure, heart rate and stress hormones.

5 Spend time with your pet

If you're lucky enough to have a pet during this time, it's said that animals may help reduce stress and improve your mood. Interacting with pets may help release Oxytocin, a brain chemical that promotes a positive mood. Having a pet also gives you purpose, keeping you active and providing companionship. Not all Brunelcare sites are pet friendly, please check with your site Manager for more information.

6 Practice mindfulness and meditation

There's an abundance of scripts for guided meditation online, just search, 'guided meditation' which can help those who are new to it or want to give it a try for the first time. It helps to switch off ruminating about the past and worrying about the future, the practices will ground you in here and now. The nervous system response? Relaxation and calmness. There are also dozens of great books that will help aid relaxation and calmness.



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