

# CADDINGTON HERALD



## CADDINGTON SCORES DUNSTABLE TOWN FC VISIT!

Dunstable Town FC delivered a wonderful Christmas surprise to Caddington Grove this December – by joining residents for the Christmas quiz night.

The kind-hearted players secretly arranged to bring presents to our residents and to enjoy a night of festive fun and games.

For resident Betty Herbert, whose brother was a player for Dunstable Town FC many years ago, it was a fantastic experience. The players made a big fuss of Betty by presenting her with a club scarf too.

"The residents couldn't believe it when the players arrived and started showering them with gifts!" smiles Martyn Dawes, Home Manager.

"Betty was beaming the whole night, and she had plenty of memories to share with them. The guys were incredibly kind and generous with their time. The atmosphere was buzzing as we kicked off the pub quiz with the footballers taking part. Afterwards, the residents said the whole evening was a real treat."

The Caddington Grove pub was the perfect location for Dunstable Town FC and the residents to enjoy Christmas drinks, food and quizzing. The club's Community Engagement Officer Peter Burrows said that the players had a great night too.

"May I, on behalf of everyone at Dunstable Town Football Club, thank you for allowing us to visit your home," says Peter. "Everyone enjoyed the visit and taking part in your quiz was very special. We loved chatting with your residents, and it was an experience that will sit with us all for a very long time."

Caddington Grove and Dunstable Town FC have already pledged to do more things together. We were thrilled when the club issued an open invitation for residents to attend their matches free of charge.

There will undoubtedly be trips organised for our football fan residents to cheer on the team soon, and we look forward to their next visit here.



**"THERE HAVE BEEN SO  
MANY HIGHLIGHTS!"**

**Home Manager Martyn Dawes  
reflects on a wonderful winter...**

Happy New Year! We're looking forward to our second full year at Caddington Grove and the team here couldn't be more excited about what's ahead.

The winter season has already been chockablock full of events, particularly with Christmas-themed celebrations. Our Carols by Candlelight evening, the resident festive shopping trip and the Dunstable Town FC Christmas quiz visit were just a few of the highlights.

Elsewhere, I'm proud of my staff for finding ways to give back to the local community too. We've continued to run our Dementia Friends on tour events and were able to donate a huge haul of presents to adults spending Christmas in the Luton and Dunstable Hospital.

As we look to the new decade, our focus is on building even stronger links with the community. There are so many ways we can help local people including advice and support for those living with dementia and inviting people feeling isolated to socialise with us.

We're lucky to have the continued support of friends in Dunstable and beyond, so we hope you'll drop by and join in with the events we're planning for Caddington 2020. We guarantee a warm welcome!



**Martyn Dawes**  
Home Manager

# TOP STORIES FROM TEAM CADDINGTON!

A look back at what we've been up to this winter.



## CANDLELIGHT CAROLS

We played host to a trio of choirs singing by candlelight this Christmas at our atmospheric festive event.

The Dunstable Rock Choir and the Vauxhall Male Voice Choir joined Caddington Grove's in-house choir for a special performance at the home. Residents, relatives and visitors enjoyed a melodic night of Yuletide classics in a candlelit space, as well as a mulled wine and mince pie reception.

It was a wonderful experience for all who came, particularly the residents who thoroughly enjoyed hearing the choirs in fine voice. "The whole evening was 10 out of 10, it was magical," says resident Gwen Boulton. "It was very well organised and we all had a good time. It really got everyone here in the Christmas spirit as we love singing carols."

For the visiting singers, it was great to have such a receptive audience and to entertain the residents, staff and their families. They also appreciated the enthusiasm shown by the crowd, particularly those who live here at Caddington Grove. "We've had a fantastic time, a terrific welcome and everyone has enjoyed themselves," enthuses Brian Matthews, honorary secretary for the Vauxhall Male Voice Choir.



## SPOOKY WINNERS

The inaugural Caddington Grove Pumpkin Festival was a triumph in October, particularly for our carving champions. We invited local schools, families and community groups to join in the fun at our Halloween event, which involved a pumpkin carving competition.

Dunstable Mayor Cllr Sid Abbot chose the winners from more than 30 entries, with The Grove Theatre winning first prize, Dunstable 3rd Scouts a close runner-up in second place and the Dunstable Town Council taking the bronze medal.

"We were thrilled by the amount of people who got in the spooky spirit and made our first ever pumpkin festival a huge success," enthuses Martyn Dawes, Home Manager. "Big congratulations go to our winners. We reckon the competition will be even fiercer next year now everyone knows how high the standard is."

As well as pumpkin carving, the festival also included a Best Dressed Halloween Outfit competition, a carving workshop and a pumpkin cooking masterclass.

Amateur chefs were taught how to make the most of the leftovers from their pumpkin carving by making soup, muffins and pies. There were also trick or treat games for children. "It was the perfect way to get people ready for Halloween night!" smiles Martyn.





## SPECIAL DELIVERY

Older patients at Luton and Dunstable Hospital got a Christmas present to remember this year – courtesy of Caddington Grove.

Community Relations Lead Kelly Cox organised funds to buy 60 presents for adults spending the festive period in hospital and wrapped them all herself.

The hospital had been worried that they wouldn't have enough presents to make sure everybody had something to unwrap on Christmas morning. The lack of presents meant they had to cancel volunteers.

But thanks to Kelly, nobody was left empty-handed as she made a special delivery just before the day itself.

"There are fabulous initiatives to provide children in hospital with Christmas presents, but adult patients often get forgotten," explains Kelly. "Here at Caddington, we know that a kind gesture can really lift the mood when you are forced to spend Christmas away from home. It was lovely to be able to do our bit to help."



## HAPPY SHOPPERS!

Our residents got the chance to enjoy some exclusive Christmas shopping in early December, as we arranged a series of festive trips out.

Wellbeing & Lifestyle Coach Amy Humphries organised to visit some of the residents' favourite local shopping spots, including Poplars Garden Centre on Harlington Road. As well as browsing for the perfect gifts for their loved ones, the group enjoyed looking at the Christmas displays and other seasonal surprises.

"Oh, we've had a fabulous time, everyone has been so good to us and looked after us," says resident Joan Loxton. "I've even managed to get some presents sorted."

For some of our residents, it was particularly special as they may not have had the opportunity to enjoy a visit like this without the support of Caddington staff.



## NEW FRIENDS

Team Caddington are continuing our mission to make Dunstable a Dementia-Friendly town by going on tour to deliver special sessions.

Recently, we visited the Holiday Inn Express Dunstable to train their staff on how to become Dementia Friends and ensure they can help people living with dementia.

"I didn't know much about dementia, and I found the session very enjoyable and informative, thank you!" said employee Georgia Edwards.



## EXPERIENCING DEMENTIA

In November, we hosted a 'Better Understanding of Dementia' event for the community, relatives and staff.

During the day, we offered our guests the opportunity to experience the challenges faced by people living with dementia by taking a Virtual Dementia Tour from the non-profit organisation Second Wind Dreams.

Through wearing the VR headset and discovering more about the intense emotions that can come with living with dementia, our guests were able to gain new understanding and empathy.

"I found the virtual dementia tour experience to be very enlightening," says relative Steve Adair. "My father-in-law and brother-in-law are both living in Caddington Grove, and this gave me the opportunity of being able to see through the eyes of what they may be going through."





## DEREK GETS TO WORK!

The retired management trainer has more to give.

Work was never a chore for management trainer Derek Randall, in fact it was one of the highlights of his life.

The skilled professional worked all over the world during his career, training managers in New Zealand, India, Tasmania and other far-flung locations.

During conversations with Caddington staff, including Wellbeing & Lifestyle Coach Amy Humphries, Derek talked passionately about his working life. So, Amy wondered if Derek wanted to bring his skills to bear at Caddington Grove.

"Derek has a lot of knowledge and skills," explains Amy. "He talked with such enthusiasm about his work that I wondered if we could find a way for him to use those talents here."

When asked there were two areas where Derek felt he could make an impact – attending interviews for new staff and giving tours of the home. He was keen to ensure Caddington found the best people for vacant positions and knew how to find the right candidates for the jobs.

"I'm delighted that I get to flex those management training muscles again," enthuses Derek. "I think it's a good idea to

have a resident in interviews as I can ask questions and identify when people are not going down the right track. I'm happy to help Caddington be the best it can be."

As well as taking part in interviews, Derek regularly gives potential residents and their families tours of the home. During these walk-throughs, they can ask him for an unbiased opinion and get a true insight into what living here is like.

"I think it's useful for people to be able to ask lots of questions and get the answers from me, knowing I've had the full Caddington experience," explains Derek. "Before my wife Joyce and I came to look at the home, I had never seen these types of places before. I was impressed by everything that's on offer. I think this type of care package is a brilliant idea."

Meanwhile, Amy says it's great for new staff and prospective residents to see just how interesting and engaged the residents here are.

"Meeting Derek shows people coming here that this isn't just a place where people are unwell and need lots of help, it's so much more," she tells us. "Many of our residents are bright, engaged people with a rich history, just like Derek."

## DATES FOR THE DIARY

### UPCOMING EVENTS

**Monday 3<sup>rd</sup> February, 4-6pm**  
Dementia Friends information session

**Monday 3<sup>rd</sup> February, 6-8pm**  
Paying For Care talk

### REGULAR COMMUNITY EVENTS

**Monday 10:30am** (weekly)  
Community Dementia Support Group

**Tuesday 2pm** (weekly)  
Dementia Friendly Cinema Club

**Tuesday** (the first Tuesday of the month)  
Community Salon

**Thursday 10:30am** (fortnightly)  
Parent & Pre-school Group

**Thursday 2pm** (weekly)  
Cinema Club

**Friday 10:30am**  
Mother and Baby Ballet  
To book, contact April Witton on  
[awdance@outlook.com](mailto:awdance@outlook.com).