

# COLOURFUL ACTIVITIES

With all this time on their hands, residents have been picking up old hobbies again. These two residents have helped to add an explosion of colours.



## ART WITH PAUL

Like others during the lockdown, one resident has been using his spare time to practice his art.

Always a keen artist, Paul still draws and colours all kinds of masterpieces. The wellbeing benefits of this are plentiful – it helps him to relax, and it's a great way to stimulate him cognitively – our staff often engage with Paul by sitting with him and assisting him with his art, providing an element of social benefit too.

As Michelangelo would tell you, creating a masterpiece is painstaking work – it takes practice, and a lot of time.

Paul concurs. He is very specific when it comes to his creative work, and he can spend a long time with a pencil or paint brush in hand making sure his creation is just how he'd imagined it.

He enjoys sitting down at a table with colouring books, paints, aqua boards and other creative tools. If we happen to have an arts & crafts activity at Newton, he's always the first to join in.

At Hamberley we love facilitating old hobbies, and Paul has been using his artistic talents for years – and long may it continue.



## FLOWER ARRANGING WITH ELSIE

One resident from our luxury Home has rekindled her love for flower arranging

Elsie has always been interested in gardening and decorating. She always likes to be kept busy and active, so we thought it would be great for her to get back into it!

"Whenever she is given the flowers and vases her face lights up," says Tom, Wellbeing & Lifestyle Coach. "Once Elsie is finished her flower arranging, she helps the staff to decide where they should be.

"She makes them for both of our units as well as the reception area so that all our residents and visitors can see her amazing flower arranging talents."

Now every Wednesday is flower-arranging day – our staff ensure that we have fresh new flowers just for Elsie, so she can keep enjoying something she's been doing for years.

Thank you for brightening up our lovely home.

# NEWTON HERALD



## VIRTUAL WALKING TOUR OF GLASGOW

Residents went on a walking tour around Glasgow, without leaving their seats.

This March, Newton House hosted a virtual walking tour of Glasgow City Centre. They explored all the hotspots from The Theatre Royal to the Cineworld on Renfrew Street (commonly known as the world's tallest cinema!) – it was great to discuss how the city has changed since our resident's youth.

Residents would relish telling stories about certain roads and places. About going on dates in the Gallery of Modern Art, about buying their wedding dress from the Princes Square, about being late and rushing for their first lecture at The University of Strathclyde.

Tom, Newton's Wellbeing & Lifestyle Coach, was excited to see everyone engaging so much with the tour. He said, "I think it's a great way to get the residents talking and socialising with each other because it's something they all have in common, they are from or have lived in Glasgow! It is amazing to see and hear their reactions to hotspots and buildings that they remember.

They spoke about how the city has grown and changed since they were younger and shared stories about themselves growing up in the city."

Residents enjoyed it so much, Newton House are going to visit a different city from all over the world every week.

Resident Jean Barr was so excited about the virtual tours. She said, "it was fantastic to go on a tour of Glasgow City Centre, where I spent a lot of my childhood.

"I'm even more excited to go to places around the world I've never been before! I want to experience Christ The Redeemer and the Great Pyramid from my own chair. I'm really looking forward to doing this every week."

We can't wait to see where the next one takes you!



## "MY TEAM HAVE RESPONDED ASTONISHINGLY WELL."

Home Manager Helen Hendrie reflects on a strange couple of months.

Well, what can we say about 2020 so far? It hasn't gone quite to plan, has it.

Despite the deeply concerning COVID-19 crisis our planet is dealing with, Newton House care home has been as busy as ever – without even leaving the Home.

Of course, at Newton House we are caring for a lot of people who are especially vulnerable, and that means our care team are taking every precaution to totally minimise the risk of infection.

I'm sure you understand why we have imposed a temporary ban on all non-essential visits to our Home. By staying at home wherever possible, we can all flatten the curve and stop the disease from doing any more damage.

Remember instead to take advantage of Skype and other video-calling platforms – the team will help set it up if your loved ones don't know how to.

But enough about that. We've taken this opportunity to explore the use of technology in our care, to try out new hobbies, to build meaningful connections across the Home.

My team have responded astonishingly well to the situation they find themselves in, and I'm so proud of them all. Each one of them have shown strength, empathy and crucially that they really care about our residents.

Thank you all.

**Helen Hendrie**  
Home Manager

# TOP STORIES FROM TEAM NEWTON!

Take a look at what we've been up to so far in 2020.



## BIRDWATCHING CRAZE

Earlier this year we took part in the RSPB Big Garden Birdwatch.

From the 25-27th of January, RSPB hosted what they call the "world's largest wildlife survey". For over 40 years now, people have been counting the different bird species in their gardens and local parks. This year over half a million people participated, including our residents here at Newton House.

To make things more difficult, the rules state that you can only count birds that actually land in your garden – not the ones just flying over. Our residents decided to wing it and make their own bird feeder and fat cakes in preparation for the big event. Using berries, oats, fat and other tasty bird snacks, residents created a veritable bird feast!

The results are fascinating – while House Sparrows remain the most common, residents spotted quite a variety – Blue tits, Goldfinches, Magpies and Woodpigeons were all seen in our garden.

RSPB also explain how you can still contribute if you don't see any birds. "Observing which birds aren't around is as important as seeing the ones that are", meaning they can see where declines in numbers have started to appear.

Thanks to our residents who have played a part in conserving our wonderful Scottish nature.



## #CLAPFORCARERS

The nationwide lockdown due to the COVID-19 pandemic has taught us all many things. That we will no longer take our good health for granted. That staying at home all day can be boring. That one hobnob means one hobnob – not seven.

It also taught us empathy, especially for those who are putting themselves at risk every day so they can help others who are more vulnerable. On April 2nd, our amazing residents wanted to express their gratitude to the staff at Newton House as well as the NHS workers.

They spent the afternoon creating banners and posters to say thanks to healthcare workers – and as you can see, they look incredible!

Every Thursday at 8pm we've been joining our neighbours (from our doorsteps) in applause for all the key workers out there who are keeping our country going right now.

David, Regional Community Relations Lead, said, "the weekly clapping has really brought communities together in a time of global crisis – not physically of course, but it's the community spirit of sticking by and supporting each other."

Together we'll be able to keep people safe and flatten the curve, and once things are back to normal people will be closer."



## REMINISCENCE ACTIVITY

Newton House residents have been taking trips down Nostalgia Lane, with a monthly Reminiscence Activity at our luxurious in-home café. They were discussing everything from historical sporting events and how they travelled to them, to the cost and currencies of home-baking!

These reminiscence activities are open to everyone, although they're especially useful for residents living with dementia as a trigger for happy memories. Reflecting on old times has many benefits, says a 2015 study by University College London (UCL):

"Neuroscientists discovered that when someone tries to remember a singular aspect of an event from his or her past—such as a recent birthday party—that a complete representation of the entire scene is reactivated in the brain like pieces of a jigsaw puzzle coming together to create a vivid recollection."

Here one of our residents was talking about one of the fiercest sporting rivalries in history – Celtic v Rangers.



## CHRISTMAS MAGIC

AromaBar owners Cathy and Alan have graciously donated some lovely-smelling soaps to our Newton House care home.

The East Renfrewshire aromatherapy store had some extra stock before they were forced to shut during the lockdown, and they were eager to give something back to the community during tough times.

Cathy told the Barrhead News, "We have a lot of soaps in stock at the moment and we thought to ourselves, 'who would benefit the most from what we have?' AromaBar donated soaps for every resident in all the local care homes, so the area will have a boost smell for a good while.

"It's all very doom and gloom at the moment but we hope that they enjoy the soaps, as we want to cheer them up."



## CLASSIC FILMS

As some of you might already be aware, Newton House host a monthly cinema club for people living with dementia and their carers.

We've been showing all kinds of classic films, as well as modern flicks that stimulate our audience through songs, memories and references. While these are usually open to everyone, during the COVID-19 lockdown these are only open to residents of the Home.

It's been a pleasure watching some of our residents singing along to "Singin' in the Rain" and "As Time Goes By".



## GETTING CRAFTY

Newton House now have been sent some very kind messages and drawings by local St. Cadoc's Primary School. So many in fact, they've made a dedicated wall in the home to put them on.

With the wonderful sentiments up on display, it's become something of a focal point of the Home – our residents have been smiling and talking about it every time they walk past it.

Building community links can be beneficial in many ways, but one to remember would be through intergenerational socialising. We can learn so much from different generations – how they live, what they enjoy, what they know and what we can teach each other.

Thank you St. Cadoc's – we can't wait to meet you all when this is over!