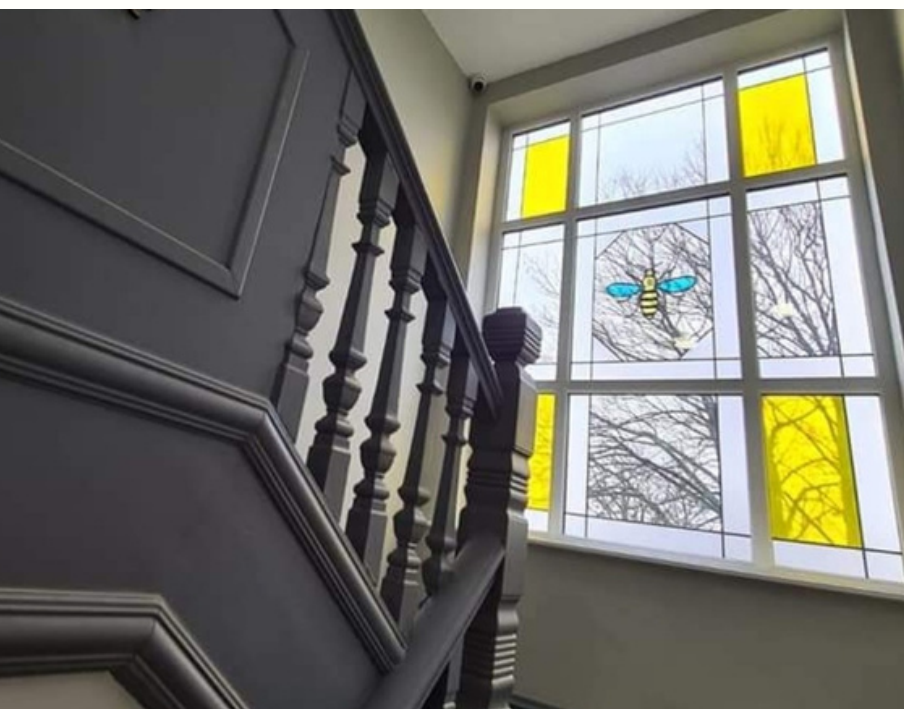


Issue No. 7
March 2024

The Extra Chapter Newsletter

All the latest news from The Withins



*"Don't judge my story by
the chapter you walked in
on"*
Source Unknown"

Welcome to The Withins Lisa!



Please join us in welcoming another new member to The Withins team. Lisa has joined us recently and has made a great impact on both residents and staff.



MY TIME AT THE WITHINS

A little bit about me.



Hi there!

My name is Collette. I have been a resident at The Withins since October 2023 and since then I have lost 7 stone in weight!

I enjoy talking about politics, and history and my favourite period is the medieval era.

I am a big metal head and my favourite band is Slipknot.

I am a goth and I love The Lord of the Rings films. I am going to be a peer mentor and have developed a women's hour once a month to discuss all things women, and to enjoy a pamper.

I love it here and the staff are very helpful!

IN THE SPOTLIGHT
Congratulations on the acting up
opportunity!



Sonya Berry

Sonya has been a support worker since April 2022

She loves spending time with the residents and taking them out on 1-1 activities in the community.

Sonya will soon be starting a temporary role as a Team leader to cover maternity leave.

Well done!

Congratulations



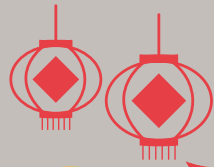
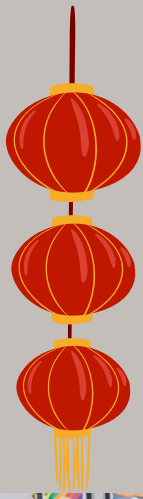
*Huge
Congratulations to
Team Leader
Sarah, who is
expecting a little
boy in August! We
can't wait to meet
Baby Theo!*



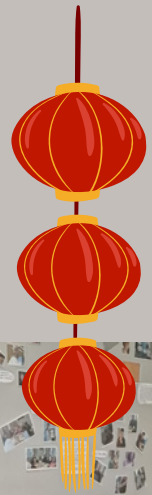
Above and Beyond Award



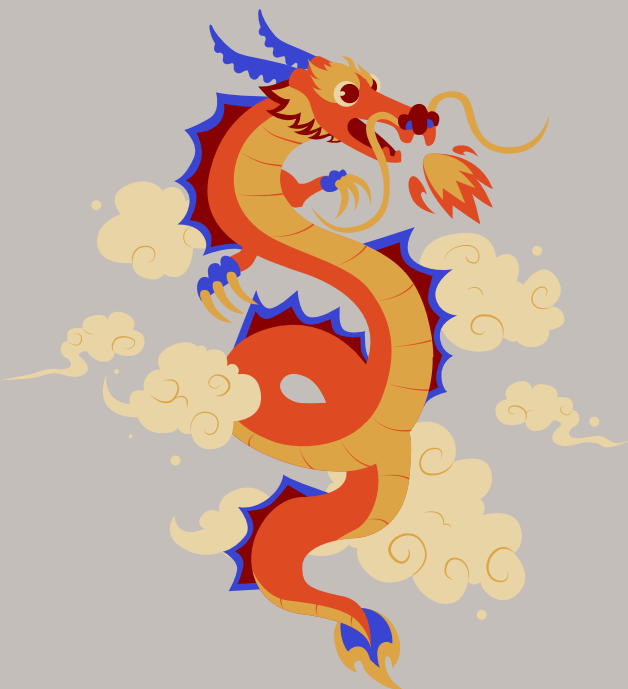
*A huge “Well Done” to Support Worker, Joanne on receiving the Next Chapter Healthcare Above and Beyond Award.
Joanne was recognised for always putting our company values at the forefront of everything she does.*



HAPPY
Chinese
new year



*We love a celebration and Chinese
New Year is one of our favourites*



PANCAKE DAY



*Residents
had great
fun making
pancakes
with the
night staff*





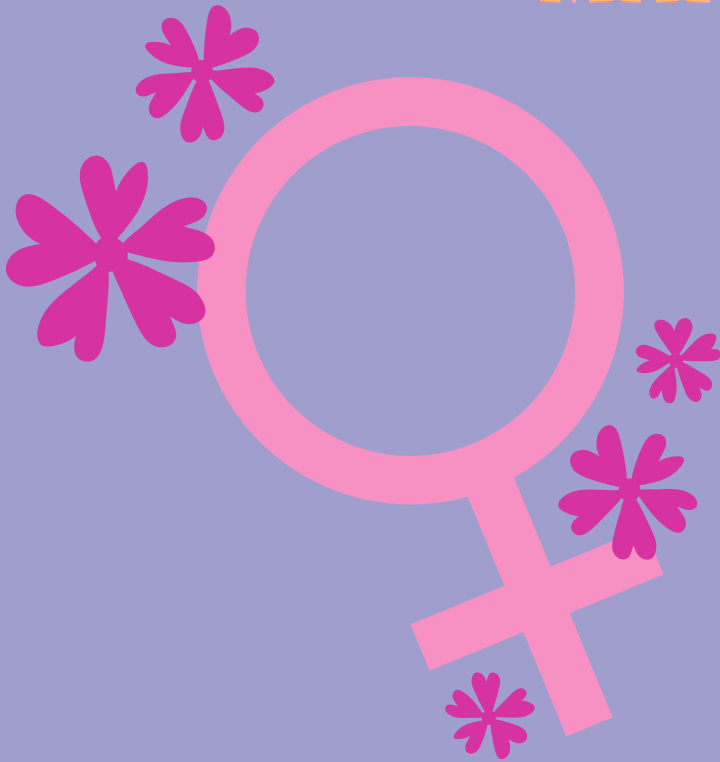
Staff supported residents to make some beautiful art work for their mothers and other loved ones.



International

WOMEN'S DAY

MARCH 8



*We celebrated
International Women's
Day with a coffee
morning and lots of
laughs.*

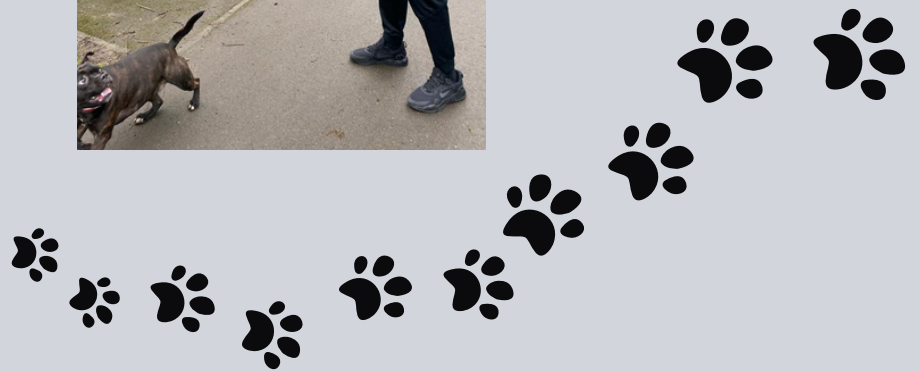
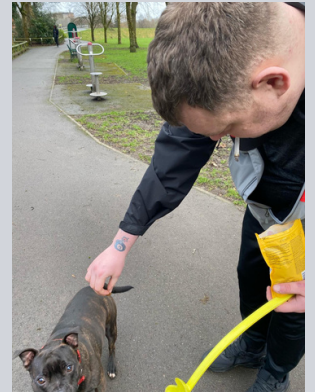
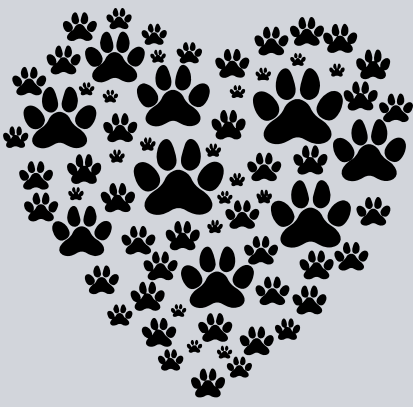


Women's Hour



Our new female peer mentor, Collette has developed a monthly group which she has named Women's Hour. This group will give all women residents the opportunity to speak about any issue they have, have a pamper session and promote equality





Every few weeks, staff bring their dogs in for residents to spend time with.

Research has shown that being around a dog can lower levels of the stress hormone cortisol and dampen other physiological stress responses.

Dogs can help to reduce stress, anxiety and depression, ease loneliness, encourage exercise and improve overall health.

News and Brews



Our night staff have been baking with residents, which we then use the next day in our “News and Brews” activity. We find a happy piece of news each and share it because the news can sometimes be quite sad.



Coming in the next issue...

- Another “In the spotlight”
- Another “All about me”
- Comic Relief Celebrations
- Ramadan Celebrations
- Residents Holidays and day trips

and much more.....

Our Mission Statement.

Our Vision

To be recognised as a world class healthcare and rehabilitation provider with a team of individuals who are dedicated to developing and providing the best possible care to allow people to be able to live a meaningful and satisfying life in the presence or absence of symptoms.

Our Mission.

To offer a high quality care that is determined by individual needs, to improve people's mental health and stay well, in homely accommodation, whilst showing dignity and respect to all our residents

Our Values

- Caring - Our actions show concern and kindness for each other at all times.
- Open - We see things how they really are and how they could be.
- Responsive - We respond to all feedback, suggestions and influences and see them as opportunities to grow and improve.
- Respectful - We listen to the opinions of others without comment or judgement.
- Together - We work in partnership with organisations that support our vision, mission and values.

