

Sharing news and achievements of residents and staff across our homes

# WELCOME

As this is the first of our 2019 newsletters, I'd like to wish everyone a very Happy New Year! 2018 was a busy year for us all with new owners, new staff, improvements to the homes and new ideas and technology. We've loved getting to know everyone at MNP and are looking forward to a great 2019 with plenty of fun activities for residents and staff.

Thanks to all those who have contributed to this edition and here's to the next.

Best wishes,



Jack Eldridge  
Managing Director

## WHAT'S ON AT MNP

Let us know what's going on across our homes for future issues.

- EVENTS
- ACTIVITIES
- TRAINING
- NEWS
- FUNDRAISING

MNP COMPLETE CARE LTD ARE PART OF



WELLGATECARE



# FUNDRAISING!



## CUSTARD BATH AND TEARS OF LAUGHTER – IT CAN ONLY BE CHILDREN IN NEED!

On a sunny Wednesday in November we joined millions of others behaving extraordinarily around the UK to raise money for Children in Need. The customary custard bath was filled with lots and lots of custard and brave Jacqui Melhado and Sarah's boyfriend Jed covered themselves in custard and struggled to get out the slippery bath! Much fun and laughter were had by all in the name of fundraising for a fantastic cause.

Simon Hill was visiting that day and managed to stay out of the bath, claiming it was because he was taking photos! "I'd like to say a huge thanks to Jacqui for organising the day and thanks to everyone who came to cheer them on – having a good sense of humour is hugely important and makes MNP Care the community-focused, inclusive place it is"



# FUNDRAISING EXTRA!



## WALKING FOR CHILDREN IN NEED

15 residents and staff from Sandgate Manor completed the 2 mile walk from the home to Folkestone Harbour, complete with fundraising buckets which they all managed to fill very successfully. Happily the weather held out for us and everyone arrived to enjoy the views of the harbour and some well-earned cakes! Fortunately the bus was there to take everyone home afterwards as there were some tired legs.

Both events raised just over £500, contributing to the record-breaking grand total of £50.5 million in 2018, the 33rd year of Children in Need.

This year we'll be doing it all again so any fundraising ideas are welcome!





# MEET THE BOSS

## DEBBIE SMITH, MNP DIRECTOR OF CARE

Debbie joined MNP in May 2018 and we thought it would be fun to get to know her a little outside of her job:

**What was your first job?**

I worked on the checkout for a supermarket when I was still at school – it was very dull!

**What do you like to do in your free time?**

I enjoy going to the cinema, reading and meeting friends for meals out. I went to see Bohemian Rhapsody recently which was brilliant.

**What was the last book you read and would you recommend it?**

The Girl Before, by JD Delaney – I read it in two days when I was on holiday – highly recommended!

**Who, past or present, would you most like to have dinner with?**

Stephen Fry, David Bowie, Leonardo Da Vinci, Professor Brian Cox, and Dame Judi Dench.

**Surprise us with something we could never know about you...**

I was part of a team (Pie Noon) who came runner up at The World Custard Pie Throwing Championship!



# ACTIVITIES



## MEET OUR NEW ACTIVITIES CO-ORDINATOR

We are delighted to have employed MNP's first ever Activities Co-ordinator – Eleni Antonakis. Eleni has been around all the homes meeting everyone and for the last few weeks has been based at Tristford, supporting the team to develop the activities that are on offer for the residents.

They now have a packed weekly planner and have introduced new activities such as baking (see photo below) and exercise (see below). Eleni will be spending a few weeks at each of the houses as part of her induction and to help out with new ideas – I'm sure you will join me in welcoming her to the MNP team and do get in touch with Eleni if you have any ideas of things you'd like to do.



# LONDON CALLING!



## DAY OUT TO CRAVEN COTTAGE

Vicky and Donna watch Fulham vs Southampton

As one of our new initiatives for residents we once again took to the road and went to London to Craven Cottage for the football. Julie Grigg-Wakelin drove Donna Hairsine up to Fulham where they enjoyed front row seats for this exciting match – and Fulham won 3-2 which made Simon very happy! Simon came and joined them at half time and was on tea duty as it was a chilly afternoon!

# CHRISTMAS...



## AT THE PULLMAN

Around 70 staff joined Debbie, Simon and Jack for what we hope will become an annual Christmas tradition – dinner, drinks, crackers (complete with rubbish jokes!) and fun at the Pullman pub in Folkestone. The venue was great, perfect for a big rowdy group and it was fun to mix up the staff a little on two different evenings.

Gemma East said "It was great to get so many of us together outside of the homes to chat and share a few drinks. It was a lovely way to kick off the Christmas festivities."



# CHRISTMAS...



## IN THE HOMES

Everyone was eager to get into the Christmas spirit and decorations started going up early around the homes.

Tristford was lucky enough to be joined by carol singers from All Souls Church where they sang all the popular carols and got everyone into the spirit with mince pies and laughter.





# BACK IN THE GROOVE...



## OUR NEW EXERCISE LADY!

On Friday 4th January all the Residents at Tristford participated in an exercise session with Christine Lewis who we all refer to as “the Exercise Lady.”

With music in the background and all facing the Exercise Lady, the residents and some of us staff joined in making the atmosphere more fun.

Everyone had a great time and this monthly event is likely to be popular.



# BAKING & BINGO!



## MNP GREAT BAKING

On Wednesday 16th January 2019 the Residents at Tristford enjoyed their first Baking Morning where they made their own cookies filling three baking trays.



with Eleni at Tristford!





# PLANS



## PLANS FOR THIS QUARTER

CQC training for managers has been taking place throughout February.

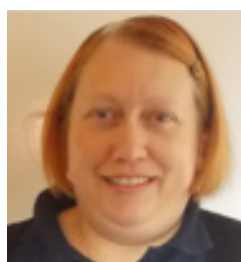
We have now secured the services of a Skills for Care Endorsed e-learning provider – **Care Skills Academy**. E-learning is now being rolled out across the homes.

**\*\*Please ensure you complete any e-learning that your manager asks you to. You will be paid to complete all mandatory training. This year all staff will have unlimited access to any of the courses that Care Skills Academy provides (just ask your manager to give you access to any additional courses), allowing you to advance your skills in areas that interest you.**

**Organisational Values workshop on 20th March** – we are looking for 2 volunteers from each house for this workshop where we will finalise the mission, vision and values of MNP. Please let your manager know if you are interested.

## THE FOLLOWING STAFF FROM BURNHAM HAVE SIGNED UP TO UNDERTAKE THE NVQs QUALIFICATION

### NVQ2

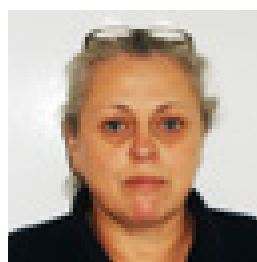


Clare

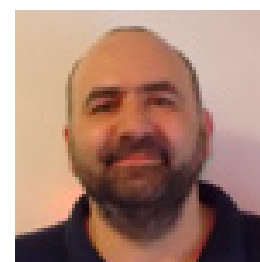


Dominique

### NVQ3



Vicki



Inaco

# PLEASE WELCOME...



## MNP NEW STAFF

Melanie Bartlett, Team Leader

Millfield



Mark Zhang, Care Assistant

Sandgate



Paul Weller, Care Assistant

Tristford

Teresa Krzywonos, Care Assistant

Tristford

Amanda Belkalti, Care Assistant

Tristford

## MILLFIELD'S NEW RESIDENT

We have a new resident at Millfield; **Gyles Carpenter** moved in just before Christmas and I'm sure you will join us in welcoming him to MNP.



# HEADWAY



## DARREN JOINED HEADWAY IN OCTOBER 2013

Headway offers various activities in the club and various trips throughout the year. It's helped him make a lot of friends and the staff are wonderful and very supportive. The atmosphere is always welcoming.

Around the middle of June they moved from Pleydell Gardens, Folkestone and are now in Shaftsbury Avenue, Folkestone. The new premises have a lot more space and are adapted for disabled people. For a small fee, you are entitled to refreshments including tea, biscuits and cakes throughout your stay there.

Let your staff or manager know if you'd like more information.

# FAMILY NEWS

## PROUD MOTHER

Lisa Masters from Tristford and proud mother of Rebecca aged 9 would like to make an announcement.

"I just want to say that in March 2019 my lovely daughter Rebecca will be singing with her school choir in the Royal Albert Hall, London . She will also be singing with the Songs of Praise Choir in the Victoria Hall, Bolton. Also in March she will be taking her Grade 1 Harp exam and it will be her birthday too, so a very busy month for her."

MNP would like to wish Rebecca all the best and a very Happy Birthday in March 2019.

### MNP Needs You!!



Would you like to help us to check the quality  
of our other care homes?  
Become a Quality Checker  
Talk to your key worker or manager about  
how you can apply for this job.

(Staff - please explain this poster to those clients who may  
have problems understanding it)



# CLOCKING UP THE YEARS

## WOW!

The following deserve a special mention this quarter having worked for MNP for at least 10 years!

Sharon Todd, a fantastic 24 years, we are very lucky to have such a truly dedicated team and thank all those who have been helping us for so many years...



## OVER 10 YEARS SERVICE AT MNP THIS QUARTER

Chloe Ford	(10 years Feb)
Naomi Godden	(16 years Feb)
Davey Lewis	(14 years Feb)
Jenny Dalton	(15 years March)
Cassie Donnelly	(12 years April)
Stacey Dowling	(14 years April)
Valerie Dugard	(11 years April)
Julie Grigg-Wakelin	(16 years April)

## OVER 20 YEARS SERVICE AT MNP THIS QUARTER

Lin Birchley	(22 years March)
Eileen Godden	(22 years Feb)
Sharon Todd	(24 years April)
Rob Smith	(22 years March)



DON'T FORGET TO LIKE OUR NEW FACEBOOK PAGE!

@WellgateCare

# LEAVING...



## GOODBYE AND THANK YOU

After 23 years working at MNP, we are very sad that Lesley Rudd, manager at Sandgate left MNP at Christmas for her well-deserved retirement.

During her time at MNP, Lesley has been a great advocate for all of our residents and a positive driving force for the company.

Simon: "Although I had only known Lesley for a few months, it was clear to see what a huge part of life at MNP she has been for many years and I know how greatly she will be missed.

I'm personally very grateful to Lesley for her continued commitment up until her retirement, and we wish her a very happy, relaxing retirement."



# OUR CHARITY



## CHARITY OF THE YEAR

This year we have nominated a charity of the year for MNP Care and London Place, our sister company in London.

We have chosen Pilgrim's hospice, east Kent's largest hospice for people with incurable diseases. As well as organising plenty of events themselves which anyone can get involved with, if you are contemplating a fundraiser, do consider raising money for this fantastic cause.

Jack, Simon and some of our colleagues in London are planning a sporting challenge soon so watch this space to find out more...



LONDON  
PLACE



# REACH FOR THE SKY



## THE SKY'S THE LIMIT!

Three members of staff from Tristford are doing a sponsored sky dive for charity.

Rachel Hogben, Kelly Harris and Elaine Martin pictured with Jane Crammond are looking for sponsorship for their chosen charities which are:

**Rachel**

Multiple Sclerosis Society

**Kelly**

Mental Health for Teenagers

**Elaine**

Lymphoma Action

Rachel, Kelly and Elaine would be delighted if you could sponsor them, please contact Tristford for more details or to sponsor any of them.



# COMPETITION TIME!



## SPRING IS UPON US AND ITS TIME TO TAKE TO THE GARDENS!

MNP are pleased to announce the 'Tallest Sunflower' competition. All residents are welcome to enter, and your staff teams can support you to plant and grow your sunflower from seed (seeds only, ready bought plants will be disqualified!).

The winning (tallest) sunflower will win £25 to spend at the local Folkestone nursery.

## BIRTHDAYS THIS QUARTER!

### FEBRUARY

Julie Palmer	01.02
Gyles Carpenter	02.02
Paul Mills	06.02
Allyson Symons	12.02
Joe Whitehead	14.02
Matthew Hope	19.02

### MARCH

Darren Williams	01.03
Hannah Lee	06.03
Chereen Adams	08.03
Shaun Waddington	12.03
Shane Wright	17.03
Anthony Cunliffe	21.03
Damian Rubio	31.03

### APRIL

Keith Phillips	01.04
Emma Plumptre	05.04
Terry Sharp	12.04

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## EVENTS...



Shrove Tuesday – Tuesday 5th March



St Patrick's Day – Sunday 17th March



Mother's Day – Sunday 31st March



Easter Sunday – Sunday 21st April

## UPCOMING EVENTS!

For further information about upcoming events, please contact your manager or Eleni Antonakis our new Activities Co-ordinator.