

# HALE PLACE NEWS

ISSUE 20

FEBRUARY 2020

## CORONAVIRUS

The County Oak Medical Centre in Brighton was closed by the NHS on the same day it emerged that four people in Brighton, including a doctor, had contracted coronavirus Covid-19 and the first confirmed case recently emerged in Kent.

At the time of writing, COVID-19 had spread throughout the Southeast and its containment maybe limited. Hale Place is, therefore, taking measures to make life as comfortable and stress free as possible for everyone should a lockdown occur in the coming weeks/months.

In the meantime, I would urge everyone to be aware of the following symptoms that may develop after exposure to someone who has COVID-19 infection:

- cough
- difficulty in breathing
- fever

Generally, these infections can cause more severe symptoms in people with a weakened immune systems, older people and those with long-term conditions such as diabetes, cancer and chronic lung disease.

*To ensure our service users are protected from any exposure, if you, or anyone you have come into contact with, develops the symptoms, please refrain from entering any of our establishments until you have been cleared.*

## WHAT'S BEEN HAPPENING?

### Community involvement

We are fortunate to be located in a small beautiful village where our residents get to enjoy the village life. We go down for our coffee mornings where we have the chance to catch up with our friends over tea and cake.

The community sing-a-long had a great turn out this month, we opened our doors and voices to our village friends. There are even talks about our choir singing at the village fete in this summer!

Cameo lunches at the Salvation army, they always put on a great spread!

We have enjoyed the Silver Screen at the Salvation army, film and snacks on a drizzly afternoon.

### Swimming

Although the weather has been awful in February it doesn't stop us enjoying our swimming sessions. Swimming allows our residents to socialise with each other outside the home environment. It keeps us active, improves mobility without causing stress on the joints and settles anxiety.

### Slide shows

A trip down memory lane with Nigel Dawson's slide shows.

Reminiscing about movies, war songs, television personalities stimulates our brain in positive ways. It develops positive feelings which reduces stress and agitation/anxiety. Our slide show sessions are always lively and interactive, it is wonderful to see a face light up when an old war time song starts to play.



### Foot Spa and hand massages

Service users can, once again, enjoy an invigorating foot spa whilst receiving a hand massage from Rebecca, a member of our team who previously studied nail and beauty at college. Elizabeth looks extremely pleased with everything.

It is refreshing to see that despite one of the wettest winters in Kent and the anxieties surrounding COVID-19 our staff are uplifting the spirits of our services users with a full programme of activities.

Meeting challenges head on, with a smile on our face is the Hale Place way, great job and well done to everyone!