

HEATHFIELD

EXPRESS

2021

ISSUE
#1



A CO-PRODUCED MAGAZINE
FROM THE RESIDENTS OF
HEATHFIELD APARTMENTS



Fieldbay



WELCOME TO HEATHFIELD APARTMENTS

Hello and welcome to Heathfield Apartments. We give Heathfield a 5-star rating - the staff and rooms are brilliant. People are friendly and we hope you feel at home here as we do.

There are activities on offer such as woodwork, a coffee shop and walks. The purpose of Heathfield is rehabilitation it is down to you and your mindset. Treat it as a hotel or get up and get out there, we have all chosen to get up and out there and we are doing well as a result we hope you feel motivated to join us.

We have created this to ensure people feel welcomed to Heathfield, what's on offer, share our stories so people know they are not alone. People are here to help you, should you need anything everyone is willing to help you.

We have created this guide together over a series of workshops hope you enjoy this guide and the insight we have created to Heathfield Apartments. Currently at Heathfield Apartments the age range is between 22-62.



MOVING HERE



Before you move to Heathfield you will be visited by the team, they will tell you about Heathfield Apartments and complete an assessment. There are a range of friendly staff and whatever you need is here.



Social workers will discuss with you next steps and you will decide on the specific room you want providing there is more than one available.

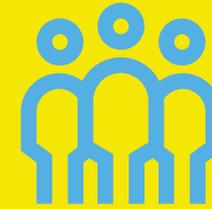


You will be invited to visit and decide if it is the place for you.



A moving date will be set, and you will meet with the staff to discuss your next steps and create a plan specific to your needs.

MEET THE PEOPLE



KATH

Age: 65

A snippet of my life

I was the second youngest of 9 children and grew up in Bridgend. We had a three bedroom house. My mother had her own room so us kids had 2 rooms between 9 of us. I used to sleep on the floor because I fidgeted too much. I was sent to boarding school at 11 and used to come home for weekends. My brother died when I was 15 and a half and after that I was a bit of a wild child. I started getting in trouble with the police and my Mother could not cope with me. At 17 I had to have an emergency surgery and was told I cannot have kids. I have had a few different jobs over the years, like working in a fish and chip shop, as a waitress and as a dishwasher. I have been in and out of institutions, prisons, and hospitals all my life. I was at my happiest when I was living with my mother, but she died when I was in my 50's. I used to look after my mother. I like to travel to different places and my favourite place is Blackpool.

I get on well with people who...

I like chatty people, who are kind. I like to have a good laugh and like people who have a good sense of humour. I am fun and I enjoy helping other people. I am currently learning to walk, and I really like a challenge. People say I am positive, and I like others who are too. I think respect works both ways and I always try to respect people who respect me.

Things I like about living here...

I am supported and feel safe, I also get emotional support and support with cooking. I like the environment and I am happy and excited to be living here. I like the staff here and like to keep an eye out for other tenants. I try to get on with everybody. For anyone who is looking to move here, I am happy to lend an ear and look forward to meeting you.



MY LIKES & INTERESTS:

- My favourite colour is pink
- I like helping other people and preparing parties for others
- I love cooking and baking
- I love looking after my teddies and baby dolls
- I love listening to music. My favourite types of music are 60s, 70s and 80s and my favourite song is Band on the Run by Paul McCartney
- I enjoy attending day centres and joining in on activities, such as bingo and crafts
- My favourite type of films are comedy/ family and my favourite film is Beethoven. I do not like horror films
- I want to go on holiday soon and would love to go to Blackpool



MY LIKES & INTERESTS:

- Watching films
- Exercising
- Pool & snooker
- All sports
- Playstation
- Favourite food is tikka curry and chips, steak and scrambled eggs
- I like a laugh and joke
- Don't like fish or mushrooms!
- Eating healthy, although I like the odd sneaky snack
- I like to look presentable and things to be clean

PAUL

Condition: Trauma,
Bleed on the brain, Stroke

A snippet of my life

I've had a bad trauma and was in hospital for 11 months. I had a bleed on the brain that caused a stroke. I've been positive right through my illness and I encourage everyone to just stay positive!

What is important to me?

I like to support new people who come to live here at Heathfield apartments. I like to welcome new people and help them to make friends and feel comfortable when they move in. I like to make others feel safe and know they can always speak to me.

Things about me...

- Used to run before accident
- First job at Jewson's, also worked at Royal Mail and Amazon
- Had my first flat in Townhill
- Never married but lived with partner for 10 years
- Would like to help people with same problems as me - voluntary work
- Don't like fish or mushrooms

HOLLY

Age: 22

Condition: Genetic generalised epilepsy, Juvenile myoclonic epilepsy subtype, Brain atrophy

A snippet of my life

I was diagnosed with epilepsy at 17 years of age, due to unknown reasons. My first seizure happened while getting ready for work one morning. In the same week I happened to go into status epilepticus twice, in which I was given medication. I've been through some difficult times, 5 years ago I was in a wheelchair due to my epilepsy, but I am much better now and 2 years on I'm back walking as normal, despite having frequent seizures.

What is important to me?

I like to support new people who come to live here at Heathfield Apartments. I like to welcome new people and help them to make friends and feel comfortable when they move in. I like to make others feel safe and know they can always speak to me.

Things about me

- I was born in Reading and lived there until I was eight, then moved to LLenlei
- Went to Gorseinon College and studied health and social care
- My first job was carer in home for dementia - two years
- Then worked in travel agents for three years
- I lived with my parents and younger sister before moving to Heathfield
- Starting open uni - studying paramedic medicine



MY LIKES & INTERESTS:

- Longboard
- Pop music
- Watching a range of TV shows and films
- Ice skating
- Volunteering for St. John's Ambulance
- Spending time with people who are happy and laid-back
- Fashion and makeup
- Favourite colour is turquoise
- Enjoyed designing and decorating my own room



THE STAFF

When you move in to Heathfield Apartments, you will be allocated a key worker. The names of our key workers are Bethan and Catherine. Their job is to arrange opportunities and activities and help us to prepare for these. Bethan and Catherine work with the Manager and Team Leader to create our individual support plans. Your support plans are reviewed every month or when changes happen. Your key worker will also make sure that you know about any upcoming events and support you to be prepared for them, i.e. appointments, holidays, etc.

We wanted to share some of the great things about the staff at Heathfield Apartments and how they help us. Here's what we have to say...

Catherine has been described as...

'Cath helps him me with my day to day activities and is very helpful, kind and has a nice smile.'

'Catherine supports me with cooking and choosing food and making better shopping lists and giving me advice on what I can improve on to live independently.'



Bethan has been described as...

'She helped me with my benefits, arranging telephone calls and explaining my finances. Beth always speaks to me and lifts my mood when I'm feeling down and motivates me.'

Other people at Heathfield's have described the staff team as...

'I like's it when they listen to me sing, play my guitar and taking time out to listen to me, this makes me happy. I also like it when they go out with me to my weekly appointments, use the van, help me cook my meals and clean and takes me to the pub to socialise in the evenings.'

ACTIVITIES AT HEATHFIELD APARTMENTS

We decide the activities throughout the week; We offer walking groups, relaxation and meditation, cognition group, exercise group and healthy eating group where everyone is welcome to attend. Many of our most recent events have included bingo, film night, I'm a Celebrity Get Me Out of Here event, wood working, painting, live bake-offs and cooking.

We want you to know these are optional, if you would like to join us we would love to see you. Living at Heathfield's is not about doing everything together - we will also go out independently. One resident commented, "I will walk into town if I am feeling confident but If not, staff are here to support".

If there is a specific activity you are interested in, let staff know and they will be happy to accommodate this.



Some of our activities:

- Sensory
- Exercise groups
- Quizzes
- Karaoke
- Film night
- Walking
- Day trips

EXAMPLE TIMETABLE:

	MORNING	AFTERNOON
MONDAY	11.30-12: Coffee morning	2-2.30: Relaxation & Meditation
TUESDAY	11.30-2: Walking group	
WEDNESDAY		2-2.30: Cognition group
THURSDAY		2-2.30: Exercise group 2.30-3: Seated movement
FRIDAY		2-2.30: Healthy eating group

OUR RECENT ACHIEVEMENTS



Espresso Palace

The coffee shop was created with us. We designed it and had full involvement in the process which was really exciting. It gives us an opportunity to spend time with each other and experience attending and volunteering at the coffee shop. It helps us with our financial, time-keeping and communication skills. It also gives us the responsibility of managing the coffee shop and completing shifts throughout the week.



Kath's Fundraising

We want to celebrate our own resident Kath for her walking and raising money for cancer research for 'Brave the shave'.



Paul's Move to The Summer House

Paul has regained confidence and independence and as a result has moved to the summer house to continue his rehabilitation.

Hobby Hut

Has been redecorated and everyone was involved in making it a welcoming space.



Covid-19

This has been a pain and has caused tension for many people due to restrictions in place. Despite this, we have had the opening of the coffee shop and enjoyed BBQ's and quizzes. It's brought us closer together and we have bonded. Staff have been brilliant throughout.



FIELDBAY COMMITTEE

Once Covid is over and we are allowed to meet again, we hope to start up the Fieldbay Committee. This will give us the opportunity to meet with other people living in Fieldbay services across Wales. Here we will meet new people, share ideas and create fun new projects. This will give us a platform to shape our care and support.

CLOSING MESSAGES:

“My name is Paul Davies and I have been here for 14 months now, my mobility and vision wasn't too good when I got here but since then my independence and confidence has improved dramatically. The staff are brilliant, the food is great when we have communal meals. The in-house teams such as the therapies team are amazing and have helped me a lot. If you were to come to Heathfield apartments you would receive a warm welcome and we would all make you feel at home.”

“They have been very good to me, they helped me achieve my goals of rehabilitation.”

“They are great in engaging me in activities in the Hobby Hut and spending time with me.”

“Fieldbay have given me the opportunity to take a step back and re-learn many of life's small steps such as managing money, cleaning my room and gaining my independence.”

**THERE IS A VARIETY OF CONTACTS FOR
EMERGENCIES SHOULD YOU REQUIRE SUPPORT
PLEASE CONTACT THE FOLLOWING:**

**ON CALL MANAGER NUMBER: IF YOU NEED TO SPEAK
TO OUR ON CALL MANAGER PLEASE ASK A MEMBER OF
STAFF AND THEY WILL BE ABLE TO ASSIST YOU SWIFTLY.**

**MAINTENANCE – WATER, GAS ETC : FOR ANY REASON
SUCH AS PUTTING A SHELF ON YOUR WALL, MOVING
FURNITURE OR PAINTING IF YOU NEED ANY ASSISTANCE
BY MAINTENANCE PLEASE ASK JESSICA OR A MEMBER OF
STAFF TO CONTACT OUR ON-SITE MAINTENANCE TEAM
RYAN AND KEN.**

FOR REFERRALS PLEASE CONTACT:

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