



BRAMLEY HILL DAY CENTRE



August 2020 Newsletter

Deputy Manager's report

Dear all,

Following Government guidelines, Bramley Hill Day Centre is opening its doors to our members again, 19 weeks after closure due to the Covid-19 pandemic and lockdown.

In opening the Day Centre, The Garwood Foundation is adhering to the Government's instructions on staying safe, social distancing and taking extra precautionary measures

During the past four months, The Garwood Foundation has continued to support Rutherford school pupils, Bramley Hill clients, their families, and Jean Garwood House residents, with an adapted outreach service. I hope you were all reassured with our continued presence while you were in lockdown and shielding at home.

During lockdown, Bramley Hill staff have been working with residents at Jean Garwood House and volunteering on a daily basis with His Grace Evangelical Outreach, Asian Resource Centre Croydon and Guiding Hands who all distribute food parcels to local residents in need.

The Garwood Foundation was delighted to receive Certificates of Recognition from Councillor Humayun Kabir, Mayor of Croydon 2019 -2020, for the volunteering work carried out by Bramley Hill staff during the Covid-19 pandemic.

Please remember to follow the government advice to avoid catching or spreading coronavirus and stay safe.

Khaled Mechergui
Deputy Manager

Reopening Strategy – 15/07/2020

Following the release of the government's guidance document for the safe use of multi-purpose community facilities, updated on 6th July 2020, the Bramley Hill Centre is proposing to reopen on Monday 3rd August 2020. The decision to reopen comes a month after senior staff at the Centre made the decision to remain closed, in order to protect the wellbeing of our vulnerable clients.

We are committed to ensuring that when our clients return, their time at Bramley Hill is as normal as we can make it. However, we have to be confident that we are providing an environment that is as safe as it can be. Our premises manager has completed a detailed risk assessment that carefully considers the hazards and associated risks to our staff, clients and carers whilst on site at Bramley Hill. As a result, we have had to make several changes to our services in order to ensure we can reopen safely. The main changes to our service are highlighted below:

- Session groups will be limited to 4 clients per workroom, allowing us to welcome 8 clients per day, 5 days a week.
- Session times will be reduced to 9:30am – 12:00.
- Staff will be given sufficient time in the afternoon to thoroughly clean the Centre.
- Direct contact physiotherapy and hydrotherapy services will be temporarily unavailable.

As I am sure you will appreciate, it is essential that we are able to manage our capacity within safe guidelines. Our deputy manager is working closely with our care team to ensure that time spent at Bramley Hill will be enjoyable and productive for our clients. However, at this stage it will not be possible for our clients to interact beyond their designated workroom as part of the control measures that will be implemented.

Details of these control measures are listed below:

1. The Centre will be divided into two independent zones for client use. These zones will be colour coded and will each have their own access to toilet and welfare facilities.
2. Each zone will enable four clients and three care staff to complete a three hour session within their bubble. Clients and staff will be restricted to their zone so as to limit exposure.
3. Residents at Jean Garwood House will be offered exclusive use of one zone for 2/3 days per week, they will not integrate with any external clients.
4. Sessions will run from 9:30-12:00 and the Centre will not be providing a lunch. Our minibuses will be used to collect and drop two clients per vehicle, per day.
5. Symptom questionnaires and temperature checks will be completed on staff and clients each morning.
6. Staff will spend the afternoon cleaning their vehicle and the zone they have used, preparing for the next day's session.
7. Direct contact physiotherapy sessions, hydrotherapy use and field trips will be temporarily suspended.
8. Entrance and exit times will be staggered to ensure there is no congestion in communal areas, including our car park.
9. Unauthorised visitors will not be allowed on site and meetings will be conducted remotely where possible. Maintenance and contractor visits will be restricted to essential only, and arranged out of hours
10. The building restructure will enable staff at the Centre to return to work without impacting the safety of clients. The Centre's family support worker, premises manager, administration assistant and physiotherapist will be able to return to their private offices.

We are paying close attention to government guidance and will be adjusting our procedures as these guidelines change. We would like to thank Croydon Council for their continued support.

Kind regards,

Khaled Mechergui
Deputy Manager
Bramley Hill Centre

Lee Bennett
Director of Services
Garwood Foundation

Matthew Taylor
Premises Manager
Garwood Foundation

Volunteering during lockdown

The trustees and management of The Garwood Foundation were delighted for Bramley Hill staff to receive Certificates of Recognition from Councillor Humayun Kabir, Mayor of Croydon 2019 -2020, for the volunteering work carried out by The Garwood Foundation during the Covid-19 pandemic.

The former Mayor thanked us for our hard work, compassion, commitment, and sheer dedication to go above and beyond throughout this crisis.



Asian Resource Centre of Croydon

“During the COVID-19 we are running a weekly Food Bank to support vulnerable people from The Hub Broad Green on Keeley Road, Croydon, for registered members. We are working with a number of community partners and volunteers including The Garwood Foundation. Their help has been invaluable in getting supplies to vulnerable residents in Croydon and thank you for everything you are doing.”

ARCC

His Grace Food Bank/Hub

“We are ever so grateful for the amazing support that your team at Garwood Foundation have given to us by helping to collect surplus food from our partner supermarkets - by doing this you have helped to feed many Croydon residents. We thank you and pray that God reward your labour of love. Thanks a million”

Pastor Bola Thomas

His Grace Food Bank/Hub

His Grace Evangelical Outreach Church

Guiding Hands

It has been a Godsend the help that The Garwood Foundation have been doing with us over the lockdown. Thank you so much. We couldn't have gotten through so many deliveries without you. Thank you again and Stay Safe.

Tracey Davis

Chief Executive Office

Clapping for the NHS / Key workers and Carers

At 8pm every Thursday during lockdown, we all clapped for the NHS, keyworkers, and carers and at the same time we recognised that many of you belonged to this vast group.

The Garwood Foundation would like to thank all unpaid carers who have been working hard to care for their loved ones under extremely difficult circumstances during the coronavirus outbreak.



Antony at his front door, clapping and making a noise for the NHS, keyworkers, and carers.

Antony is a resident at Jean Garwood House and a member of Bramley Hill Day Centre

Jean Garwood House mini concert



“The World Harmony Orchestra is an ensemble of professional and international musicians based in London performing for peace and humanitarian causes, raising funds and awareness for charities and supporting vulnerable people through music.



The orchestra believe that society should be like an orchestra, where everyone plays their part and has their voice heard.

Since the outbreak of coronavirus, they have been matching a musician from the orchestra who lives locally to people who are self-isolating. They are following government guidelines as the service provides care to vulnerable people and the musician who walked to the place counted it as part of their daily exercise allowance. The musician performs in a garden, courtyard or outside the house and play their instrument, keeping to strict social distancing.

Jean Garwood House residents enjoyed a mini cellist concert performed in their patio garden by Carina and photos were taken by Marianne a professional photographer. A big thank you to Romaine from The World Harmony Orchestra for organising this for us.



Above: Residents enjoying the concert

Physiotherapist

Due to Covid-19 Government guidelines, direct contact physiotherapy and hydrotherapy services will be temporarily unavailable.

Our physiotherapist, David, will continue to offer wheelchair support for arrangement of repairs and to provide remote support from the Centre on a Monday, Wednesday, and Thursday.



Family Support Worker



Our Family Support Worker, Maryam, has kept in regular contact with our unpaid carers to keep them updated with the latest government guidance during Covid-19 and has continued to work with members who required support via an outreach service.

Maryam's working days are Monday, Tuesday, and Wednesday.

If you have any concerns or need advice, please contact her:

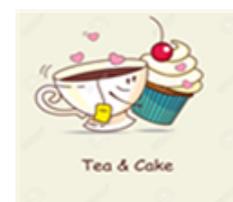
Tel: Office 020 8686 9866 or work mobile: 07496 887751

Email: maryam.bouregaa@garwoodfoundation.org.uk

Carers Forum

Due to lockdown, our Carers Forum continued via Zoom meetings and the group has enjoyed coffee, cake and chat plus gentle yoga and meditation sessions in the comfort of their own home.

Delivery of the forum by Zoom has proved to be very successful and The Garwood Foundation are delighted that the service has adapted to the current situation.



If you would like to participate in the monthly meetings, or dip in and out of sessions that interest you, please contact Maryam, details are above,

Carers Week



The Garwood Foundation celebrated Carers Week in June by delivering jars of coffee, tea, cakes, and fresh fruit to carers at home, and these were enjoyed by all during a Zoom meeting where information, ideas and laughs were shared. Thank you to all those who participated.



Congratulations



To Matt Taylor, our Health & Safety premises manager, and his wife Sophie, on the birth of their son, Felix.

To Danielle Muncey for achieving her New Skills Academy Level 3 Admin, PA and Secretarial Diploma.

The Garwood Foundation Charity Shops

Our charity shops have re-opened and we welcome your custom and donations.



South Croydon Charity Shop
127 South End
Croydon
CR0 1BJ
Tel: 020 8649 9306



Addiscombe Charity Shop
294 Lower Addiscombe Road
Croydon
CR0 7AE
Tel. 020 8654 4856



Coulsdon Charity Shop
41 Chipstead Valley Road
Coulsdon
CR5 2RB
Tel. 020 8660 6786

Virtual Prudential RideLondon

The Prudential RideLondon might not happen, but the virtual ride will. The weekend of 15/16th August will see people saving the UK's charities by riding their own way: Ride in your time, on your scooter, skateboard, trike, balance bike, tandem, penny farthing, unicycle or roller skates and ride your own distance

My Prudential RideLondon is an exciting, free event that will enable riders of all ages and abilities to cycle a range of distances, based on the events included in the traditional Prudential RideLondon weekend from wherever they are in the world, have fun and raise crucial funds for their chosen charity. Share your progress with family, friends, and the world.

To help The Garwood Foundation, please register here <https://myridelondon.co.uk/register>

Age UK



Age UK provide a life-enhancing services and vital support to people in later life. They and their local partners deliver a range of services across the UK.

If you are feeling isolated or lonely, you can call Silver Line for a cheerful chat, day or night. Tel: 0800 470 80 90

Supporting The Garwood Foundation Thrift+



The Garwood Foundation knows that you support us with everything you can. We also know that our own charity shops might be out of your way or are closed by the time you would be able to drop your donations off. But there is a solution: Thrift+.

- A donation service for second-hand clothes
- Individuals pack up their clothes into a 'ThriftBag' and send them to Thrift+ to be photographed and sold online.

Each time an item sells, they split the proceeds three ways:

- 33% to Thrift+ (minimum fee of £5)
- 33% to the donor as Thrift+ credits
- 33% to their chosen charity

Alternatively, the donor can choose to donate 66% to charity instead of earning any Thrift+ credits.

Our donors can choose to support almost any charity in the UK. The charity does not have to be signed up with Thrift+ to benefit from donations.

How do charities receive the funds?

They have partnered with PayPal Giving Fund to process our donations. To receive funds as quickly as possible, we recommend that charities create a PayPal account and enrol with PayPal Giving Fund.

Also, if you shop via their website, we also receive 10% commission.

<https://thrift.plus/the-garwood-foundation-charity>

Charity Vouchers

We've all been there, a birthday, Christmas, Valentine's Day or other occasions and no idea what to give that special person. Especially now, we all have been home more, we had the time to order everything we never knew we needed.

But there is a solution: Why not give that special person a Charity Voucher? They can send that voucher to their favourite charity. Vouchers are available from £15 upwards.

<https://charityvouchers.org/choose-voucher-type/>

Don't send me a card

The Garwood Foundation has joined 'Don't send me a card'. This is a service that sends an eCard for all sorts of occasions. This is especially helpful now that we are visiting the high street less often. The amount you would have spent on a card and postage - or even a bit more if you prefer - you can donate to us. They have Fathers' Day, Mothers' Day, Christmas, Birthday, Thank you cards and more.

<https://www.dontsendmeacard.com/>

Adapted Holiday Home for Hire in West Sussex



New Government guidance has supported the re-opening of caravan parks providing conditions of the guidance are met. Caravan parks welcome guests back with confidence.

The Garwood Foundation owns a caravan located on Haven's "Church Farm Holiday Park" with an excellent range of facilities.

The caravan is situated near to the main complex and offers a high standard of accommodation. Our caravan is in excellent condition and a superior model which includes a wet room with aids, bathing equipment, hoist, two twin-bed bedrooms, a lounge with a double pull-out sofa bed and central heating and is extra wide to provide maximum space and comfort. It also has a ramp access with a raised patio area and parking to the side.

We are able to take bookings but recommend you book early to avoid disappointment. Our 7 nights stays range from £200 to £700 depending on season time.

For a quote or booking, please email:

holidayhome@garwoodfoundation.org.uk

For enquiries about the caravan or Church Farm site, please email Maryam:

maryam.bouregaa@garwoodfoundation.org.uk

We will be pleased to discuss any individual or particular needs people may have. Our aim is to offer this widely to support as many people and families with disabilities as possible, enabling them to enjoy short breaks which meets their individual needs.

Facilities at Church Farm Holiday Park

- 2 food and drink venues - Mash and Barrel and Cook's fish and chips
- All-weather bowling green - Multi-sports court - All-weather sports range
- Bungee trampolines
- Crazy Golf course - Pitch and putt course
- Entertainment venue - Show Bar
- Fun Works amusements arcade
- Heated indoor pool - Heated outdoor pool - Water flume - Paddling pool
- Indoor soft play area - Outdoor play area
- Pool tables
- Tennis courts
- Mini Market - ATM Cash machine
- Launderette

Available facilities depend on Covid-19 Government guidance at time of holiday.
Please check before booking.

Fundraising during Covid-19

We lost approximately 75% of our fundraising income overnight due to Covid-19 and lockdown.

We would be so grateful if you are able to make a donation to “The Garwood Foundation” or hold your own virtual online fundraising initiative.

Our fundraising officer, Karin Schnabel, can be contacted at:

fundraiser@garwoodfoundation.org.uk.

Please keep checking the website www.garwoodfoundation.org.uk and our Facebook page for updates from us

Thank you!

We would like to say thank you for the kind and generous donations we received during lockdown.

Please remember if you wish to donate, where possible to gift aid any contributions which should be addressed to:

**The Garwood Foundation
Bramley Hill Day Centre
27 Bramley Hill
South Croydon. CR2 6LX**

Email: bramleyhill@garwoodfoundation.org.uk

Web site: www.garwoodfoundation.org.uk

You can also follow us on Facebook and Twitter

Registered Charity Number 272905
Company Registration Number 1285858



If you would like this newsletter in large print or another format,
please contact Maryam:

Tel 020 8686 9866

or

Email: maryam.bouregaa@garwoodfoundation.org.uk