

# BRAMLEY HILL DAY CENTRE

## Covid-19 NEWSLETTER

### May 2020



#### Deputy Manager's report

Dear all,

Whilst the nation is on lockdown and advised to stay at home, The Garwood Foundation continues to support Rutherford school pupils, Bramley Hill clients, their families and Jean Garwood House residents, whilst adhering to the governments instructions on staying safe, social distancing and taking extra precautionary measures

Bramley Hill staff have been finding innovative ways to continue our services through these particularly challenging times, by adapting to emerging needs during this crisis and developing an outreach service.

It is important that the community is aware that the Garwood Foundation are still supporting our clients and other vulnerable people in the community despite closure of our school and Day Centre.

Bramley Hill staff are working hard to continue the good work of The Garwood Foundation. The front door is closed but our arms are open to support you.

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

Khaled Mechergui  
Bramley Hill Centre  
Deputy Manager



Some of the things we are doing:

### Cooking and delivering meals to clients who live alone

Some of our clients rely on the daily cooked lunch at Bramley Hill as their main meal and this was a concern to The Garwood Foundation once the centre had to close.



So it was decided to re-open the kitchen and Kate, our cook at Bramley Hill, has been bulk cooking meals with fresh ingredients and portioning them up to be delivered to our clients who live alone and are unable to cook fresh meals without support.

A healthy and well balanced diet plays a vital role in supporting a well-functioning and effective immune system to help protect against infection and diseases such as the coronavirus

Our minibuses have been put to good use by delivering meals to the front doors of our vulnerable clients, while ensuring we keep to social distancing requirements.



Our clients are enjoying the meals being delivered by friendly faces they know, and are advised on safe fridge/freezer storage and re-heating.

### Supporting staff at Jean Garwood House



Bramley Hill carers are working regular shifts at Jean Garwood House, our residential home for 14 residents, to cover the shortage of their own carers due to sickness and self-isolation. The Garwood Foundation has the necessary supply of disposable gloves, aprons and masks.



Above: Dan and Maryann working with PPE

## Outreach services



Bramley Hill staff are doing essential food shopping trips and collecting medication for clients who live alone and to clients living with their families who are vulnerable, self-isolating and staying home to stay safe.

Staff are making daily phone calls to clients and their families to provide moral support and help them overcome loneliness during this period. This also enables us to keep a record of any client or family member affected by, or diagnosed with, coronavirus



Puzzles, word searches, games etc. are being dropped off to clients at home to keep them cognitively alert and motivated.

Left: Tony colouring



Above: Maryann with Antony playing Connect 4



Bramley Hill exercise equipment has been moved over to Jean Garwood House so many of the clients can continue to maintain their physical well-being while supported by trained staff. This is important as many of the clients were accessing this equipment on a weekly basis to maintain functional tasks such as transfers from bed to wheelchair for example. This will also help to prevent the possible long term effects that immobility and lack of exercise can have on clients physical and mental health the longer the current government measures are in place.

Left: Antony using the Centre's Motomed exercise bike at Jean Garwood House

Bramley Hill staff delivered food parcels to all the school pupils' families across three boroughs. All the families met staff at their front doors with a happy smile and a big thank you to the Garwood Foundation for thinking of them in such difficult times.



## Physiotherapist



Our physiotherapist, David Mitchell, is making regular outreach phone calls to all clients and families providing advice, exercise recommendations and wheelchair repair guidance. He has also rolled out online access for adapted yoga classes to help support our client's mobility needs and general health.

We have begun to collect names of our most vulnerable clients who have received advice from the NHS to shield for 12 weeks, this will help us to identify those who are most at risk from a medical point of view and who may need additional support and monitoring. We hope our clients, families and carers are reassured by this regular outreach contact that primary health care services are still functioning and available at the point of need. If you need continued advice, guidance concerning medication and routine blood testing the GP's will advise on how to arrange this, based on each individual's medical needs.

## Family Support Worker



Our Family Support Worker, Maryam Bouregaa, is keeping in regular contact with our unpaid carers (clients families) to reassure them of our presence so they do not feel isolated and without support from their 24/7 caring role, and to keep them updated with the latest government guidance for unpaid carers during Covid-19.

Maryam is continuing to support clients who live alone with correspondence, paying bills etc and is available to offer Benefit advice due to changes in circumstances.

Please phone Maryam if you have any concerns or need advice.

Tel: 07496 887751 Monday to Friday.

## Carers Forum



Our Carers Forum is funded by the Local Voluntary Partnership (LVP) and they have suggested that we can deliver the Forums in a different way such as video conferencing using Zoom, or suspend our Carers Forum until we are ready to re-commence post Covid-19.

To carry on, we could have 30 – 45 minutes monthly meetings on Zoom (the Zoom app is easy to download) for easy yoga sessions, quizzes or just an online coffee and chat together. Please let Maryam know as soon as possible if you are interested in this.

Staff from Bramley Hill Centre are supporting other vulnerable people in the community

### Guiding Hands Organisation



The Guiding Hands Organisation provides mums in Croydon with advice, support and help in the form of heavily subsidised food shopping and cooking sessions, enabling each mum in providing a healthy meal for the family. Due to lockdown they have adapted their service to deliver food parcels only



Every Friday, Bramley Hill drivers are helping Guiding Hands to Help deliver food parcels to those in isolation and to vulnerable adults over the age of 55 in the local community.

We will also volunteer when the scheme extends to a Tuesday delivery.

Danielle and Charlene



Danielle



Jackie



Charlene



Maryann

Danielle, Charlene, Jackie and Maryann delivering food parcels on behalf of Guiding Hands

## Asian Resource Centre Croydon



Asian Resource Centre Croydon (ARCC) is a charitable organisation with a view of bringing together Asian Communities & Businesses. Their mission is to support, develop and promote voluntary/community activity that enhances the quality of life in Croydon.

Every Tuesday Bramley Hill drivers help deliver food parcels on behalf of Asian Resource Centre, to those in isolation and to vulnerable adults in the local community. This is vital work since current government reports show that the Asian community can be disproportionately affected by the coronavirus.



Sanjay with ARCC volunteers



Sanjay ready to deliver food parcels on behalf of ARCC



Bramley Hill are registered with **Croydon Voluntary Action** and CVA has identified that with our trained carers and minibus drivers we have the resources to work in partnership with Croydon Council to assist the elderly and vulnerable to attend essential hospital and GP appointments.

**Croydon COVID-19 Mutual Aid (CCMA)** is a network of local mutual aid groups operating in the London Borough of Croydon. They are helping residents through the coronavirus pandemic by carrying out simple tasks like collecting shopping and medication, dog-walking, checking on neighbours, providing moral support etc. Bramley Hill has registered with CCMA to offer support utilising our drivers and minibuses.



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.

We have contacted Age UK offering the service of our drivers and minibuses to support their work during this crisis period.

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

### **Fundraising during Covid-19**

We have lost approximately 75% of our fundraising income overnight. 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:  
ffundraiser@garwoodfoundation.org.uk.

Please keep checking the website [www.garwoodfoundation.org.uk](http://www.garwoodfoundation.org.uk) and our Facebook page for updates from us

## In Memoriam

It is with great sadness to inform you that Jonathon, one of our clients at the Centre, passed away in April. Jonathon had been a member of Bramley Hill for a number of years. Jonathon will much missed by all our staff and our thoughts are with his wife, Kemi, and his loved ones at this difficult time.

## Thank you!

We would like to say thank you for all the kind and generous donations we have received this year.

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](mailto:bramleyhill@garwoodfoundation.org.uk)

Web site: [www.garwoodfoundation.org.uk](http://www.garwoodfoundation.org.uk)

You can also follow us on Facebook and Twitter

Registered Charity Number 272905  
Company Registration Number 1285858



**Please stay home, stay safe.**