

PERSONA NEWS



Staple Down Here To Make This Into

An Easy Read Style Booklet

We support people
to live their best life

Message from Kat

I always find the month of May to be a really lovely time of year. It's a time where the lighter nights and mornings make it feel there are more hours available in the day – and with more hours in the day there is more time to do the things I enjoy. It's a complete illusion but somehow it becomes possible to fit in a walk or a run as well as everything else that was in my plan for the day, when in February or March I wouldn't have found that time. For me that shows just how much our mindset can be determined by our external environment. Our inspiration can come from the world around us and it is then our choice to grab hold of that and choose to be inspired.



This month we recognise Mental Health Awareness Week and after the year that 2020 was it has never been more relevant. Over the course of the pandemic our society was united in the realisation that our mental wellbeing is something that none of us can take for granted and it's essential that we keep that recognition as we move forward. During the pandemic the lockdown restrictions meant that many of us had to alter our lifestyles and it forced us to press the pause button and find pleasure in simpler things. For many of us that was in the natural world and it's that theme that has been chosen for this year's Mental Health Awareness Week. Nature provides the opportunity for a complete sensual immersion – we can choose to taste, touch, hear, see, and smell its many wonders and there is evidence that this enhances our wellbeing on a number of levels. When we take the time to observe it, nature also provides lessons that we can take with us through life. It's a fact of life that things change around us all of the time and it is within us to adapt with that change. Look to nature to be your inspiration this month #ConnectWithNature.

Kat

This month's highlights

- | | |
|-------------------------------|------------------------|
| 2 - Message from Kat | 17 - Service News |
| 3 - Staff News | 21 - Cultural Calendar |
| 8 - Learning at Work Week | 22 - Activity Hub |
| 9 - Recognition & Compliments | 23 - Easter Tree Comp |
| 10- Wellbeing update | 25 - Snapshot |
| 14- Thank you! | 28 - Values |
| 15- National Pet Month | 29 - Spotlight |

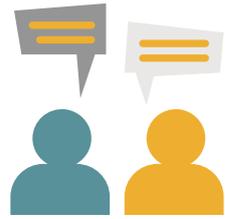


When viewing the newsletter digitally and you see this logo, there is an online link that you can click for direct access

CHAT WITH KAT

Chat with Kat sessions began last year and they are your opportunity to hear what has happened and what is planned at Persona.

If you've missed the previous Chats with Kat, head over to the intranet for a full run down of what was discussed: <https://tinyurl.com/y6neljzv> or find details about the next session and how to access it.



Chat with Kat is moving to Microsoft Teams and will be on 25th May 2021 at 11.30



ANNOUNCEMENTS

GOODBYE AND GOOD LUCK

- Kyle Howard - Casual Admin
- Julie Brindle - Lead Support Worker
- Alison Messenger - Support Coordinator
- Lorraine Armstong - Customer Relations



VACCINE UPDATE

79% of Persona staff have now had at least their first vaccination jab. We are really pleased with the progress throughout the services.

We understand that some people could still have reservations about getting the vaccine. If that is the case, please take a look at the vaccine page on the intranet <https://tinyurl.com/1cb8deuz> where you can find lots of information and videos telling you about the processes that have gone in to creating the vaccine and the confidence that doctors and scientists have in it.



Read testimonials from your colleagues who have had their vaccine and the experiences that they have had.

If you would like to contribute to this page with a written account of your experience or a #VaccineHero selfie of you getting the vaccination, please email them in to info@personasupport.org

We would like to thank everyone who has submitted their #VaccineHero selfies so far.



WORLD HAND HYGIENE DAY

As we steadily move out of lockdown and the pandemic, following the Government's road map, it is important to remember that we all need to continue with basic hygiene. By continuing to follow Hands, Face, Space and Fresh Air, we can keep Covid cases down and keep our liberties.

Check out the Persona's Hand Hygiene playlist on our Youtube channel! <https://tinyurl.com/3s2pkrtf>



PERSONA THEMED QUARTER MCA & DoLS

Progression



Krisila O'Neil
Spurr House

Meet one of your champions

I am passionate about MCA and DoLS, as I believe everyone has the right to live the best they can and how they choose, whilst being safe. Sometimes I feel DoLS are applied far too easily, without looking at all different avenues. It makes me even more passionate to help and try my best so that this really is the last resort.

Whilst becoming a champion and learning more about MCA and DoLS, we had a lady come into our service and on her Initial Referral Assessment it stated she needed a DoLS in place. I was the carer who was putting her support plan in place and although this lady had Alzheimer's, she could make her own decisions and express her wishes whilst accepting our support. I questioned the need for a DoLS with the senior who agreed. They checked with management and it was agreed this lady did not need a DoLS. This lady is very settled within our service and I am glad I raised this matter.

What are you passionate about? Could you be a Champion at Persona?

We are looking to recruit Champions in the following areas.

Talk to your managers about becoming a Champion today!



Nutrition

Medication



Oral Care



Safeguarding Adults

Communication and Dignity



Dementia



PERSONA

 <https://tinyurl.com/7ekwww2u>

This month we've been finding out how Paula and David have been studying to grow their knowledge and skills, and we've discovered that progression isn't necessarily about moving to a more senior role. Congratulations to you both on gaining your qualifications and well done to everyone else who is still working towards their own right now.



'I've just finished my Level Five Diploma in Health and Social Care Leadership and Management which was a great refresher and a good way to demonstrate my knowledge in my role as a support co ordinator in Supported Living', Paula tells us. It will be helpful if she decides to move up to a Registered or Deputy Manager role in future, but she would need some experience too, which, with this qualification behind her, she could get if the opportunity comes along. Since Paula started working in Bury as a support worker in 1993 she's taken lots of opportunities to progress in her roles, including a BTEC in community equipment and becoming a moving and handling trainer and assessor. In fact, she says 'the moving and handling is my passion and it's a big part of what I love about my job, even though it's not actually in my job description!'

David Pope has recently completed his NEBOSH certificate which qualifies him as Persona's new Health and Safety Building Compliance Officer. He came to the role from a Day Care Officer role at Grundy Day Centre in 2019 and had already progressed within both these roles, as a Mental Health First Aider, Unison Rep and Employee Forum Rep.

David is 'over the moon' about his achievement. 'The course was delayed by the pandemic, so ticking it off feels like a milestone moment in my career. Even though I'm no longer in a care role, I still do what I do to make sure our services are the best they can be for our people.'



Technology Guidance Page

We know that some people struggle with it so we have developed a one stop shop for help and advice when it comes to all things technical - please look there first as it could hold your answer. If you can't find what you are after please let the Communications Team know so that they can update the page and make it useful for everyone.

It is very important to get to grips with your work email account as it will allow you to get learning updates and hear about opportunities to progress within your current role, as well as regular wellbeing suggestions and much more.

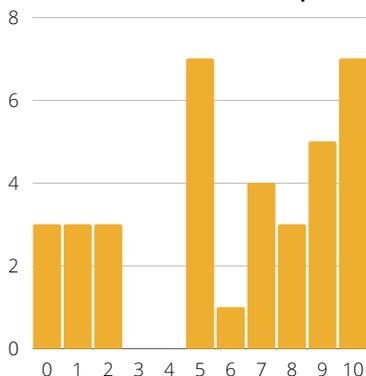
The page is located in Staff Information on the intranet.

 www.personasupport.org/intranet/staff-information/technology-guidance

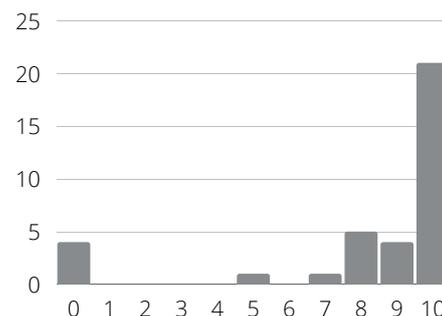
****Data based on responses given. Not all questions may have been answered****

KEY: On a scale of 0-10 (0 as the lowest 10 as the highest)

Would you like to have further staff workshops?



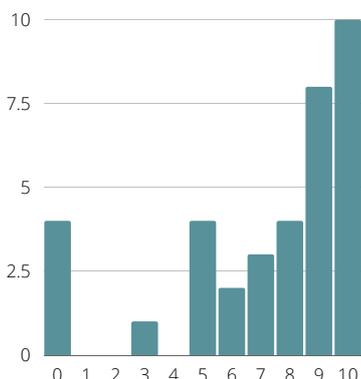
Are there any areas from the Marketplace section that you would want to know more about?



Do you understand the purpose of Persona and why it exists?

"While it's useful to have the flexibility of on demand sessions, there's nothing like seeing people in the real world"

Would you recommend Persona as a great place to work?



"Yes liked, due to COVID restrictions"



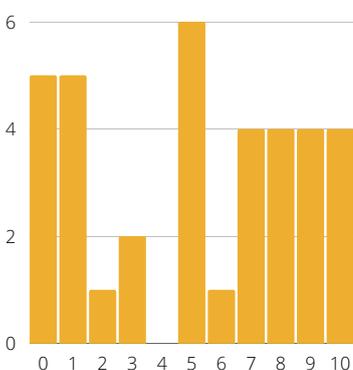
"I prefer to be interactive with others"

"I thought it was a fab alternative but my preference would still be an in-person one"



Did you find the Market Place section useful to find out about key developments across Persona?

"The convenience and flexibility were greatly appreciated. I missed out on the interactive aspect"



Did you enjoy the Staff Workshops?

Each year at the staff workshops we ask which charity you would like Persona to support in the coming year. Out of the options in the survey, with the option to suggestion one, we are happy to announce that in 2021 we will be supporting:



of staff were aware of the Health and Wellbeing initiatives taking place across Persona before the workshops.

Thank you to everyone who participated in this staff survey!

The line from A to B is never straight. With the implementation of Care Control across all services, new questions and queries have started to arise. Project Manager Clair MacKinnon has been conducting training with several services and within those sessions, participants have displayed their honest value and as a result, have raised very valid questions and queries that will aid the success of this implementation. The goal of the introduction of Care Control within all services is to make your time more efficient so you can get down to the job that you all excel at, supporting customers to live their best life. So being forthcoming with your views will allow the final Care Control package to be perfect for Persona staff and the needs of the customers. Team work in action!

Training has been completed within Learning Disability Day Support, Woodbury, Queensberry Place, Supported Living and Floating Support with their managers and support coordinators. Areas of training were in Care Planning, eMAR, and rostering. These staff groups will be starting to capture customer data ready for go live in a couple of months' time.

Task led confidence with Care Control

Following meetings with staff groups, some benefits of staff using Care Control were easy to identify:

In a busy service, when you are supporting customers, recording some of the daily checks that you need to do can be forgotten about, not out of negligence but out of supporting the customer with tasks and activities.

These routine daily tasks can be added to the care control system, with prompts set to appear on the staff devices. The task can be allocated to a specific staff member on shift.

Once a staff member has completed the task, it will disappear from the list of prompts.

Staff will then be able to see that the task has been completed on Care Control.

Care Control Daily Huddle with Clair



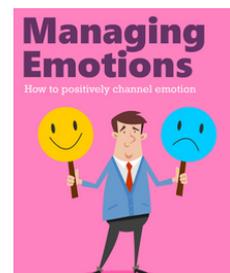
Got a question or concern about Care Control that you want to talk to Clair about one on one?

Microsoft Team links to the daily Care Control Huddles are available on the Care Control intranet page

 <https://tinyurl.com/CCHuddle>

Check out this Managing Emotions bitesized book on the Learning Hub. Learn 'emotional intelligence' - how your emotions drive your behaviours, plus strategies to manage them so they don't manage you. Cope better with challenging situations.

 <https://tinyurl.com/ManageEm>



Made for Learning is the theme of this year's Learning at Work Week.

From the day we are born (and even before) we are constantly learning and adapting – it's a part of what makes us human and it's one of the five ways to wellbeing.

Learning can help us to grow connections with others, make our community a better place to be and make our working life more successful and happy for us, our colleagues and our customers.

Learning new things is also a route to progression – new skills can enhance your current role as well as giving you the opportunity in the future to gain experience in new areas.



Progression

Learning is a main part of wellbeing too. A lot of people who live with poor mental health find it easier to stay well when they know how to do their job and where to get help if they don't.

We never stop adapting and this can be a scary prospect. Being asked to learn to use new systems like Care Control or getting used to reading your work emails can feel like a big deal, but there is support available and if you are being kind to yourself while you learn, you can and will get there. Don't stop trying and ask for help if you need it.

Learning is
Human Nature



Take the first step up the mountain with our Learning at Work Week intranet page

<https://tinyurl.com/LAWWk>



Living by the Values is embodied by our colleagues on a daily basis. Head over to persona.wrkit.com to give your appreciation to your colleagues for living the values.

Enthusiastic

Vicki Roberts

Vicki your enthusiasm to ensure our customers have the best time shows in everything you do. Our customers had a fabulous day starting with the egg hunt and the Easter bonnets that you organised. Our window tree and Easter tree are fantastic. Well done, you are a credit to our team.

Andrew Kirkman

Thank you for your participation at the recent training session on the Electronic Medication application. You asked some really good questions about how the system will work in practice, and raised some scenarios which I need to refer back to the Heads of Operations and Service Managers, so that we can have an agreed approach on how to record. You also spoke positively about how some of the functions will help you and the Lead Support Workers monitor tasks that need doing. It all helps the preparation for bringing the new system on line.

Adaptable

John Marsden

Thank you for sorting out a desk and chair at such short notice for us, it's really appreciated but better still, it's always done with a smile.

Caring

Laura Faulkner

Laura, the empathy you have shown to a new customer has been amazing. You have given so much time to reassuring him, talking to him and getting to know him, showing you care and letting him know you're there to help. You exhibit all the values Persona stand for on a daily basis. Well done.

Honest

Helen Yates

Thanks for speaking up on an issue and giving it a lot of consideration. You presented your points really clearly and I appreciate you giving us the opportunity to reflect on them.

Melanie Quilton

Thanks for your questions and contribution at the training session on rotas yesterday. You gave me some information which will help us understand how we go about doing the set up for your service. It's important for us to have staff thinking about how the system will work for you, and mention anything you think is relevant. It's really helpful.

Grundy Day Service

Grundy's manager, Anna, received a phone call from a customer's daughter. Her mum had returned to Grundy after a year's absence due to the pandemic. She wanted to tell us that even after just one day back, she had seen a massive difference in her Mum; she was smiling all evening and was full of conversation and it was so nice to see her like that again. She wanted to feedback what a difference it had made and to thank us.

**Thank you so much for looking after our Auntie. You're all wonderful.
Love from Denise, Stephen & Dorothy Gibson and the rest of the clan.**

Spurr House Short Stay

Elmhurst Short Stay

My mother was taken into care earlier this year for one month and then onto a permanent care home. My mother was tired and frail when we admitted her and had lost her usual chirp and had to be arm-linked to walk safely. Although it was a sad day for our family and many tears shed, the staff at Elmhurst greeted her as a long-lost relative, they put my sister and me at ease and were completely professional with a friendly approach. Everything was explained to us in detail and although we never actually entered the building because of the pandemic, we had plenty of window visits and noticed how mum was becoming much happier and physically stronger over the weeks. Mum suffers from dementia but did manage to remember some of her activities. Over the month mum would cut our visits short because she wanted to get back to the activities, this, of course, made us feel great about her care but unfortunately, she had to move on. Lovely place and brilliant staff.

**Thank you for all the love and care shown to Mum, Dorothy & myself during our time with you. Take care, stay safe, with best wishes
Gillian & Dorothy**

Pinfold Lane Day Service

Getting feedback and compliments are a great way for us to know that we are making sure that we support customers to live their best life. If you would like to send us a compliment or give us feedback, please look on the back page for contact details



Research is showing that being in nature can be effective in looking after our mental health and also reduce feelings of isolation. Nature is not a luxury and many of us discovered just how much of a positive impact it can have on the way we feel during the recent lockdowns.

Chances are that each time you're experiencing nature, you are taking at least four of the five steps to wellbeing too:

Take Notice

of what's around you - it can give you perspective on any worries and keeps you in the moment.

Be Active

but take it at your own pace - walk, run, swim or roll - it's all fresh air!

Connect

with the slower pace of the natural world, feel your stress levels drop.

Keep Learning

and get curious! What's that flower? Which bird is singing? What's this river called?

The Mental Health Foundation is encouraging everyone to **#ConnectWithNature** this **#MentalHealthAwarenessWeek**:

share nature

take photos, film or sound recordings & share with people around you or use the hashtags above on social media

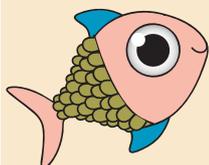
experience nature

take time to notice what's around you

talk about nature

how do you enjoy it? Tell us what you do & we'll share it on the Wellbeing Hub to inspire others

Each service will be receiving a gift of some sunflower seeds this week, to celebrate the theme of nature and raise awareness of MHAW. Take photos as they grow, as there will be a Persona summer competition to find the tallest sunflower!



Do you feed the birds? Love identifying trees or flowers? Collect things you find on your walks? Tell us at info@personasupport.org & we'll share your ideas.

Want a chat?

Did you know that there are over 20 trained Mental Health First Aiders across Persona? If you want to chat to someone, you can choose any of them, they don't have to be in your service. And it's OK to try a different first aider, if you don't click with someone. Find out more about them, what they do and how to contact a first aider on the Wellbeing Hub.



May is National Walking Month

Not only is walking a great way to get out into nature, it's a great way to get fit after an illness or injury and is a boost for your physical as well as your mental health. Walking can help with digestion, strengthening your lungs and heart and can also help you to sleep better.

The GM Walking Festival website has some great calendars to inspire you to walk and connect with nature this May, whether you're a roamer, moocher, shuffler, strider, pusher or stepper! You'll find the calendars on our Activity Hub too.

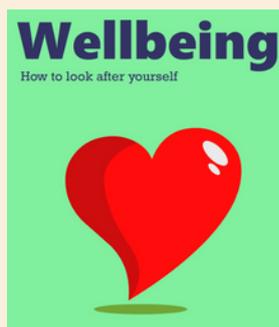
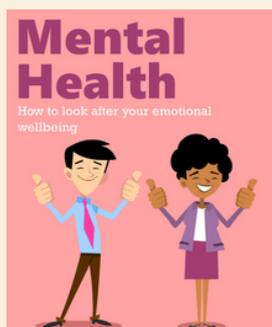
Coming out of lockdown - how are you feeling?

Living through lockdown has been really weird, so as it comes to an end, we should be feeling really happy and excited and enthusiastic about doing everything we've been missing out on - right? Well, no. Actually, a lot of us are feeling anxious and overwhelmed at the thought of going back to 'normal' and this is completely - well, normal! Our new **Coming out of lockdown** page has tips and advice to help with this.



Take a look at this month's bitesized book choices:

A simple guide to what it is, how to look after it, how to spot issues with it and support others to do the same.



Discover the importance of self care, healthy boundaries and what the four aspects of wellbeing are.

You can read these titles and more on the Learning Hub.

Anyone can do it, as long as they care.*

***All training provided while you work.**



We're recruiting Shared Lives carers now & the role can be as flexible as you need it to be.

Want to know more?

**Visit us at personasupport.org/bury-shared-lives
or call 0161 253 7211**

for more information on the scheme & on being a carer.



Thank You!

*to each and every one of you who has -
... shared your stories and photos for everyone to enjoy
... got involved with our competitions
... liked, commented and shared our social media posts*

Without your input and support, we couldn't share the wonderful work that everyone across Persona does to **support people to live their best life.**

With your contributions we can continue to showcase the fantastic outcomes that every service achieves every day, making sure that people in our community - who may need social care - know just how great Persona is.





Pinfold Lane's ball loving Norman

Pinfold Lane
Day Service

Angela, carer at Pinfold, takes great care of Pinfold Lane's fish whose name is Norman. Angela feels having Norman has a calming effect on some of our customers. The gentleman in the photos was new to Pinfold Lane and by helping with the cleaning of the tank really helped him to settle in and has led to him helping with other tasks in the garden. He named Angela the 'fish whisperer'. She has recently supplied Norman with a toy ball after reading this can provide stimulation for him, as sadly he is now alone. One of Norma's favourite things to do is to eat lettuce!



Charlotte's (HR) sunbathing lamb

The sun always makes us feel better but when I see a little lamb looking so content in the morning when walking my son to school, it makes my smile just that bit bigger!



George's (Kickstarter) faithful friend

Ever since Bunty came into my girlfriend's life, she has made her smile and laugh every single day, and she had the exact same effect on me when I first met her. It didn't take long for Bunty to not just be my girlfriend's dog; she became our dog. Bunty sadly passed away in March 2021 at the ripe old age of 13, but she leaves behind memories that will forever be etched into my memory.



Jenny (Communications) and her mini raptors



My mini raptors have given me a daily smile and giggle for 2 years now. Seeing them roam the garden day after day has had an enormous benefit to my wellbeing. Along with the chickens, my garden was always a buzz of activity as the multitude of bird feeders attracted all sorts. I've had bullfinch, greenfinch, goldfinch, blackbird, sparrow hawk, dunnocks, house sparrow, nuthatch, black cap, blue tit, great tit, coal tit, long tailed tit, woodpecker, robin, starlings, all sorts of species have visited my garden, as well as the cunning squirrels. I could be having a horrible day, but by merely looking out my window a smile would grow on my face as I watched nature do its thing with beauty and majesty.

All that changed in December when Avian Flu hit (basically, it is bird covid). The chickens had to go into lockdown and I had to remove all my feeders and bird bath from my garden. As a result my garden got very quiet. It soon hit me how large a coping mechanism my garden was for me dealing with living and working alone during a pandemic. My mood crashed. Thankfully, after 4 months, avian lockdown has now been lifted and my mini raptors are now free to roam the garden and the hilarious game of trying to keep them out of the kitchen can finally resume.

It currently stands as: Jenny - 36 v Chickens – 38,726,183,283

Getting back to normal

One of the regular features in normal times for our Older People's day service are visits from Ranger Rob with his amphibious collection of creatures and Smithills Open Farm. Senior Carer Karen from Grundy said, "Customers always enjoy it. To hold little chicks, guinea pigs and rabbits. It's lovely!"

A firm favourite with the customers and staff alike, was Scooby the donkey that enjoys being fed a carrot by the beaming customers. Persona has always recognised the importance of animals for people's wellbeing and we are excited about the road map out of Covid so that we will be able to invite Smithills Farm and Ranger Rob back into our services.



Queensberry: 5 months on



In January Persona welcomed customers to their new home at Queensberry. This was a new opportunity for Persona to bring a range of services to customers. We talked to Jackie Jackson and Norma Milne, Support Coordinator's for Queensberry about how the first 5 months have been.



The impact that it has had on customers was felt almost instantaneously *"Barry and Anthony, who present with specific behaviours, moved from a old 4 bedroom terraced house with steep stairs. They moved and settled in very quickly. Within 7 hours of moving in it was as though they have live here their whole lives."*

The positive change in customers has also been noticed by social worker Lorraine, who commented on Gerrard: *"On previous meetings he did not engage in any conversation and he was deteriorating, as such he was not engaging well with life. Now, he is a different gentleman. Sitting with staff laughing and joking, talking about how he would make a card for his girlfriend and wanting to send her flowers."*



Looking towards the future, Jackie and Norma are very excited about the potential that Queensberry holds. *"Summer is on our doorstep and we have all sorts of plans, these include: sensory garden, planting out flowers that attract insects and birds into the garden so customers can enjoy the experience this brings, communal use of the garden space where we can hold BBQ's, summer evenings in the garden. Customers have just started growing their sunflowers for our "biggest sunflower competition". There will also be, in conjunction with day services, a hanging basket competition. We are also hoping that we can be involved in the local Allotment Society; they have just had some renovations so that people around the community can utilise their space by making it wheelchair friendly, we are really excited about being able to access this.*

We are hopeful once everyone has moved into to the building that we can focus on lots of activities with people who live in our community and involve them in afternoon teas, bingo afternoons and seasonal fairs which we hope will help with our amenity fund, and in time allow us to start up our little pet's corner."

Race Day at The ROC



The ROC went to the races last month! Everyone enjoyed a fun filled day watching the Grand National, each with their home made hats and a cheeky Guinness to celebrate the first female jockey to win the race!



Bolton Road Bake Off

Bolton Road held their own Bake off and the competition was tough! 'Paul and Prue' came in the shape of Alison Tam and Maxine Lowe, who were sent photos to decide the winners. Congratulations to Shaun who won with his Easter basket and Gary, who also won with his allotment carrot cake, but really they were all winners with their beautiful and tasty creations!



Spurr House welcomes back Sandra

The team at Spurr House marked this month with the welcome return of Sandra, the hairdresser. Sandra has been doing the hair of Spurr customers for 10 years and she has been missed during the pandemic. She said that she was delighted to return after this hard year and is looking forward to giving customers a lift by doing their hair.

To make hair appointments, customers or their families can ask the customer relations assistants to book an appointment. Sandra comes to Spurr House every Tuesday morning 9 am until 12 noon.

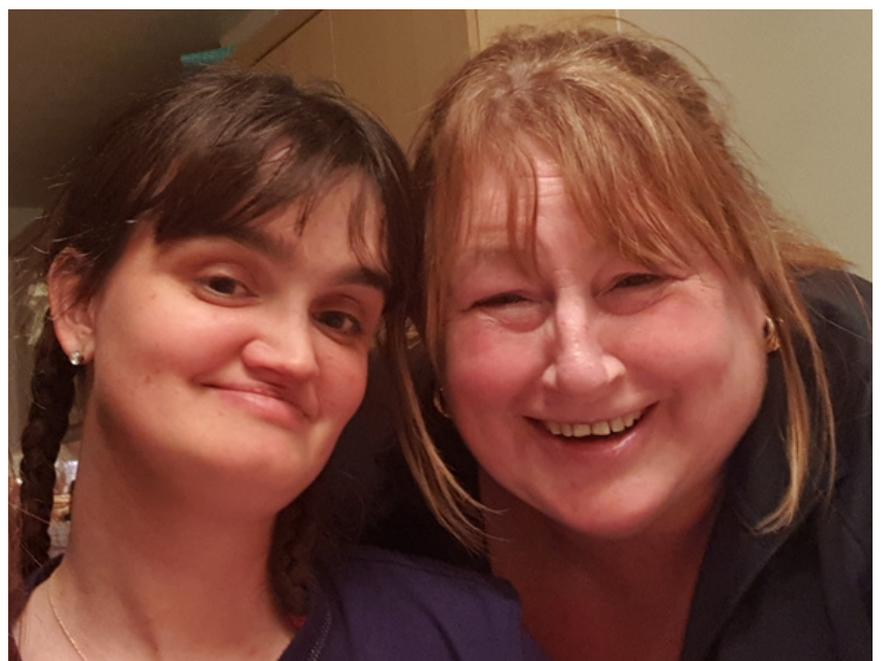


Joyce brings her work home in a very special way

While working in her day job at Bolton Road Day Centre, Joyce met Nicole, whose regular Shared Lives carers were about to retire. 'I had always wanted to be a part of Bury Shared Lives and once I had a spare room at home, I could start thinking seriously about how I could make it happen', Joyce says, and after a chat with her line manager, there was no stopping Joyce stepping in!



Nicole has been staying with the family since January 2021 and every other weekend she lets herself into the house to be welcomed by everyone, including Joyce's husband, children and grandchildren. 'My advice to anyone thinking of joining Shared Lives? Make sure it's something you and your family want to offer - Nicole feels like part of the family and it's as if she has always been there.'



First to 100 wins!

Grundy day centre took part in Captain Tom's 100 Challenge with the three lounges competing against each other to get the most 100's in different sporting and target activities. The competition was won by the Halstead Lounge. They also celebrated the Queen's 95th birthday with a royal lunch and Roger shares the same birthday as the Queen, so he had an extra special day joining in the celebrations.



Ramadan is the holiest month of the Islamic calendar. It begins with the first sighting of the moon during the ninth month of the Islamic calendar.

The Islamic calendar is similar to the Georgian calendar but it is set around the lunar cycle, it is depended on the sighting of the moon before a new month can start. Where the Georgian calendar has 365 or 366 days, the Islamic calendar (known as the Hijri Calendar 1442) has 354 or 355 days.

What happens during Ramadan?

Healthy adult Muslims will fast during daylight hours for this month. This means that they will not eat, drink, smoke or have sexual relations. Muslims who are exempt from this are those that are ill, or those whose health might deteriorate due to fasting. Children, pregnant or breast feeding women, menstruating women and travellers are also exempt.



But it isn't just about fasting. For Muslims, it is a time to increase their spiritual connection with Allah/God. They also give to charity and strengthen their family ties and connections within the community.

What is Iftar?

Iftar is the break of the daily fast and when Covid restrictions are not in place, it's a sociable affair. In Manchester this is at 8:39pm this year (www.urdupoint.com) which is after the call for evening prayer. The meal is a time to replenish energy levels from all major food groups.

Check out the Cultural Calendar Ramadan page for a link to a healthy eating guide during Ramadan from CommunitiesinAction.org and other ways to stay healthy this time.

Understanding through shared experience

Would you be able to not eat or drink for one day, from sun up to sun down?

The fast is a way to show gratitude for the things that you have. What are you grateful for?

Whilst fasting is against the norm for many in Britain, it is important to show respect for the choices and beliefs of others. Show understanding and caring, and maybe ask thoughtful, open ended questions about what fasting and Ramadan means to that person or how you might be able to support them, as fasting can affect people in different ways.



Vaccination during Ramadan: The British Islamic Medical Association has issued specific advice urging Muslims observing Ramadan not to delay getting the vaccine, drawing on analysis from Islamic scholars which says that injections for non-nutritional purposes do not invalidate the fast. (GMCA, April 2021)

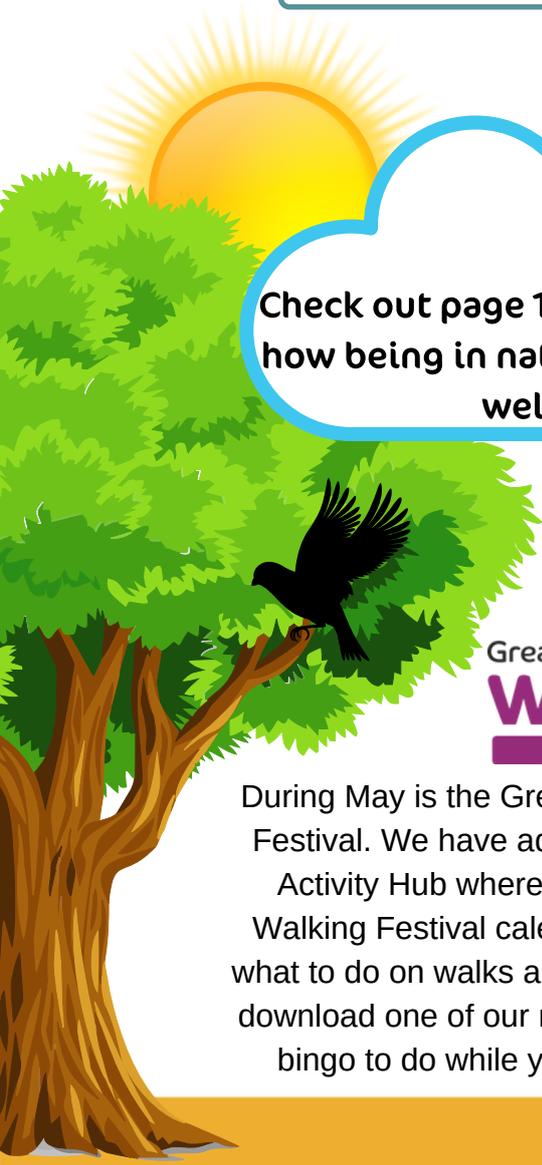
We would love to have your feedback about the Cultural Calendar.

What would you like us to look at in June? Email info@personasupport.org with your suggestions.

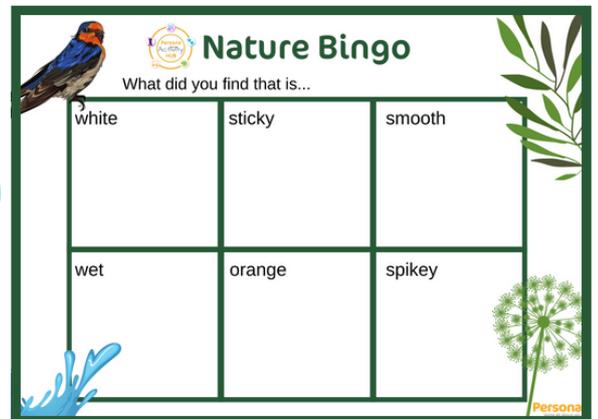


Dementia Action Week is 17 – 23 May 2021, so we would like to draw your attention to our 'Activities & Resources We Like' section of the Activity Hub. There have been multiple studies conducted and research is continuing to demonstrate how music can get a very positive reaction from people living with dementia.

Interacting with music is something that everyone is exposed to throughout their life. It can trigger emotions, memories and strengthen connections with those around us. For people living with dementia, music has been shown to improve attention, thinking, memory, speech as well as communication skills. It also has other benefits of reducing anxiety and lowered blood pressure and heart rate. So why not try out the below links available on the Activity Hub and belt out a song or two or three...? <https://tinyurl.com/zfhrww3j>



Check out page 11 for information on how being in nature is good for your wellbeing!



Greater Manchester **Walking**

During May is the Greater Manchester Walking Festival. We have added links to the Persona Activity Hub where you can download GM Walking Festival calendars for suggestions of what to do on walks and where to walk. Why not download one of our nature scavenger hunts or bingo to do while you are walking in May?



Easter Tree Competition

Congratulations to Jennifer from Supported Living, for winning the Easter Bunny's vote and to Queensberry for winning the Facebook vote.

Each get £25 for their Amenities Fund. Thank you to everyone who entered, you all created brilliant Easter Trees!



Easter Bunny Winner!



Facebook's Winner!





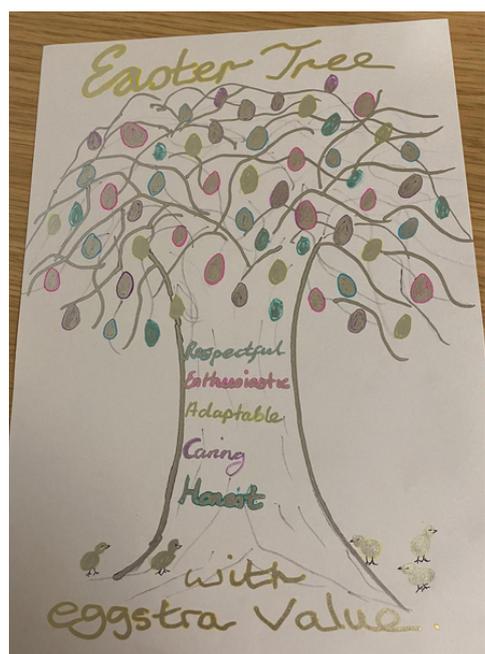
Catch what the Easter Bunny said about all the entries by watching the video on our Youtube channel <https://tinyurl.com/PersonaYouTube>. A big thank you to the Easter Bunny for taking time out to judge, at what was no doubt a very busy time for him.











Being able to reflect is a key skill for anyone who works in care; no-one is perfect and we all have things we can learn and improve. We can only do this if we are able to take an objective look at how we behave and we can recognise what we do well and where we find something more of a challenge.

It's very rare that someone is 100% good at something or 100% bad at something else. It's more likely that we have good days and bad days. For that reason it's important to regularly check-in on how you are living the values, recognising when you do this well and where you can develop.

Feedback you get from others through supervision, appraisal and High 5 can be really helpful in recognising the things you do really well.

But it's equally powerful to complete your own regular reflection to think about when you are living the values and when you are not.

When you are living the values or you see someone else living them – remember to recognise this and celebrate it. Everyone likes to know when they are getting it right and we thrive from feeling that little bit of success. Equally, there are times when we all fall down a little on one or more of the values but if no-one tells us, or we don't recognise it ourselves, then we can't learn and put it right for next time.

Balance your caring and honest values in making sure you speak up and give the chance for that improvement to take place in those around you and show your enthusiastic and caring values by taking time to point out the successes you see too.

Colleagues can take a look at the Values page on the staff intranet <https://tinyurl.com/yhbpxu46> for examples of how we live the values and how we know when we aren't, to get you started on your self reflection.



Dying Matters Awareness Week 10-16th May



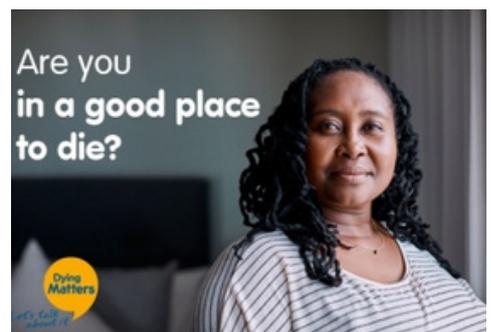
There is no right or wrong place to die; it will be different for everyone. But it is important for families to think about it, to talk about it and to plan for it. We want people of all ages to be in a good place when they die – physically, emotionally and with the right care in place. Make sure that you and your loved ones are in a good place to die.

Having conversations about dying with people that you love can be difficult, but **www.dyingmatters.org** wants this to be open and without fear. Subjects you might need to talk about are:

- The type of care you'd like towards the end of your life
- Where you'd like to die
- How long you want doctors to be treating you
- Funeral arrangements
- Your will
- Care of dependents – children or parents, for example
- Organ donation
- How you'd like to be remembered
- Worries you'd like to discuss about being ill and dying
- What you'd like people to know before you die
- How you feel about people

Within Persona over the years, we have had many examples of how our staff have gone above and beyond for customers during end of life care. Recently, Elmhurst Manager Ruth was very proud of Vicki Roberts, who provided end of life care for a lady by doing the 'little things' which brought the woman comfort and joy. Head over to our YouTube channel to hear what Ruth had to say. <https://tinyurl.com/PersonaYouTube>

Another example is from 2018 and the winners of the Dignity Award at the annual PersonAwards, the Supported Living team. A lady living with Down Syndrome and Dementia was given respect, dignity and a person centred approach to her end of life care, much as the team had done during the 20 previous years of supporting her at home. Despite only one of the team having previous end of life care experience at that time, the team 'stepped up to the plate'. They put what they knew into practice and worked in close conjunction with the lady's family and with colleagues from the district nursing, palliative care and occupational therapy teams, in order to ensure that the level of care that the lady received was the highest quality and centred around her individual needs at all times. She passed away with her family around her at home.



BACK PAGE NEWS

Stroke Awareness Month

In honour of Stroke Awareness Month, we have made our back page purple!

This year's Stroke Awareness Month is highlighting the effects that Covid 19 has had on stroke research. **Stroke.org.uk** states that the research budget due to a drop in charitable donations has halved due to the pandemic. This has put at risk new and innovative research.

Check out  **Stroke.org.uk** to see how you can help.

Always remember F. A. S. T



Facial
weakness



Arm
weakness



Speech
problems



Time
to call 999

The Ramsbottom
Centre



SQUAT-A-THON!

for Shelter

100 Squats a day

Staff and some customers are going to do the 100 a day squat challenge every day throughout May.

This will start on the 1st May 2021. Ramsbottom will be raising money for Shelter.

If you would like to follow their progress and donate

check out their GoFundMe page for more information

 <https://gofund.me/78e6d58b>

If you are on facebook you can donate and follow their progress here

 <https://tinyurl.com/5dfpr9ns>

If you'd like to share a story, photos, or an idea, please email us at info@personasupport.org

Follow us on social media:



@personacareandsupport



@PersonaBury



@personabury



Persona Care and Support



Persona Care and Support

Visit our website www.personasupport.org

We support people to #livetheirbestlife