

# Our Little Secret

*Autumn 2009*

*Nonsuch Abbeyfield is a not for profit organisation*

**[www.nonsuchabbeyfield.org](http://www.nonsuchabbeyfield.org)**

# A well kept secret.....!



Something you thought had gone forever is alive and well in Sutton, Cheam and Epsom

High quality sheltered accommodation does exist

- that provides loving fellowship and care as well as
- home from home comforts and catering
- Without hassle and inconvenience
- and all at a ridiculously low cost!

It's known as **Abbeyfield** and we want to tell you why it's special

# The challenges of ageing....

- Fast growing population of older people
- Living to much greater ages
- With much higher expectations of service
- With pension increases lagging behind rising costs
- With families under pressure
- With government struggling to deal with these challenges

## The Government's solutions include.....



- Pushing the onus of care back into the community
- Encouraging older people to stay in their own homes
- Focusing scarce resources on the most difficult challenges
- Using the market to manage the majority of provision

## But the government's solutions are not working well.....



- Care in the community
  - is unreliable and sometimes downright counter-productive
  - Provides physical support but often ignores emotional needs
  - Often leaves individuals lonely within their own homes
- Staying in your own homes
  - may be best for many.....but not for all
  - Some cannot cook effectively for themselves
  - Some lack stimulation through insufficient contact with others
  - Some find the admin of modern living gets them down

Most of the providers in the market are facing difficulties....



- **Retirement homes**

- Residents can be as lonely as they were in their own home
- Providers are increasingly saving the cost of a warden to keep costs low
- Hence aggravating the security and loneliness issue further

**Most of the providers in the market are facing difficulties....**



- **Retirement homes**
- **Sheltered accommodation**
  - Often saving the costs of overnight cover
  - Harming the supportive ethos as a result
  - Finding it harder to fill their vacancies

**Most of the providers in the market are facing difficulties....**

- **Retirement homes**
- **Sheltered accommodation**
- **Residential care homes**
  - Hard to sustain continuity & quality of staff
  - Subject to workload peaks and troughs
  - Often resulting in an unattractive ethos
  - And larger size of home

**Most of the providers in the market are facing difficulties....**



- **Retirement homes**
- **Sheltered accommodation**
- **Residential care homes**
- **Nursing homes**
  - Costly – due to need for qualified staff
  - Large scale – to minimise per diem costs
  - Ethos and emotional care challenges

# Abbeyfield is quite different.....



- Mainly sheltered accommodation
- Volunteer-conceived and managed
- Run by a dedicated and caring housekeeper
- Home from home environment and ethos
- Extensive volunteer inputs to extend and enrich support
- Not for profit

# Abbeyfield helps older people meet very real housing needs.....

Our sheltered accommodation helps

## Families

- **cut off geographically** from older relatives needing companionship and support
- **whose accommodation is not suitable** to enable an older relative to stay with them
- **Whose work commitments limit the time** that they can devote to older relatives and loved ones

## Older people

- who would like to enjoy **more everyday support and companionship**
- who would like to enjoy **more home cooking!**



# Abbeyfield nourishes its residents with great HOME COOKING!



	Thursday 28-12	Friday 29-12	Saturday 31-12	Sunday 1-1	Monday 2-1
<b>Lunch</b>	<p><b>Pork Chops</b> Sweet and Sour Gravy</p> <p>Creamed Potatoes, Cauliflower, Runner Beans</p> <p><b>Mincemeat and Apple Pie</b> and Custard</p>	<p><b>Fried Cod</b></p> <p>Oven Cooked Chips, New Potatoes, Mushrooms, Tomatoes Carrots/Peas</p> <p><b>Baked Rice Pudding</b> with Apricots</p>	<p><b>Sausages, Mash &amp; Onion Gravy</b></p> <p>Onions, Mushrooms, Peppers, and Cabbage</p> <p><b>Upside Down Pineapple Sponge</b> and Custard</p>	<p><b>Roast Lamb and Stuffing,</b></p> <p>Roast Potatoes, Creamed Swede, Carrots, Runner Beans and Peas.</p> <p><b>Apricot Trifle</b></p>	<p><b>Beef and Ale Casserole</b> with Scone Topping Creamed Potatoes, Cauliflower, Broccoli and Cabbage</p> <p><b>Fresh Fruit Pavlova</b></p>
<b>Tea/Supper</b>	<p><b>Cauliflower Cheese &amp; Mushrooms</b></p> <p>Bread and Butter, scones and Cakes</p> <p>Afternoon Tea</p>	<p><b>Bacon and Eggs,</b> Fried Bread,</p> <p>Bread and Butter and Cakes</p> <p>Afternoon Tea</p>	<p><b>Jacket Potatoes</b> with beans and grated cheese</p> <p>Bread and Butter, Cakes and Fruit</p> <p>Afternoon Tea</p>	<p><b>Egg Mayonnaise &amp; Salmon,</b> Cucumber Salad</p> <p>Bread and Butter, and Cakes</p> <p>Afternoon Tea</p>	<p><b>Quiche and Ham Salad</b> and Crisps,</p> <p>Bread &amp; Butter, Cakes and fruit</p> <p>Afternoon Tea</p>



# Abbeyfield provides an environment that feels “just like home”



Personal furnishings and effects in own room

Attractive gardens and sitting out areas

Comings and goings of friends And family

Private and secure personal space

Clean and smart bathrooms and loos

“Family” spirit and camaraderie

Tastefully decorated communal areas



## Abbeyfield nurtures its residents through the work of its volunteers....



- A “mentor” for every resident
- Hand-holding through admission and settling in
- Support and communications to family and friends
- Tailored support plans for every resident
- A caring housekeeper living-in in every house
- House friends who cook on housekeepers’ days off
- Volunteer-led activities
- Governance of the state and condition of each of the houses

All these commitments - and more - cost the resident **nothing**.  
Every resident in our society is benefiting from the love and care provided by nearly 100 volunteers

**With great results.....!**



**“I would firstly like to take this opportunity to thank you and all involved in the running of this home for making my mother’s twilight years such happy ones. She was very contented and appreciated her treatment and the camaraderie offered.” (son of former resident)**

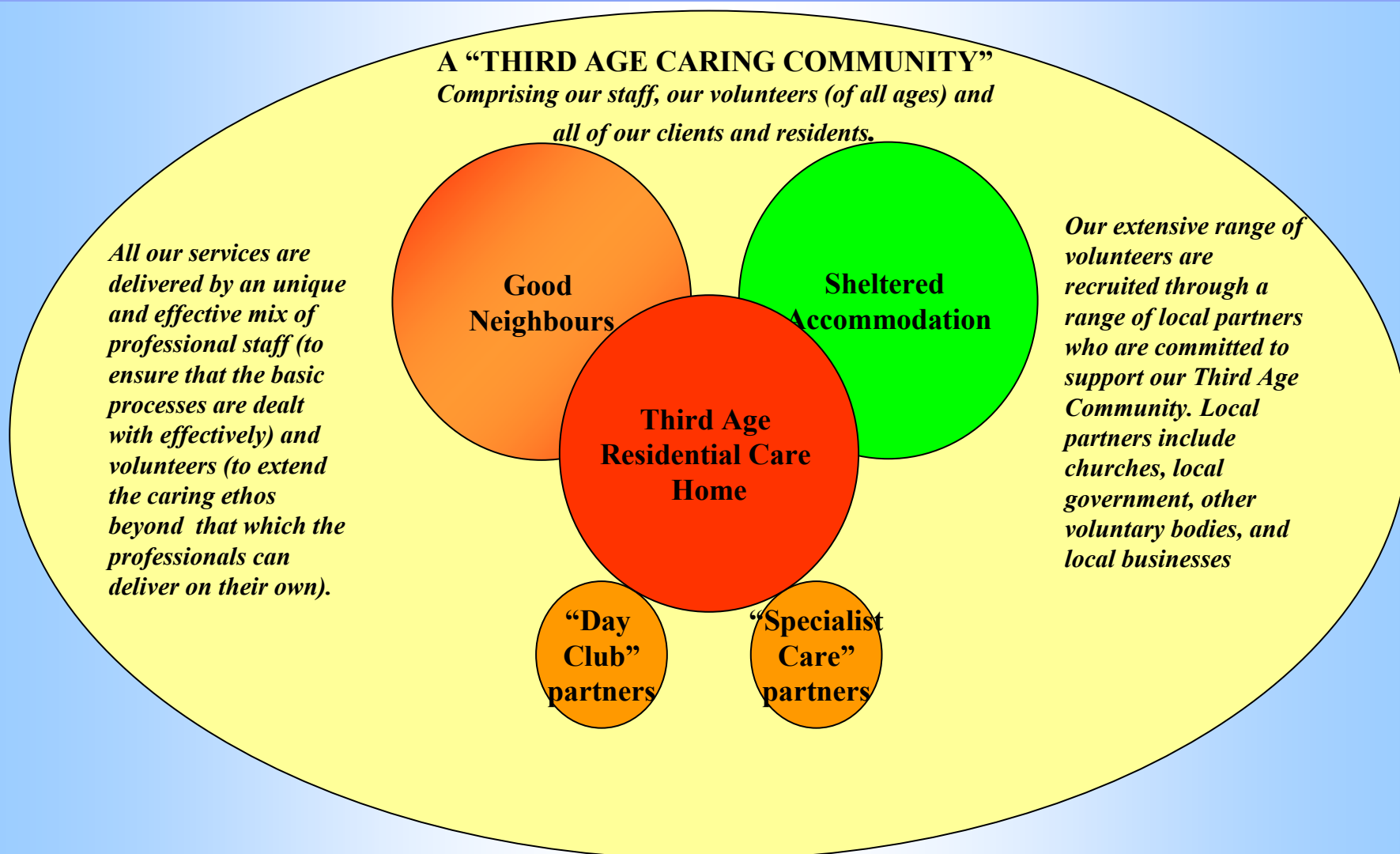
**“I settled here immediately. There is a wonderful atmosphere. We live independent lives but are never lonely. There are activities, but no compulsion to take part. I am extremely grateful to everyone involved in the running of this house for my happiness here.” (resident)**

## Our current services include.....



- **Holiday Breaks - One or more weeks away** - for independent older people who wish or need to have a period away from home – with their own room, a friendly house of similar people, and two excellent home cooked meals every day. All at very affordable prices!!
- **Sheltered Accommodation - Long-term residence** – for independent older people who would like to have access to regular wholesome cooking, who would like to be less lonely, and who have reason to want to stay in this area. Again, all at incredibly affordable prices!!

# Our Vision for 2020.....



**GREEN** – Already in place    **RED** – To be built once fundraising complete

**ORANGE/ORANGE & RED** – Partly there, but new coordinating resources needed (“Good Neighbours”)

# Our Third Age Residential Home.....

**Third Age  
Residential  
Care Home**

*Where help is always to hand*

*Just like Home*

*With participating residents*

*A community resource*

*Environmentally friendly*

*Great value for money*





## Who and what we are.....



- Volunteer-led not for profit organisation
- Providing sheltered accommodation for 25 older people
- Operating for over 29 years
- With plans to provide residential care for 16 older people
- With sound financial position

*.....with all accommodation eligible for 'Housing Benefit' and 'Supporting People'*

# What we need urgently.....



Partnerships with churches and other caring organisations that can engage actively with us to bring.....

## *In the short term -*

- **Residents**, to keep our houses full and active
- **Volunteers and communities**
  - to help enrich the lives of our residents
  - to help lead and deliver our longer term plans

## *In the longer term -*

- **Volunteers and communities**
  - to provide Community leadership and energy to grow and sustain and grow our proposed “Third Age Caring Community”
  - to enrich the lives of those in our Third Age Caring Community”

## What we can bring to our partners.....



- **A caring and supportive environment** for older members or friends of their community
- **A tangible project-based focus** around which our partners may extend their community mission
- **An established organisation** willing and able to collaborate on opportunities for developmental activities, eg
  - Skills training and other learning
  - Cross-generation communications