

CARING & SHARING

Stories from Stow



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Tribute to Cath Catchpole, Founding Director of Stow Healthcare

It is with great sadness we announce the death of Catherine (Cath) Catchpole, Founding Director of Stow Healthcare, and our amazing mother. Cath died peacefully at Stowlangtoft Hall on 31st October, having been cared for during the last six months of her life by the wonderful staff at the home that she had acquired and done so much to bring up to its current fantastic level since 2011.

After a successful career in teaching, and as a Headteacher in various primary schools across Suffolk, Cath came to the world of social care almost by accident, when she was supposed to have retired! But the lure of a challenge proved too much, and Cath couldn't help but become totally involved in creating the best care homes she could. Although Cath had stepped back from day to day management in the business several years ago, the role she had at Stowlangtoft Hall and at Brandon Park in particular cannot be underestimated. Cath brought her inimitable style of leadership – always firm but fair (and full of fun) to the homes, and established some amazing staff teams, many of whom still work with us today.

Cath's favourite role was interiors and she always joked 'she had the best job of all'. In the early days of the business, Cath was found at the auction houses weekly picking up beautiful old pieces of furniture to fill the vast rooms at the first two homes, or pictures for the walls. Cath was very hands on – in fact, Cath made most of the curtains that hung at Stowlangtoft Hall in the last decade, and the Library curtains were hand sewn by her.

Cath loved history and researching the fascinating histories of Stowlangtoft Hall, Brandon Park and Ford Place. Only recently, Ruth used much of Cath's research to deliver a talk about the last 160 years of history at Stowlangtoft Hall, and Cath sat proudly in the front row as her hard work was shared with a rapt audience.

Life is meant to be a journey, not a destination. And what a journey Cath shared with all of us who knew her. If Cath did arrive at her 'final destination' early, it was only because she drove there at 100mph! Whilst a fiercely independent and active person, Cath faced her illness in recent years with fortitude and dignity.

Everyone who worked with Cath, or has heard of Cath, knew just what high standards she had, and they are the standards that Stow Healthcare is built on, and which it maintains today. We know just how hard it was for her to leave her own home, and move into care (even when she knew the home so well). But Cath told us how safe the staff made her feel, and we are privileged as a family to have seen the beautiful and tender care she was given right up to the last moment of her life.

We want to pay tribute in this edition of Caring and Sharing to Cath, and the amazing foundations she built at Stow Healthcare, which we will continue to deliver, with the help of all our staff, in her memory. Thank you everyone for your words of support and your kindness at this time.



A family committed to Care - Cath Catchpole, Roger Catchpole and Ruth French

Ford Place Nursing Home



High-quality residential nursing care

Centrally located in the stunning market town of Thetford, close to all amenities, Ford Place Nursing Home is ideally situated on beautifully landscaped grounds overlooking the river Thet.

In recent times, the home has undergone some extensive refurbishment including a wonderful ground floor extension, a newly decorated lounge, dining room, and coffee lounge.

Ford Place offers high-quality long-term, respite and convalescence care with a choice of bedroom suites, some of which include an en-suite wet-room bathroom. The home also boasts a hair salon, comfortable communal spaces and an attractive dining room with a varied daily menu. In addition, Ford Place also offers an excellent activities schedule for all to enjoy.

For more information or to book an appointment for Ford Place, or any of our Suffolk, Norfolk and Essex homes, please contact our **Admissions Team** at 0333 2419707 or email: admissions@stowhealthcare.co.uk



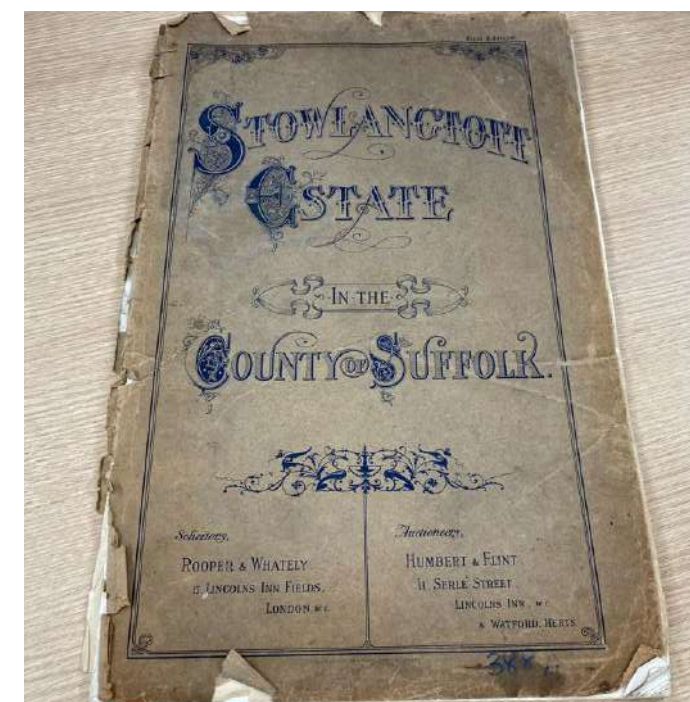
Stowlangtoft Hall History

Many Stow Healthcare homes have interesting stories about the people who have lived or worked in them over the years, and Stowlangtoft Hall is no exception. Director Ruth French invited residents, families, staff and the local community to a special talk in September to share the collective knowledge and research completed by her and her mother Cath, so that everyone could enjoy a dip into the Hall's rich history, from 1859 to the late 1960s.

Stowlangtoft Hall was built by Henry Wilson, son of a rich silk merchant, Henry only lived for seven years after the Hall was built. It was built in a grand Italianate style, complete with a bell tower, Palm House and ornamental lake. His son Henry Fuller, who had an interesting career as an MP, Justice of the Peace, High Sheriff and Lieutenant Colonel of West Suffolk moved in after his father's death.



Many of the typical features of Victorian building are present in the Hall, with multiple rooms, often segregated by gender. Ruth talked about the former 'Brushing Room', 'Tool Room' and 'Gun Room', all of which are now residents' bedrooms, and their modern day inhabitants learnt all about their original purpose!



The Hall has, apart from the Wilson family, been home to the Jameson family of Irish Whiskey fame, Lady Amherst of Hackney, famed Egyptologist and philanthropist, WW2 evacuees, and then after the war to children from the East End of London when it was a children's home. The Prince of Wales, later King Edward VII also stayed at the Hall around 1900.

All present had a fantastic time delving into the building's amazing history, enjoying new information about evacuees, shared by a family only the previous week! We never stop learning – in November a family visited who lived here as children in the 1960s, so another history session may be in the offing for the lucky residents of the Hall!



Stow in the Snow



Stow in the Snow 2023

CATEGORIES ANNOUNCED!!!

Thank you for all your suggestions for this year's competition
This years categories are:

- **'Deck the Halls'**
- **The Festive Food Category**
- **Best Festive Dress**
- **The Resident Involvement Award**
- **A Jolly 'Handmade' Holiday**
- **Best Christmas Card**
- **Best Festive Photograph**
- **The Staff Involvement Award**

Christmas Coloring with the community will also return for 2023

**Judging will take place in December
more details coming soon!!
Good Luck**

*****Best Decorated Christmas Tree***
will be judged by members of the public on Facebook**



Stow Goes Green

Bury in Bloom 2023

This year Manson House was invited to take part in the prestigious Bury in Bloom awards.

Residents were challenged with growing plants that adapted well to the current climate and reducing the need for water, whilst also providing colour throughout the year. Residents at Manson House are passionate gardeners and were very fortunate to have one of the original designers for the garden staying with them.

The residents and activities team attended the glamorous award ceremony at the Athenaeum in Bury St Edmunds where they received a warm welcome, enjoyed a delicious buffet and listened to a fascinating talk by an award-winning Chelsea flower show gardener.

Schools, social care, residential homes and nurseries all competed for the beautifully designed awards which were all created by our very own Activities Coordinator and Botanical illustrator, Matthew Peace.



Manson House did very well at the awards scooping a Certificate of Merit for all their efforts. Manson House has already been invited to compete next year and have all the tips and tricks to hopefully come out with a gold medal.

Thank you to all the wonderful staff and residents who made the effort to take part in this year's award process.



Vegetable patch success

The introduction of a vegetable patch was a huge hit at Cedars Place this summer. Residents very much enjoyed caring for their growing veg and then eating them afterwards too. The garden did so well over the summer they even managed to grow their first olive.

Apple juice joy for some

Earlier this year residents at Ford Place made their very own apple juice! With help from an apple press loaned from the 'East of England's Apple and Orchard Project', the residents pressed apples from their garden and were able to enjoy the delicious juice afterward. Residents also made an apple pie with cooking apples which they enjoyed for dessert.



Stow Healthcare Staff Celebrations

Long Service Awards

It has been five years since Stow Healthcare launched its Long Service Awards to recognise the staff who have dedicated a significant portion of their working lives to residents across the group.

We are delighted that some of the team that were part of the inaugural recipients of these awards in 2018 are now receiving their second milestone award with us.

In addition, we are pleased to announce the introduction of the thirty year milestone for this year's awards, to recognise two of our staff, Diane Parsons and Jenny Farmer from Stowlangtoft Hall who have worked at the home for over three decades.

Presentations will be taking place across the group throughout December and across the festive period to present certificates to the team and mark these fantastic milestones. A huge thank you and congratulations to the 2023 long service award recipients.



Terry Neal, Marta Pawlowska - Halstead Hall



Diane Parsons - Stowlangtoft Hall

Ten years

Karen Henry- Melford Court
Lorraine Roach- Horkesley Manor
Helen Walker- Brandon Park

Fifteen years

Terry Neal- Halstead Hall
Marta Pawlowska- Halstead Hall
Joanna Silarska- Brandon Park

Twenty Years

Jodi Ager- Cedars Place
Jenna Bowley- Ford Place
Jacqueline Burke- Horkesley Manor
Gina Galloway- Ford Place
Maria Rose Miranda- Ford Place

Twenty-five Years

Valerie Land- Melford Court
Sarah Millington- Ford Place
Tracey Moody- Ford Place

Thirty Years

Diane Parsons- Stowlangtoft Hall
Jenny Farmer- Stowlangtoft Hall

Double Graduation Celebration

A huge congratulations to Jenna Bowley from Ford Place and Nick Cook from Melford Court/Manson House who formally graduated as Registered Nursing Associates. The pair attended their graduation ceremony in Ipswich in October where they were formally given their certificate. This has been an exciting, but challenging journey for these two staff who have become Stow Healthcare's first registered nursing associates after enrolling onto the programme in the middle of the pandemic. Over the last two years, they have embraced the challenges and experiences and grown both personally and professionally taking on new roles across the group.



Nick Cook, Interim Deputy Manager - Manson House



Jenna Bowley, Deputy Manager - Ford Place

Jenna is now the Deputy Manager at Ford Place supporting Silvia and the team, Nick stepped up as Interim Deputy Manager at Melford Court and is now currently working with the team at Manson House on secondment before returning to his studies next year. Both Nick and Jenna receive the formal FdA Health and Wellbeing (Nursing Associate) qualification after completing their final assignments and receiving their NMC nursing associate registrations in the Spring. We are delighted they have received offers to complete the full Nursing Degree programme to top up their qualifications to become registered nurses. We wish them the best of luck as they recommence their studies in February.

Qualification Success

Congratulations to all staff who have completed their Diploma qualifications in the last quarter.

Level 3 Diploma in Adult Care (RQF)

Monica Dorcu
Gemma Rzepa

Level 3 Diploma in Health & Social Care

Emma Holland

Level 2 Diploma in Adult Care (RQF)

Danielle Burns

We are pleased to announce we are working with a new qualification and Diploma Provider, Sara Hobbs.

Sara is based in East Anglia and will be supporting staff across the group to embark on qualifications. We are currently working with the next cohort of learners to get their mandatory training completed and to enrol them onto their qualifications to support them in their next steps in their career.

If you are interested in hearing more about training and qualifications at Stow Healthcare please email training@stowhealthcare.co.uk

Stow Healthcare Staff Celebrations

Chief Nurse Team Award for Melford Court

A huge congratulations to the team at Melford Court who have been awarded the Chief Nurse for Adult Social Care Team Award, presented by Professor Deborah Sturdy, Chief Nurse for Adult Social Care who joined the team virtually to recognise them as part of Professional Carers week in September. The team award recognises the outstanding contribution that teams can have on the lives of the people they care for. The aim is to recognise creative, innovative and effective team approaches. The team at Melford Court are constantly striving for positive outcomes for their residents and making the impossible seem possible.



Professor Sturdy praised the team on the work highlighted in their nomination which included significant amounts of community fundraising instigated and lead by the staff team at the home. From regular volunteering slots to being part of the local litter pick, Melford Court is a care home at the heart of its community, thanks to the team at the home. What made this special award even more special is that it was presented during Professional Care Workers week which was created to promote awareness and raise the profile of care workers in the UK.

Helen Hill Awarded the Chief Nurse Gold Award

As well as recognising teams, the Chief Nurse Award recognises individuals who have made outstanding contributions to Health and Social Care. The Chief Nurse Silver and Gold awards are given to individuals for outstanding achievement and performance in their area of practice.

We are extremely proud of Helen Hill, Head of Care and Compliance at Stow Healthcare who was awarded the Chief Nurse Gold Award for her work to drive up standards and champion outstanding care delivery across the group. Helen has been instrumental in assuring quality and finding innovative ways to support the turnaround of previously failed homes. Helen joined the group in 2020 before the pandemic and took the challenge head on, supporting the team to navigate the unknown. The impact on the quality of care and positive changes in residents' lives has been a joy to see. Helen's experience of the sector helps her distinguish when to lead, and when to let others lead.

She is a well-respected and much-loved member of the team at Stow Healthcare. Helen has recently been appointed the chair of the Social Care Nursing Advisory Council for the Suffolk and Northeast Essex Integrated Care Board (ICB) and is looking forward to working with the other chairs to give social care a much-needed voice at the table. Congratulations to Helen on her Chief Nurse Gold Award!



Stow Healthcare Leadership Success

It has been a bumper season of awards success for Stow Healthcare. As a group we have been shortlisted in over forty-five categories across ten awards this autumn. These awards recognise both teams and individuals at each of our homes as well as the group as a whole. These shortlisting's are testament to all of the hard work and commitment shown to Stow Healthcare and our residents. The 2023 awards season started with the Care Home Professional Powerlist shortlistings which saw four of our Senior Leadership team shortlisted amongst twenty-four of the industries top leaders across five categories.

- Roger Catchpole - 'Executive Management' category
- Ruth French - 'Operations & Development' category
- Helen Hill - 'Care Quality & Compliance' category
- Alex Ball - 'Leaders of Tomorrow' category



Alex, Roger and Ruth at the Leaders in Care Awards

Stow Healthcare were finalist in three categories at the Care Home Professional's Leaders in Care Awards.

Managing Director, Roger Catchpole was amongst six finalists in the 'Executive of the Year' category and Stow Healthcare was shortlisted for 'Care Provider of the Year'.

Congratulations to Operations Manager, Alex Ball who was awarded the title of 'Leader of the Future' for her work with local schools and universities. This was the first of a hat trick of successes for Alex this year who was also named 'The Innovation in Social Care Leader' at the Social Care Leadership Awards and most recently took the title of 'Rising Star' at the prestigious LaingBuisson Awards.



Winner - Rising Star - Alex Ball

The judges at Laingbuisson said *"Alex's passion is obvious and shows how not only has she changed the lives of the people local to her, but Alex has also reached out to change the lives of people outside her local context by working closely with the Chief Nurse for Adult Social Care, Skills for Care and in wider workshops."* Congratulations Alex, this is a fantastic achievement!

A huge congratulations to Operations Director, Ruth French who continued Stow Healthcare's leadership success at the National Care Awards in London in November. The judges commented *"Ruth is an inspirational leader who clearly demonstrates visible leadership and best practice both internally within her own organisation but also across the wider social care community."* This is a fantastic recognition for Ruth who has led the team through two 'Outstanding' inspections in the last twelve months, as well as spearheading new initiatives and projects within the group including the ground-breaking decaffeination project. This recognition is thoroughly deserved!



Winner - Care Leadership - Ruth French

A Royal Visit for Nurses

December marks twelve months since we welcomed our first cohort of internationally educated nurses to the team at Stow Healthcare. We now have eight international nurses across the group, several of whom now have their UK nursing registration, creating a pipeline of trained staff that bring diversity, experience and consistency to our residents.

The success of our international nurse recruitment has led us to pursue a more dedicated strategy for care staff. We are now working closely with NHS colleagues and a private healthcare college in Sri Lanka to recruit trained carers who will be joining us in sustainable and supportive cohorts, using a newly created international hub at Horkesley Manor, where we have a fantastic onboarding set up to ensure new arrivals get the best possible welcome. The additional pastoral support is what has made this process so successful for us. From help with initial orientation, registration at the GP and setting up a bank account to sources of cultural support such as churches, hairdressers and places to purchase specialist food, it is about helping people to settle into a new life, as well as a new job.



Recently, two of our sponsored nurses received very special invitations from the Department of Health and Social Care for a once in a lifetime experience. On the 14th November, Lilian Uchechukwu and Harriet Mensah from Stowlangtoft Hall and Ford Place respectively were invited to a reception at Buckingham Palace to recognise and celebrate the contribution of International Nurses and Midwives in the UK's Health and Social Care Sector.

The event, hosted by His Majesty the King Charles III, highlighted the diversity of nurses and midwives in the UK and paid tribute to the contribution of the internationally educated workforce. More than 400 nurses and midwives from across the UK attended the reception, held as part of the NHS 75th anniversary, while also marking the King's 75th birthday.



His Majesty the King was present at the event and circulated amongst guests along with Duke and Duchess of Gloucester. Both Harriet and Lilian had the chance to shake hands with the King who thanked them for their contribution to nursing in the UK.

Lilian said, *"The King came through the door and shook my hand, he asked where I was from, and I said Nigeria and he thanked me for wearing an outfit from my country and said it 'looked wonderful' - I even got to wish him a Happy Birthday."* Harriet Mensah, originally from Ghana, added *"It was amazing to be invited to the palace and to go inside, the ballroom was beautiful, and I met so many other nurses from so many different countries around the world. I never thought I would meet the King. I couldn't wait to tell my family, it was amazing!"*

The event concluded with a surprise birthday song for His Majesty, performed by the Lewisham and Greenwich NHS choir in which everybody joined in. We are so proud that staff from Stow Healthcare were chosen to represent the UK's International Nursing workforce and celebrate the diversity of nursing in social care.



Winter Word Search

W	V	F	E	L	I	Z	P	Y	I	O
R	C	N	F	C	O	E	L	G	A	X
N	H	A	S	H	I	M	N	O	U	B
Z	R	T	H	R	Z	E	U	E	R	K
W	S	A	Y	I	J	F	Y	H	B	M
Q	D	L	C	S	C	O	A	O	N	L
L	Y	E	P	T	J	S	D	R	J	I
O	R	R	E	M	X	T	N	F	K	F
H	R	G	U	A	R	G	T	R	N	E
L	E	O	N	S	O	S	X	F	H	L
I	M	Q	D	A	D	I	V	A	N	O
N	E	T	H	C	A	N	H	I	E	W

It's Puzzle Time!

Test your knowledge!

Can you find all of the words relating to Christmas?

- Merry
Christmas
Joyeux
Noel
Feliz
- Navidad
Frohe
Weihnachten
Buon
Natale

Residents' Corner

For one resident at Horkesley Manor pressing and arranging flowers is something that she does with ease and clearly very much enjoys.

Gill lives with memory challenges but puts how she feels down to her age. She engages well with art and creative activities and is very artistic, although she will deny this and doesn't recognise her own talents.



Gill recently collected flowers from a Hydrangea plant that sits at the entrance to the home and one by one she separated the flowers from the Hydrangea clusters. These were then placed in a flower press and Gill patiently waited for a couple of weeks for them to dry out. Once dry, Gill carefully arranged the individual flowers with other petals that she collected from the garden and decorated a lonely, odd saucer.

Gill now keeps this pretty decorative saucer in her room which reminds her of her love of flowers, her creativity and what she can achieve.

Resident Activities at Stow Healthcare

Brandon Park and the Maple Memory Centre

Residents at Brandon Park thoroughly enjoyed a visit from some beautiful horses. One of the Carer's daughters took them to show everyone, and both residents and staff alike couldn't get enough of these stunning creatures. Residents gathered together at the front of the home and kept stroking the horses and asking lots of questions. Animals always bring so much happiness to our residents but it has to be said that these horses brought a smile to their faces that lasted all day long!



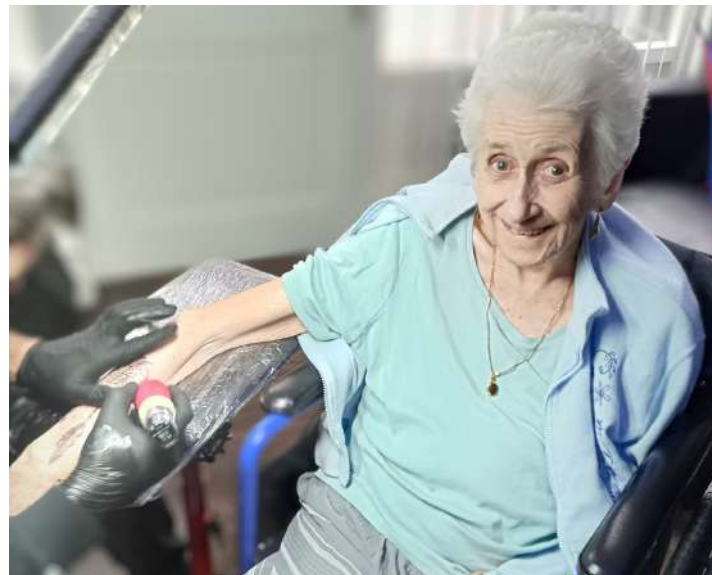
Cedars Place

Residents at Cedars Place celebrated Bonfire Night this year by making some fabulous firework pictures for their dining room display.

Residents also enjoyed melting some chocolate and marshmallows for their candy apples and had a great time watching some firework displays on YouTube.



Ford Place



A resident at Ford Place had a very special moment recently when she finally achieved a goal and got to tick something off of her bucket list!

Getting a tattoo had always been on her wish list, so the team at Ford Place, with the help of the Tattoo Box in Thetford, worked together to make it happen, and we are delighted to say that this very lovely lady is incredibly pleased with the outcome!

Halstead Hall



A resident's son at Halstead Hall has restored a beautiful Ford Lincoln and drove it to the home to show everyone. Residents were very impressed with the restoration on the stunning automobile and loved the sound of the car when the V8 engine was started up! "Vroooooom".

Manson House

There were some spooky goings on at Manson House this Halloween when residents carved pumpkins for their dining tables. They also enjoyed a fabulous masquerade party which included apple bobbing and charades. Everyone got involved and shared a really fun time together. "Mwahahaha".



Melford Court

There was a lovely get-together at Melford Court this November with residents celebrating Guy Fawkes Day with their families. They had handmade paper fireworks, great music, a BBQ, and in the early evening enjoyed an 'indoor' light display with a handmade glowing fire.



Horkesley Manor and the Aspen Memory Centre



In preparation for Remembrance Day 2023, residents at Horkesley Manor and the Aspen Memory Centre enjoyed creating lots of beautiful poppy crafts.

Stowlangtoft Hall



At Stowlangtoft Hall residents very much enjoyed a wreath-making demonstration from local florist, Amanda at Wreaths and Ribbons.

One lady resident commented, "I have made lots of wreaths in my time but I have learned a lot today". Another resident added "A very interesting and informative afternoon".

Industry News

The Care Show

Once again Stow Healthcare has been at the heart of industry events and the team were present at the Care Show in Birmingham this autumn. Director Ruth French supported the Outstanding Society for two days in their learning lounge, covering key topic such as CQC regulatory compliance, new innovations and international recruitment. Lilian Uchechukwu from Stowlangtoft Hall was invited by the Outstanding Society to be a guest and talk first hand about her experience as an internationally educated nurse building a new career in the UK. This is a new initiative for 2023 dedicated to fostering young talent in the care sector today.



Lilian Uchechukwu and the Outstanding Society



Liam Walsh, Operations Assistant at Stow Healthcare

The Care Show Thirty Under 30 celebrates tomorrow's leaders and their successes, together as a community. The Class of 2023 received their certificates on the first day of the Care Show in front of professionals from across the sector. Stow Healthcare were proud to have not one, but two staff represented in this inaugural list. Operations Manager, Alex Ball and Operations Assistant, Liam Walsh were amongst the final 30 recognised for their efforts across the sector. Career development and progression is a big part of what we do so to have recognition in a list of new and upcoming talent is testament to the work we do for the next generation of leaders in Social Care.

The Vivaldi Project

New innovations and involvement in wider industry projects is what helps drive forward the work we do at Stow Healthcare. We are constantly on the lookout for new approaches and techniques that will improve the lives of those in our care.

We are proud that all 8 of our homes have been chosen to be part of the VIVALDI Social Care project along with 800 care homes across England. This exciting research project will be focused on reducing the risk of infections in care homes, and avoiding hospital admission for our residents, using data that we already collect. The work of VIVALDI during the pandemic already led to changes such as care staff being paid to self-isolate and stopping movement of workers across sites – their research has had an impact!

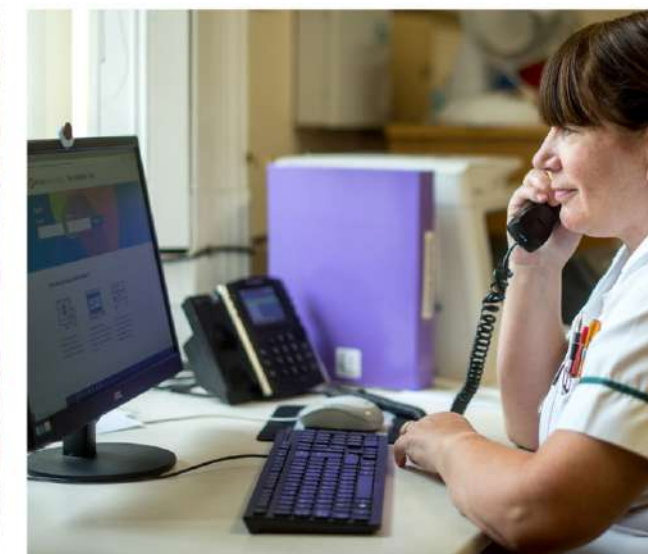
The VIVALDI Social Care Team comprises of representatives from University College London (UCL), Care England, and the Outstanding Society.

In November we were delighted to host the VIVALDI Social Care team at Horkesley Manor who delivered a panel discussion to our management teams about the project and it's next steps. We are looking forward to seeing this develop across the group once the formal training is delivered to our homes. More information about the VIVALDI Social Care project can be found by visiting: <https://theoutstandingsociety.co.uk/case-study/vivaldi-care-home-study/>



Scam Awareness

DON'T FALL VICTIM TO SCAMS



Scamming is becoming increasingly more common. Everyone can be targeted including **YOU!**

ASK YOURSELF THE FOLLOWING:

Ask a staff member for advice if someone is asking you for your personal details, or to send them money or to purchase a gift card.

Seems too good to be true
Contacted out of the blue
Asked for personal details
Money is requested



Stow Healthcare Group
 enquiries@stowhealthcare.co.uk
 www.stowhealthcare.co.uk

Awards Season 2023

The National Care Awards 2023

We are delighted to share with you that Stow Healthcare has been named Care Group of the Year at this year's National Care Awards in London. This is the fourth consecutive year that Stow Healthcare has received this title at these awards.

The National Care Awards celebrates the very best in the care home sector with over 800 care professionals attending the event at the Platinum Suite at London's ExCel. It was a night of success for Stow Healthcare who were shortlisted in eight categories and came away with a hat trick of National Awards.



Stow Healthcare wins Care Group of the Year

Prestigious title for Stow Healthcare

The LaingBuisson Awards are recognised as the most prestigious awards across the Health and Social Care Sector. Now in their 18th year, their aim is to recognise new standards of excellence across the industry and those businesses who provide services to the sector. The winners were announced at a glittering awards ceremony which took place at the Westminster bridge Park Plaza hotel in November.

Stow Healthcare were extremely proud to be shortlisted as a finalist for two of these awards, firstly in the 'Management Excellence' category which highlights companies who have delivered exceptional clinical or patient outcomes, financial results or employee engagement; an extremely competitive category with worthy finalists. We were elated to be crowned winners in the 'Excellence in Training' category for the second-year running, having taken home this title in 2022.



Winner - Marina Holder - Care Housekeeper Award

Marina Holder, Housekeeper at Stowlangtoft Hall was awarded the 'Care Housekeeper Award' recognising her caring approach to residents, colleagues and every visitor to the home. The final award of the night went to Operations Director Ruth French who took home the 'Care Leadership Award'.

A huge congratulations and thank you to everyone across the group who has contributed towards Stow Healthcare's success in 2023. We are extremely proud of everything you do for the people we care for.

This year, the judges said *"Stow Healthcare has demonstrated strength in differentiation, achievements, commitment to stakeholders, and commercial success. The overall package of training is what makes the Stow Healthcare programme very special."*



Recognition for Sarah at The Nursing Times Awards

The annual Nursing Times Awards 2023 took place at the JW Marriott Grosvenor House Hotel on Park Lane in London in October.

This is the first time we have entered these awards which aim to bring together the nursing community to shine a light on the brightest talent in the profession. The awards highlight the innovation and perseverance across twenty-three categories covering nursing specialities across health and social care and midwifery.

We were delighted that Sarah Monk, Registered Nurse and Deputy Manager at Stowlangtoft Hall was shortlisted for the 'Ann Shuttleworth- Rising Star' Award.

Ann Shuttleworth was an exemplar and well-respected member of the Nursing Times editorial team for well over a decade until she sadly passed away in 2021. This award was renamed in her memory to recognise nurses who have been qualified for less than five years but embody the best of nursing with the ability to engage and motivate those around them.



Sarah Monk, Deputy Manager at Stowlangtoft Hall

Sarah attended the evening with colleague and registered nurse Helen Hill, Head of Care and Compliance. The pair enjoyed the glittering black tie ceremony where the winners were announced. Sarah was one of 12 fantastic finalists and although she didn't return with a trophy, she was proud to be shortlisted alongside some of the very best nurses in the UK. Congratulations Sarah, we cannot wait to see what the future holds for you!

Double Celebrations at the East of England Care Awards

This year, the East of England Care Awards returned to the MK Dons stadium for the 2023 regional finals. Stow Healthcare had twelve finalists across the group including finalists at Melford Court and Halstead Hall as well as Care Employer for the group as a whole.

The team at Melford Court were shortlisted in three categories: the Care Team Award, Putting People First and the Dignity in Care Award following their Chief Nurse Team award in October.



Winner - Halstead Hall - The Dementia Carer Award

The Team at Halstead Hall were crowned winners in the Dementia Carer category.

The judges said *"Hearing about the incredible work Halstead Hall are doing, the difference they making, and the drive of the team is simply inspiring! The team's commitment, dedication and ways of working are making a huge difference to those living with dementia."*

It was a double night of celebration as Operations Director, Ruth French and Operations Manager, Alex Ball collected the 'Care Innovator' award having been praised by the judges for their creative and forward-thinking approach to the operations at Stow Healthcare.

A huge congratulations to Polly Leggett from Stowlangtoft Hall who was named highly commended in the 'Social Care Nurse' category and Ellie Wyand who was highly commended in the 'Care Newcomer' category.

The team at Halstead Hall, and Ruth & Alex progress forward to the Great British Care Awards National Final which will take place in March 2024.- Good Luck!



Caring about your Future

Do you know someone who is looking for a rewarding career in care and wants to join a family run, national award-winning company?

At Stow Healthcare we are always on the look out for new talent and welcome conversations with anyone who is passionate about care. With job opportunities across Essex, Suffolk and Norfolk, positions vary from ancillary staff to Care Assistants, Senior Carers, and Nurses, all with competitive rates of pay and some excellent benefits.

Rewards and benefits you can expect to receive:

- Starting bonus of up to £2000 (depending on the role)
- Competitive rates of pay
- Blue Light card with great discounts
- Refer a Friend scheme worth up to £500 per referral
- 28 days leave, plus your birthday
- Pension scheme with company contributions
- Pay increases with qualifications (related to specific role)

To find out more, please contact our Recruitment Manager, Sally-Ann Randall by emailing: recruitment@stowhealthcare.co.uk

Don't miss out, join the award-winning Stow Healthcare family today!



If you have an interesting story, news or an announcement that you would like to share in the next edition of Caring & Sharing, please email us at enquiries@stowhealthcare.co.uk



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STOW HEALTHCARE GROUP

The Brew House, Stowlangtoft,
Bury St Edmunds, Suffolk, IP31 3JY

0333 2419707
enquiries@stowhealthcare.co.uk