

# THE ST MAGNUS COMMUNITY

## QUARTERELY NEWSLETTER

For our Patients. For our Staff. For our Community.



### FESTIVE CHEER:

St Magnus Hospital &  
Nursing Units

### STANDING TOGETHER:

No Excuse for Abuse

### SPIT OR SWALLOW:

Dysphagia Awareness  
Week

**Chef Gaven's Welsh  
Cawl**



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## WELCOME...

Welcome to the very first edition of The St Magnus Community Quarterly Newsletter! We are thrilled to introduce this platform as a way to share important updates, celebrate achievements, and keep everyone informed about the inspiring work happening across our community.

Our goal is to foster a stronger sense of community among our staff, residents, patients, and stakeholders.

This newsletter will highlight key developments, showcase our dedicated employees, and offer insights into how we continue to provide excellent care.

We encourage you to engage with this newsletter—whether by sharing feedback, contributing stories, or simply staying informed. Thank you for being part of the St Magnus family!

## Activity Spotlight



### A Stitch in Time Blooms Fine!

Creativity was in full swing at St Magnus Hospital as residents picked up their needles and got to work on a delightful felting project.

With soft wool, steady hands, and plenty of laughter, they stitched and shaped beautiful handcrafted flowers—each one as unique as its maker!

Who knew a few stitches could grow such smiles?



### The Best side is the Seaside

Sun, sand, and smiles! Residents of St Martha's Nursing had a splashing good time on their seaside outing, soaking up the salty breeze. From dipping their toes in the water to sharing seaside stories, the day was filled with laughter and lighthearted fun.

The sunlit outing offered refreshing sea breezes, scenic views, and cherished moments, bringing joy and relaxation to all who attended.

Nothing beats a bit of sea air and good company!



# MUSIC, THEATRE & FESTIVITIES

The festive season came alive at Park House and St Magnus Nursing with a joyful Christmas Carol Concert on 7th December 2024. Patients, relatives, and staff gathered for an evening filled with music, laughter, and holiday cheer.

The concert featured classic winter songs led by resident favourite Sofia, alongside a spirited performance from our talented staff choir, 'The Last Resort', which had everyone singing along. The atmosphere was warm and festive, with hot chocolate and mince pies adding to the cozy vibe.

*Read more on our website*



THE LAST RESORT CHOIR



Highlights included Simon's hilarious dancing in a reindeer suit and a moving solo by one of our residents, both of which left the audience smiling and clapping.

A big thank you to the Activities Team and Psychological Therapies Team for organizing such a memorable event, and to everyone who joined in to make it a resounding success!

*Read more on our website*



## PANTOMIME MAGIC

No Christmas season is complete without a classic pantomime, and this year, the Carousel Theatre Company brought the timeless tale of Little Red Riding Hood to life at St Magnus. With colorful costumes, lively performances, and plenty of audience interaction, the show delivered all the fun and laughter expected from a traditional panto.

The performance was a highlight of the holiday season, bringing laughter, nostalgia, and a touch of theatrical magic to St Magnus. For many residents, it was a wonderful reminder of the pantomimes they had enjoyed in years past, making it a truly special and memorable experience.



# A Night of Fireworks & Festive Cheer!



## Boom!!

For once, Bonfire Night at St Magnus went ahead as planned—no cancellations, no weather hiccups, just a fantastic evening of fireworks and fun!

Residents enjoyed a dazzling display launched from three locations within the St Magnus grounds. Unlike last year (when a few fireworks decided to take an unexpected sideways route), everything soared into the sky as intended. To make the evening even sweeter, party bags filled with marshmallows and chocolates were handed out, adding a cozy and festive touch to the occasion.

Laughter, cheers, and a shared sense of community made the night truly special, ensuring that Bonfire Night at St Magnus was one to remember!





# A Heartwarming Christmas Carol Service at St Martha's Hospital & Nursing Units



The festive spirit filled St Martha's Hospital as residents and staff gathered for a joyful Christmas Church Service led by Minister Elizabeth. The beautifully decorated space created a warm and welcoming atmosphere for all.

The service featured hymns, carols, readings, and prayers, with residents and staff actively participating, making it a truly special occasion.



A highlight of the event was the heartfelt carol singing, bringing everyone together in celebration. Residents stayed afterward to enjoy more Christmas music in a peaceful and uplifting setting. A lighthearted moment came when a special prayer was offered for the hospital's beloved chickens and their continued egg-laying, bringing laughter to all.







## Marcus Brings the Music Back to St Martha's

Residents at St Martha's had a fantastic time when Marcus the Singer returned for another lively performance. With a setlist full of classics from the '60s to the early 2000s, there was something for everyone to enjoy. He had the crowd singing along to favourites like The Proclaimers' 500 Miles, ABBA's Dancing Queen, and Elvis

Presley's "All Shook Up". Some clapped along, others got up for a dance, and everyone had a smile on their face.

Marcus will be back at St Martha's in mid-March, so start thinking about your song requests and get ready for another great afternoon of music and fun!



## Celebrating Chinese New Year

Chinese New Year 2025 began on January 29th, ushering in the Year of the Snake—a symbol of intelligence, wisdom, and charm. The celebrations, which ended with the Lantern Festival on February 12th, are traditionally marked by family reunions, bright red decorations, fireworks, and the giving of red envelopes for good luck.

At St Martha's, residents and staff came together to celebrate with a vibrant mix of festivities.

The dining area was decorated in red and gold, setting the perfect atmosphere for a special feast featuring Chinese-inspired dishes. Arts and crafts sessions allowed residents to create their own festive decorations, adding a personal touch to the celebrations.

It was a joyful occasion filled with laughter, creativity, and a chance to experience a rich cultural tradition together. Here's to a year of wisdom, good fortune, and happiness



# GALLERY







## SPIT OR SWALLOW - DYSPHAGIA AWARENESS WEEK AT ST MAGNUS COMMUNITY

By Carla Bryson (Speech and Learning Therapist)

Dysphagia Awareness Week at St Magnus was an eye-opening and engaging event, designed to enhance understanding and empathy for individuals with swallowing difficulties. Through hands-on activities, interactive competitions, and informative sessions, staff gained valuable insights into dysphagia management in a fun and memorable way.

The hospitals were transformed with visually engaging posters, sparking conversations and curiosity. Attendees also received freebies such as pens, lanyards, and t-shirts, adding to the excitement of the week.

Each day featured practical sessions, allowing staff to step into the shoes of those with dysphagia. From experiencing assisted feeding to practising oral hygiene techniques, these activities deepened understanding of the challenges faced by individuals with swallowing difficulties.

Adding a creative twist, daily competitions encouraged friendly competition while reinforcing key learning points:

- Mocktail Flavour Fusion – Staff created delicious IDDSI Level 3 thickened drinks.
- Puree Palate Challenge – Participants tested their ability to identify different IDDSI Level 4 pureed foods.
- The Great St M Blend-Off – Staff showcased their culinary skills by transforming favourite meals into safe and appetising IDDSI Level 4 purees.

These competitions proved that with the right approach, dysphagia-friendly meals can be both safe and enjoyable, ensuring that individuals with swallowing difficulties continue to experience flavourful and appealing food.

Dysphagia Awareness Week not only educated and inspired but also helped reinforce practical skills, fostering a culture of compassion and improved care at St Magnus.

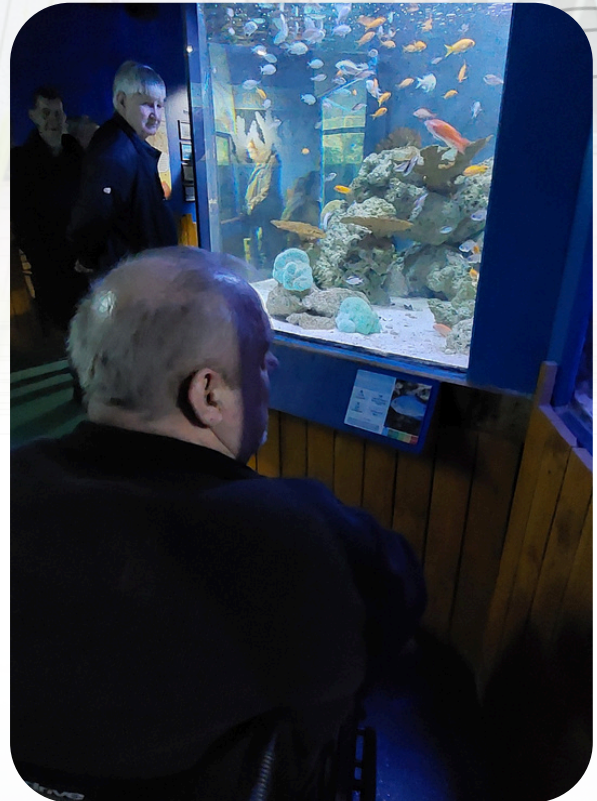




# A Fun-Filled Trip to: The Blue Reef Aquarium with St Magnus

In February, patients and residents embarked on an exciting day out to The Blue Reef Aquarium in Southsea, where they had the chance to explore a fascinating underwater world. The group was captivated by the diverse marine life, from the tiny, brightly coloured Clown Fish to the large and graceful Sting Rays gliding effortlessly through the water.

Adding to the experience, there were interactive stalls featuring unique specimens such as dried shark and stingray eggs, starfish, and other marine treasures, which sparked curiosity and encouraged lively discussions among residents and staff.



After an eventful morning, everyone gathered at a local fish and chip shop, where they indulged in huge portions of crispy fish and golden chips, sharing stories and laughter over a delicious meal.

The trip was a fantastic success, with many already looking forward to another visit! Moments like these truly highlight the joy of shared experiences and the importance of community outings.



# CREATIVE CORNER







# No Excuse For Abuse

Zero tolerance of abuse of our staff



## Standing Together Against Abuse: A Reflection on Our Recent Event

At St Magnus Community, we pride ourselves on creating a safe and supportive environment—not just for our patients and residents, but also for the dedicated staff who provide compassionate care every day. On 26th February 2025, St Magnus Hospital and Nursing came together for an open and heartfelt discussion on an issue that affects many in healthcare: abuse against staff.

The meeting provided a safe space for our team over at St Magnus Hospital and St Magnus Nursing to share their experiences, express concerns, and explore ways we can better support one another. Led by Nii White (Business Director), Dr. Ken Fergusson (Associate Specialist), and Hattie McHugh (Nursing Director), the session reinforced our zero-tolerance policy against any form of mistreatment.

In an atmosphere of warmth and understanding, staff members spoke about the challenges they face and the emotional toll of their work. More importantly, we discussed practical steps to ensure that no one feels unheard or unsupported.

From enhancing reporting structures to providing mental health resources, our commitment to protecting our workforce remains unwavering.

As light refreshments were shared, so too were stories of resilience and strength. The discussions reminded us that caring for those who care is just as important as caring for our patients. This event was just the beginning—we will continue to listen, support, and take action to uphold a culture of respect and dignity for all.

To those who attended, thank you for your courage and honesty.

For those who couldn't make it, know that our doors are always open. At St Magnus, we stand together—because there is no excuse for abuse.



## THE ST MAGNUS CARERS SUPPORT GROUP



## Supporting Carers Every Step of the Way

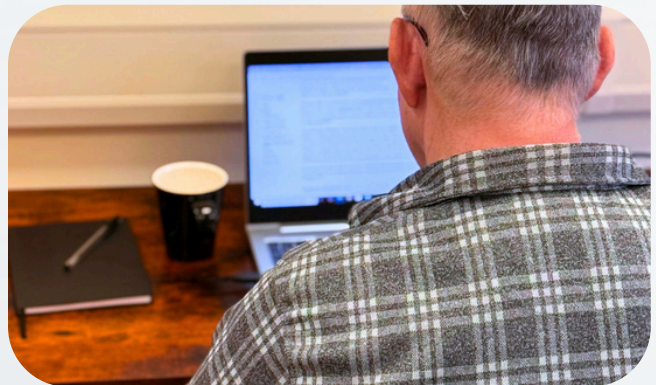
Caring for a loved one with dementia is a journey filled with both rewarding moments and difficult challenges. Having the right support, information, and a space to share experiences can make all the difference. That's why the St Magnus Carers Support Group continues to provide carers and families with the opportunity to connect, learn, and find reassurance in a compassionate community.

On 14th March 2025, we hosted The Dementia Journey, an insightful session designed to help carers better understand the progression of dementia, from diagnosis to advanced stages. Led by Dr Gebhardt, Consultant Old Age Psychiatrist, the talk provided guidance on recognising signs of deterioration and navigating the emotional and practical challenges of caregiving.

With both in-person and online attendance options, the session allowed for open discussions, reassurance, and shared learning. Over lunch, carers exchanged personal experiences, offering one another support, understanding, and hope.

The St Magnus Carers Support Group continues to be a pillar of strength for those who dedicate themselves to caring for others. If you are a carer, you are not alone—we are here to support you every step of the way.

## Click, Search, Connect! IT Sessions at St Magnus



Who says tech is just for the young? Patients at St Magnus Hospital are proving otherwise, thanks to IT Sessions led by Sooraj Prakash (IT Business Analyst) and Sally Mugumira (Head of Occupational Therapy). These fun and interactive classes teach everything from sending emails to surfing the web—and they've been such a hit, they're now running twice a month!

Beyond learning IT basics, patients are gaining confidence, staying connected with loved ones, and reducing feelings of isolation. One participant shared, "I never thought I'd be able to send an email, but now I write to my grandchildren regularly." With demand growing, who knows? Maybe St Magnus will have some tech whizzes in the making!





## »»» NEW ROLE

### RAFAL ZNACHOWSKI - ST MAGNUS COMMUNITY

We're delighted to celebrate Rafal in becoming our new Health & Safety Officer. We're sure he will continue to demonstrate dedication, professionalism, and a genuine commitment to our values at The St Magnus Community. This milestone is a testament to his hard work and the positive impact he has made as Fire Officer for the group. Well done Rafal!

## BLUE LIGHT OFFER <<<

### STAFF ENROLMENT BENEFIT

We're proud to recognise the incredible service of our NHS, emergency services, social care, and armed forces communities. And pleased to offer a subsidy to all our Staff who are Blue Light Card holders — a small way of saying thank you for the big difference you make every day.

Get in touch with the HR team for your refund today!



## »»» FAREWELL

### JIM BRODERICK - ST MAGNUS HOSPITAL

After 17 years of dedicated service, we say a heartfelt thank you and goodbye to Jim, who is retiring from his role at St Magnus Hospital. Throughout his time with us, Jim has been a source of strength, compassion and unwavering commitment embodying the very best of what we stand for. Whether it was through his support for colleagues, care for our residents, or quiet leadership, Jim made a lasting impact that will not be forgotten. Enjoy your well-earned retirement, Jim!





## Training Highlights from this Quarter

Continuous learning is at the heart of what we do, and this quarter saw two vital training programmes take place—both held every three years to ensure our staff remain well-equipped.

- **Carer Awareness Training** – This programme provided essential knowledge and skills for staff working with elderly patients and individuals with complex needs. By fostering a deeper understanding of the challenges carers face, we continue to improve patient-centred care.
- **Expert by Experience Training** – Held every three years, this unique training allows staff to learn directly from individuals who have lived through mental health challenges. Their firsthand insights help shape compassionate and effective care strategies.

Both sessions reinforced our commitment to compassionate, informed caregiving and have left a lasting impact on our team.



## The Power of Reassurance

For those living with dementia or mental health conditions, uncertainty can be unsettling. A few simple reassurance techniques can make a world of difference:

- **Use a calm and steady tone** – Your voice can provide comfort in moments of confusion.
- **Offer gentle physical reassurance** – A light touch on the hand or shoulder can be grounding.
- **Stick to familiar routines** – Predictability helps reduce anxiety and builds trust.

Small actions like these can create a sense of security and connection, making caregiving a little easier for everyone involved.



# NOOSHIN'S MUSIC CORNER



## Music & Memory Lane

Nothing brings back memories quite like a good old-fashioned sing-along! Music has a magical way of transporting us to the past, unlocking moments we thought were long forgotten. In this issue, we're celebrating the golden hits that shaped our residents' lives—with a special throwback playlist designed to get everyone humming, tapping, and maybe even dancing!

## PLAYLIST



### Sing Along Favourites

- ♪ We'll Meet Again – **Vera Lynn**
- ♪ She Loves You – **The Beatles**
- ♪ It's Not Unusual – **Tom Jones**
- ♪ You're My World – **Cilla Black**







## Chef Gavin's Welsh Cawl - St Magnus Style

For our Head Chef Chef Gavin, food is more than just nourishment—it's a bridge to memories, culture, and community. This quarter, he brought a taste of Wales to St Magnus with his take on Welsh Cawl, a hearty and traditional stew that has warmed generations.

Inspired by one of our residents, who fondly recalled his Nan's homemade Cawl, Chef Gavin has set out to recreate the comforting dish, ensuring that every resident, regardless of dietary needs, could enjoy it.

Using tender lamb, leeks, potatoes, and a rich vegetable broth, he adapted the recipe to suit various textures, making it accessible while preserving the deep, nostalgic flavours of this Welsh dish.

Served alongside a singalong of Welsh hymns, the dish has been more than just a meal but a moment of joy, enjoyed by all at St Magnus Community.

Would you like to try making Chef Gavin's Welsh Cawl at home? Here's the recipe!

### Recipe

#### Ingredients

- Welsh butter / olive oil
- 600g bone-in lamb neck\*, weighed with bone in
- Sea salt and freshly ground pepper
- 2 large potatoes, peeled and cubed
- 2 carrots, peeled and cubed
- 2 parsnips, peeled and diced
- 2 small turnips, cleaned (you can leave skin on) and diced
- 1 small swede, peeled and diced
- 2 leeks, thinly sliced
- A few sprigs of thyme or parsley
- To serve: Bread, butter and a hunk of strong cheese – Caerphilly or cheddar.

#### Instructions

1. Heat a large deep pan on the stove with a smidge of butter or oil. Sprinkle the lamb with a little salt and pepper, then sear in the pan until browned on all sides – this step is not essential but gives the soup a deeper flavor.
2. Add 2 litres of water to the pan, and bring to the boil. Lower to a simmer and add all root vegetables – except the leeks. Simmer uncovered for 2-3 hours, or till the meat is so tender it falls apart. As the fat from the meat rises to the top of the pan you can skim it if you like.
3. Twenty minutes before you are ready to serve, add the leeks to the pan.
4. When the Cawl is ready, take out the meat and shred it, taking care to discard all the bones. Return the meat to the soup.
5. With the rich flavor of the meat you may not need to season the soup, so do taste before you add more salt. Finally, sprinkle with fresh thyme or parsley for a pop of colour and flavor, and serve in deep bowls.



# SPRING WORD HUNT

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

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .



BUTTERFLIES  
AWAKENING  
BLUEBELLS  
SUNSHINE  
DAFFODIL  
RAINFALL  
GREENERY  
CHIRPING

HATCHING  
BLOSSOM  
RAINBOW  
NESTING  
RENEWAL  
MEADOW  
BREEZE  
SPROUT

PICNIC  
PUDDLE  
BLOOM  
TULIP  
FRESH





# UPCOMING EVENTS



## ENERGY, LEARNING & A LITTLE FRIENDLY COMPETITION

From 31st March to 4th April, St Magnus sites were buzzing with energy during our Let's Get Physical Education Week! Staff got involved in fun challenges, interactive learning, and vital health checks—all with a focus on the link between physical and mental health.

👉 Stay tuned for the full roundup in our next issue!



## LIVE MUSIC WITH NICK CARUSO



Resident favourite Nick Caruso returns to St Magnus!

Known for his warm style and engaging performances, Nick's visits are always met with smiles, singing, and a sense of connection, offering a joyful, therapeutic experience for residents to enjoy familiar tunes in a relaxed setting.

## NURSING UNITS VS HOSPITAL CRICKET MATCH

Get ready for a day of BBQs, banter, and boundaries. The much-anticipated Nursing Units vs Hospital Cricket Match is back for its third year running!

Staff from nursing units and hospital teams will go head-to-head in a friendly game, with a BBQ, music, and community spirit on full display. All are welcome, whether you're cheering from the sidelines or just popping by for a bite and a chat.

Keep an eye out for more details in our next issue







# We're Social !!

We love sharing the amazing moments, stories, and activities happening across The St Magnus Community, and we'd love for you to be part of the conversation! Follow us on social media by scanning the QR code below to stay updated on upcoming events, heart warming stories, and the incredible work our staff and residents are doing every day.

## Become a Member of Our Community



**SCAN ME**

**FOLLOW US**

