



Welcome to the August 2023 edition of the Daisy Chain, our newsletter about what we've been up to and what's going on in our community.

In this edition, we get ready for World Alzheimer's Month next month—an international initiative overseen by the Alzheimer's Society to raise awareness of the disease, and to help remove the stigma surrounding it.

We also have some photos of the stunning blooms in the garden outside our office, and a thank you to the Rowcroft Hospice. There are also new instalments in the 'Training Insider' and 'Through the Filing Cabinet' features.

In the last issue, I quoted a line from a D. H. Lawrence poem, and in keeping with quotes, I thought I'd include a line from a brilliant book by Jane Mendelsohn called *I Was Amelia Earhart*, which I feel encapsulates the advent of summer:

'The rains stopped, the days grew noticeably longer, and the afternoon light felt powdery, as if it might blow away.'

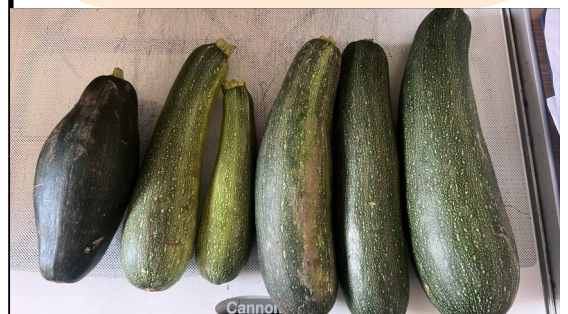
I hope that this newsletter finds you all well, and that you enjoy having a peruse through the happenings of Teign Angels Ltd over the past few months!

Joseph Clark-Skinner
Office Manager

Staff Anniversaries in May/June/July/August

On 5th August, **Rachael** celebrated her 4th anniversary with Teign Angels!

Also on the 5th August, our Admin Assistant **Amelia** celebrated her 2nd anniversary with us!



Summertime, and the Veg-Growing is Easy!...

World Alzheimer's Month
September 2023

A Big Thank You to Rowcroft!

When someone approaches the end of their life, it can be an upsetting, distressing and confusing time for them and their loved ones. In the Torbay and South Devon area, we are so lucky to have the wonderful support of Rowcroft Hospice on our doorstep to support us through such difficult times.

Since 2022, Teign Angels has also been making use of the online training that Rowcroft provides to health and social care professionals across Devon.



The knowledge and skills we have learned have helped us to improve our service and make it more holistic. It also inspired us to create a dedicated training subject for our carers purely on pressure sores—whilst we used to cover this topic as part of other training sessions, this new subject is more comprehensive and puts greater emphasis on prevention as well as treatment.

The Rowcroft Hospice Education team provides brilliant training sessions and allows attendees the opportunity to discuss the subject matter with other professionals across our local area. This is a great way of aiding comprehension of the subject content, and also allows us to build connections within our community.

We just wanted to say a big thank you to Rowcroft Hospice, for not only being outstanding with those in their care, but for supporting us to improve our own service as well!

Thank You
Rowcroft

A decorative arrangement of small, stylized flowers in shades of pink, red, and grey, scattered around the "Thank You Rowcroft" text.

World Alzheimer's Month

September 2023

Alzheimer's Disease is a type of dementia, and is in fact the most common cause of dementia today. Whilst the cause of Alzheimer's is unknown, it is known that it causes the brain to begin to 'degenerate'.

However, there is a lot of misinformation surrounding Alzheimer's, and dementia as a whole, and a diagnosis does not mean that you can't continue to live well with this disease.



The thought of having Alzheimer's can be scary, but with the right care and support in place—whether this be a good, strong support system around you, or having carers come in to help you retain as much of your independence as possible—and with some adjustments to your home environment as and when needed, there is no reason why you can't continue to enjoy life.



Sometimes, these adjustments can be removing dark colours and perhaps reducing the number of mirrors you may have, as Alzheimer's can cause a loss of depth-perception, and these can look like voids and holes on the floor and in the wall. Some people find using post-it notes around their home also helps them to remember where things are. Some people find other things work, and it can be a case of trial and error to find out what helps the most, but there are professionals who are able to help, and services available such as memory cafes, to help provide support and advice to you and/or your loved ones.

If you would like to speak to the Alzheimer's Society's dementia support line, you can call:

0333 150 3456

Professional Carers' Week

18th September–22nd September 2023



From 18th September until the 22nd September 2023, it is Professional Carers' Week! This is a week dedicated to celebrating the wonderful work that professional carers do up and down the country on a daily basis.

We're very proud of all of our carers at Teign Angels, and the level of professionalism, compassion and support that they provide to our clients. Did you know that over half of our current staff team have been with us since we first started in 2016?



Dawn and Soph in our newly-constructed office, February 2017



As of 20th August 2023, our staff have provided 10,204 hours of care across 13,303 visits so far this year! 2023 has also seen us welcome our 150th client since we first started in 2016.

Moreover, since beginning in 2016, our staff have provided just over 88,841 hours of care across 112,827 visits. This is alongside over 4,212 hours of training in that same time frame!



Staff Spotlight

Dawn Clark-Skinner

Director

Dawn, tell us about your care journey—how and why did you get into care?

I started working in care in 2003 as I wanted to do something that would be rewarding. I wanted to make a difference to somebody's day.

What do you enjoy most about working in care?

I love meeting the people I look after, and chatting about their lives, family, and what makes them happy, like interests and hobbies etc.

What changes have you seen in the care sector since you started?

There have been many changes with laws, regulations, working practices, but the job basically remains the same in my eyes. I am the hands to help people do the things they now struggle to do.

When you're not working, what do you like to get up to?

I love walking my dogs, and spending time with my family. I love cross-stitching, doing jigsaw puzzles, and reading as well.

What is one piece of advice you'd give to someone looking to get their first job in adult social care?

It's not a job to do for the money. You have to have a passion for helping people; I realise we all have to earn a living, but you have to have dedication to the actual job, first and foremost. It's a fantastic career!



The Training Insider

All of our wonderful staff have to undergo regular training in order to safely carry out their jobs.

But what exactly are in these sessions? Sophia, who delivers all of our in-house training, gives us a bit of insight into one of the subjects:



EMERGENCY First Aid

Soph, Emergency First Aid is quite a broad term – what do the sessions actually cover?

Firstly, we are not able to call ourselves 'first aiders' due to the course only covering basic first aid for work. The course covers CPR, how to help spot signs of things such as a heart attack, a stroke, diabetes, effects of hot and cold but with the added main focus on who to call and how to get the appropriate help when needed.

How often are our staff trained in this subject?

We train staff during their initial induction training, then update every 3 years; unless we are informed of a change of practice then we would update everyone as soon as possible.

Is there an example question from the sessions that you can give us?

As a memory aid to remember what concussion is and its affects, I like to ask the question 'which animal cannot get concussion?'... a woodpecker.

A more sensible one is 'when walking into an unknown first aid situation, and having checked for danger and shouted for help, how can you sort your priorities about what you need to be checking?' The answer is:

'Breathing, Bleeding, Burns & Bones'

Through the Filing Cabinet

Our 'Useful Information' drawer is chock-a-block with useful things we've found over the years. In this edition of 'Through the Filing Cabinet', Joseph explores two randomly-chosen topics from the drawer...

Parkinson's

Parkinson's is a progressive neurological condition, and is caused by a lower level of dopamine in the brain than what would be expected, usually because the nerve cells that produce it have stopped working.

There are multiple forms of Parkinson's and parkinsonism, but the main three are 'idiopathic Parkinson's' (which means the cause is unknown), vascular parkinsonism (which means the cause is a reduced blood-flow to the brain), and drug-induced parkinsonism (which means it is caused by the administration of certain drugs and medications).

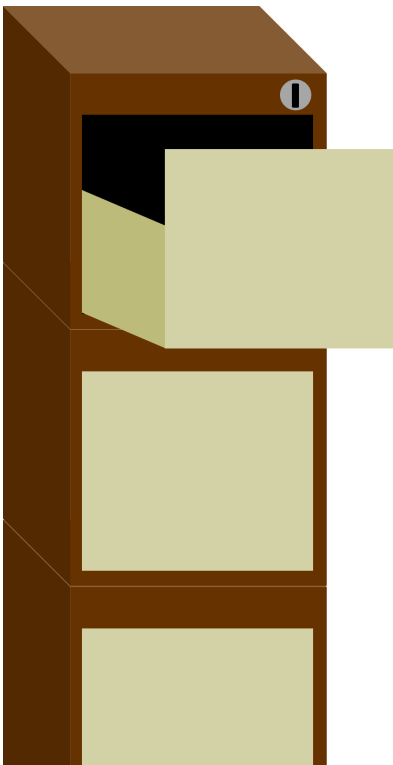
Parkinson's UK has a lot of information regarding Parkinson's, and where you can find support if needed. Their website is parkinsons.org.uk, and their helpline is 0808 800 0303.

TEPs

A TEP (Treatment Escalation Plan) is a form that communicates a person's wishes should they suddenly deteriorate or otherwise become very unwell—this is in regards to whether they want to be admitted to hospital, be put into the Intensive Care Unit, or whether they wish to be treated at home etc.

It also asks the question, in the event that the person's heart stops beating, whether they wish to receive CPR, or be kept as comfortable as possible, and for their medical team to 'Allow a Natural Death (Do Not Attempt Cardiopulmonary Resuscitation)'.

It states very clearly at the top that a TEP 'is for clinical guidance and it does not replace clinical judgement'.



NHS DOCUMENT FOR INFORMATION ONLY

Treatment Escalation Plan (TEP)
This form is for clinical guidance and it does not replace clinical judgement.

Surname: _____
First Name: _____
Hospital Number: _____
NHS Number: _____
Address: _____
DOB: _____

Mental Capacity
Do you believe the patient has capacity to be involved in making these decisions?
Yes ☐ No ☐
If No you must complete the 2 stage Mental Capacity Assessment on page 2. (Mental Capacity Act (2005))

If the patient is currently very unwell or in the event their condition deteriorates:

For full active treatment (including hospital admission if required)	Yes	No	For resuscitation of full intervention (including critical care/ICU support) if required	Yes	No
For active care at home but hospital admission may be required for management of symptoms	Yes	No	For active care based on best interests for ICU admission	Yes	No
For home based care focusing on management of symptoms and comfort measures	Yes	No	For end of life care focusing on management of symptoms and comfort measures	Yes	No

Are there any other Advance Care Planning documents in place? If yes, what? _____

In the event of a cardiopulmonary arrest:

ATTEMPT CARDIOPULMONARY RESUSCITATION ☐ Tick Date: _____ Time: _____

ALLOW A NATURAL DEATH (Do Not Attempt Cardiopulmonary Resuscitation) ☐ Tick Name: _____

Role: _____ GMC/NMC No: _____

Provide a summary of how you and the patient/saboteur have come to these decisions (be as specific as possible):

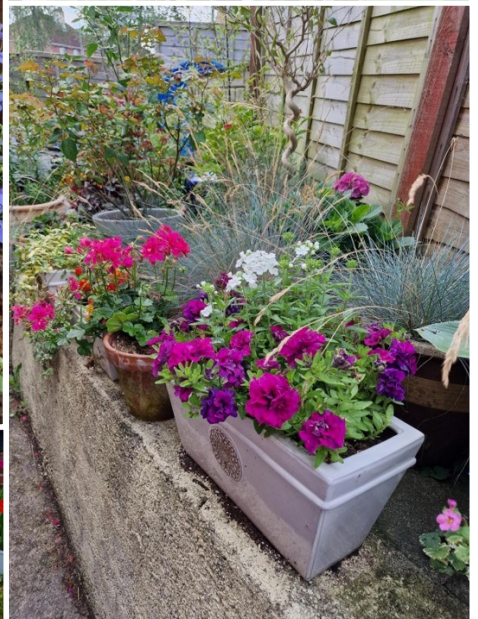
Has the treatment escalation plan and resuscitation decision been discussed with the patient/patient's relatives/next of kin? Yes ☐ No ☐
If no, document reason: _____
Date: _____ Time: _____ All treatment decisions above should be reviewed as the patient's clinical condition changes.

Documentation that TEP form has been completed in medical notes: Yes ☐ No ☐
On discharge, if appropriate and the patient or family have been informed of the decisions, then the original form should accompany the patient and a photocopy should remain in the patient's medical notes.

Date this document was reviewed (if required): _____
Name of reviewer/signature: _____
Role: _____ GMC/NMC No: _____

TEP and Resuscitation Decision Record (Version 12) (Review 01/03)

This Year's Blooms



Here are some of the blooms from the garden outside our office this year—all of which are absolutely beautiful!

One of our standout pieces is our Torbay Palm, which is around 15 years old now, as

well as the hostas which used to grow where the Forget-me-Nots now sit, but were potted up and moved to their current sun-soaked position on the side wall towards the office. Lola's Planter is also doing well, with an impressive array of pinks and purples!

In Other News...

Wag-a-Tail South West

On 6th August, our Directors, Dawn and Sophia, helped out Wag-a-Tail South West—a dog rescue charity based in Liverton and Bovey Tracey—with their stall in Mill Marsh Park, Bovey Tracey! Dawn helped with organising and running some of the stalls, and Sophia played some tunes for the crowd on her violin with her dad, Tony (pictured) on his guitar.

It was a brilliant day, and the event was attended by many dogs that Wag-a-Tail have helped to rehome and train!



Congratulations, Dawn!

In July 2023, Dawn completed a level 2 qualification in Understanding Children and Young Peoples' Mental Health! We're very proud of her achievement!

Have something you want to appear in the Daisy Chain?

We welcome submissions to our newsletter, and if you have something you would like to appear in the Daisy Chain, then you can let us know by calling our office on 01626 201364, or by emailing joseph@teignangels.co.uk / joseph.clarkskinner@nhs.net.

Our next edition is due to be published on 15th December 2023, so please make sure you let us know what you would like to put in by 8th December at the absolute latest. It could be a photo you've taken, a book review, a story you've written, something you've baked, it can be anything you like!



puzzle Page

Answers to the puzzles in the last issue...

M	E	T	A	T	A	R	S	A	L
C	V	A	C	P	T	P	F	I	L
O	P	E	P	T	E	U	I	T	L
R	U	P	R	A	R	M	L	W	I
N	M	P	A	R	T	I	I	I	N
S	I	O	S	S	U	C	N	L	G
D	C	D	H	C	P	C	G	I	S
O	E	I	T	O	E	N	A	I	L
P	M	E	T	A	T	A	R	S	L
P	O	D	I	A	T	R	I	S	T

Words to find:

corns

filing

HCPC

metatarsal

podiatrist

pumice

toenail

verruca

Dartmoor Legends...

I was buried at a crossroad near Hound Tor, after selling my soul to the Devil...

KITTY JAY

I haunt the road between Postbridge and Two Bridges, I grip the steering wheels of passing vehicles and make them crash...

HAIRY HANDS

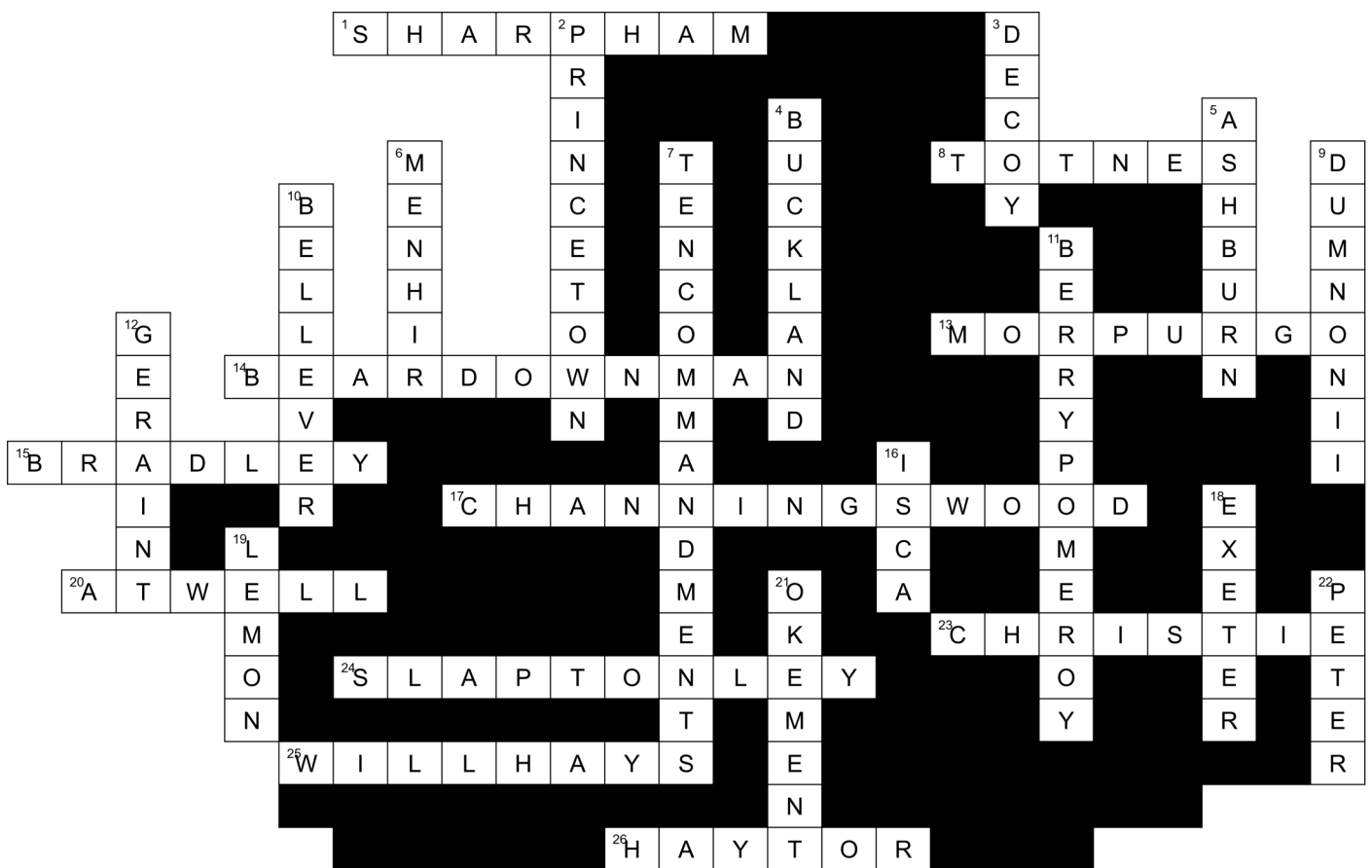
Dartmoor Legends Continued...

I and my hunting hounds were tricked by a coven of witches, and turned to stone forever...

BOWERMAN'S NOSE

I sold my soul to the Devil to ensure the defeat of the Spanish Armada, and now ride across Dartmoor in a coach driven by headless drivers, pursued by baying hounds...

SIR FRANCIS DRAKE



Down

2	Dartmoor village where HM Prison Dartmoor can be found (10)
3	The country park south of Wolborough in Newton Abbot (5)
4	Abbey north of Plymouth, which was one home to Sir Francis Drake (8)
5	The river that runs through Ashburton (7)
6	Another name for a standing stone that you might find on Dartmoor (6)
7	These are written in stone at Buckland Beacon (3,12)
9	The Celtic tribe who lived in Devon and Cornwall (8)
10	One of the forests on Dartmoor (8)
11	Supposedly the most haunted castle in Britain (5,7)
12	Supposedly the last king of Devon, slain by King Ine of Wessex in 710 (7)
16	The original Roman name given to Exeter (4)
18	Devon city, with areas such as Polsloe, Heavitree, and St Loyes (6)
19	The river that runs through Newton Abbot (5)
21	The river that runs through Okehampton (7)
22	The saint to whom Exeter Cathedral is dedicated (5)

Across

1	Cheese and wine-producing estate near Ashprington (8)
8	The town where Brutus of Troy, the mythical founder of Britain, is said to have first stepped off of his ship (6)
13	Michael _____, children's author who lives in Iddesleigh, North Devon (8)
14	Name of the standing stone west of Postbridge, south of Fur Tor (8,3)
15	The National Trust-owned manor in Newton Abbot (7)
17	HM Prison situated between East Ogwell and Denbury (9,4)
20	Robert _____, the current Bishop of Exeter (6)
23	Agatha _____, crime novelist who lived near Galampton (8)
24	Wildlife reserve south of Dartmoor, the only site for the endangered strapwort in the UK (7,3)
25	High _____, the highest point on Dartmoor (7)
26	Tor on Dartmoor considered to look like a sitting lion (6)

This Issue's Puzzles



Scattered throughout the puzzle pages are 'Guess the Film/TV Star!' clues, where we give you either the surname or forename of a famous TV/film personality, and we ask you to give us the missing name

Sudoku



1		6	4					7
		9			7			
		8	9	2			4	6
	6		1		4	2		
	8	1					3	
2			8		5	6		1
	3	4		6		7		
	1	7				9	6	

Guess the Film/TV Star!



Star of 1993's Jurassic Park and 1994's Miracle on 34 th Street, brother of documentarian David. Richard _____	
Actress who played Calamity Jane in 1953. Doris _____	
Actor who was part of Monty Python, and who more recently appeared in Armando Iannucci's The Death of Stalin in 2017. Michael _____	
Surname of actor Peter, singer Lewis, and Scottish former football player John	
Scottish actor who played the first James Bond, passed away in 2020. Sean _____	
Irish actor who played the fifth James Bond. Pierce _____	

Guess the Film/
TV Star!



Actress who appeared as Nanny McPhee in 2005's <i>Nanny McPhee</i> , Sybill Trelawney in the <i>Harry Potter</i> films, and Karen in 2003's <i>Love Actually</i> . Emma _____	
Actor who played Blakey on <i>On the Buses</i> . Stephen _____	
Actor who played Del Boy on <i>Only Fools and Horses</i> . David _____	
Actor who appeared as Vito Corleone in 1974 <i>The Godfather Part II</i> , Al Capone in 1987's <i>The Untouchables</i> , and Murray Franklin in 2019's <i>Joker</i> . Robert _____	
Actor who rose to prominence in 1993's <i>What's Eating Gilbert Grape</i> as Arnie Grape, and who has also starred as Jack in 1997's <i>Titanic</i> , and as Teddy in 2010's <i>Shutter Island</i> . Leonardo _____	

Fit Word



Try and fit the words below in this pink grid:

3 letters

ash eke elm
fit gap lad
pee ski

4 letters

cult epic iron
myth nude them

5 letters

braid icily paste
pecan rifle

6 letters

eyelid hasten poetry

7 letters

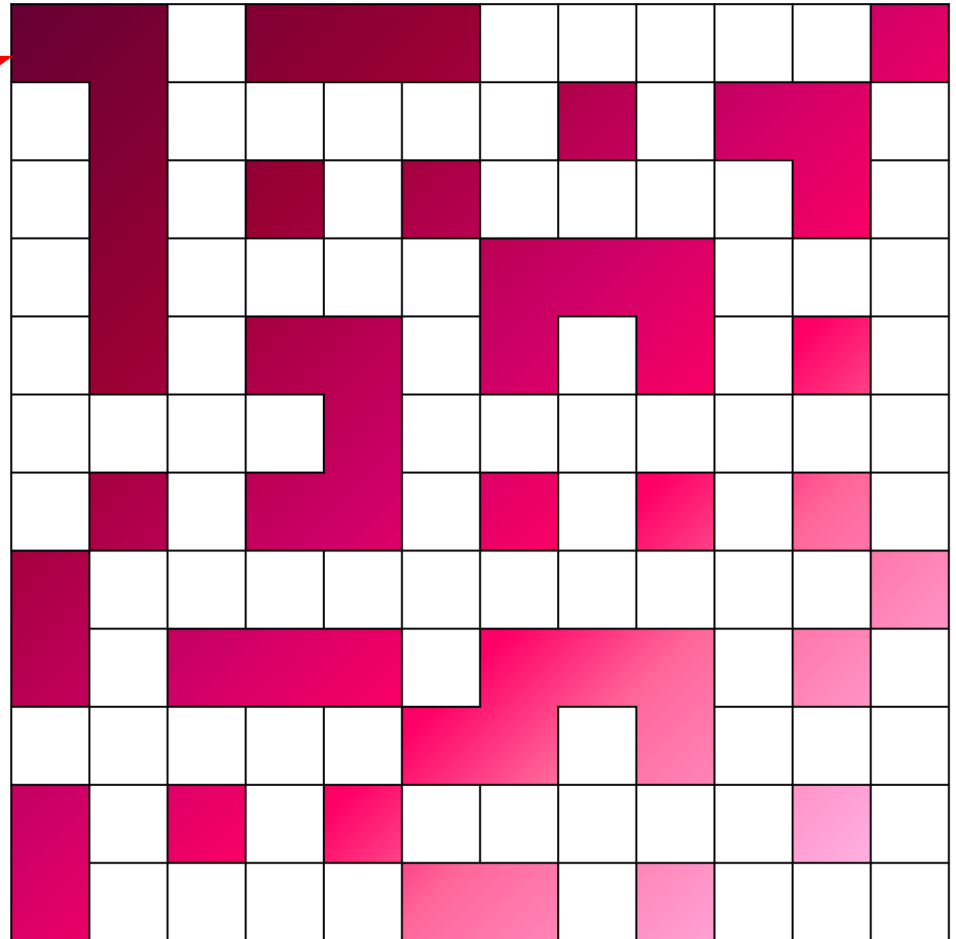
shutter

8 letters

trombone

10 letters

centigrade
percentage



Guess the Film/TV Star!



Fancy, known to be loud (from our December 2022 issue's games page!) Brian _____	
Comedienne, known for playing the characters of Nan and Lauren Cooper in her eponymous show, and Donna Noble in <i>Doctor Who</i> . Catherine _____	
Actress who starred in 1969's <i>The Prime of Miss Jean Brodie</i> , 1992's <i>Sister Act</i> , and in <i>Downton Abbey</i> from 2010-2015. Maggie _____	
<u>First name</u> of actress who played Thelma in 1991's <i>Thelma and Louise</i> . _____ Davis	
Actress who voiced Bunty in 2000's <i>Chicken Run</i> , Mrs Blatherwick in 2005's <i>Nanny McPhee</i> , and Queen Elizabeth II in the 2022 series of <i>The Crown</i> . Imelda _____	

Actress who appeared in 2005's <i>Corpse Bride</i> , 1986's <i>Lady Jane</i> , and in the <i>Harry Potter</i> films from 2007 until 2011. Helena _____	
Actress and dame who played Mrs Quickly in 2005's <i>Nanny McPhee</i> , Matron in 2007's <i>St Trinians</i> , and as various characters in 1992's <i>Victoria Wood's All Day Breakfast</i> . Celia _____	
Actress who played Louise in 1991's <i>Thelma and Louise</i> . Susan _____	
Actress who played Sophie in <i>Peep Show</i> from 2003 to 2015, Carol Thatcher in 2011's <i>The Iron Lady</i> , and as Queen Anne in 2018's <i>The Favourite</i> (for which she won an Oscar). Olivia _____	

Now using the celebrity names from the past few pages, can you find them all in the wordsearch below?

Wordsearch



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