

2020 - 2021

FDCS Annual Report



64 CEDAR AVENUE
LUMPHINNANS
KY4 9FE

01592 782889

fifedaycare@gmail.com

www.fifedaycareservices.org.co.uk

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Mission Statement

Fife Day Care Services will constantly strive to provide quality active ageing day centre based support to older adults (over 65's). The day centre staff team will be appropriately trained relevant to their role within the organisation and will be equipped to enable service user choice and opportunity to socialise with peer group and participate in a range of stimulating recreational, creative and physical activities. As a third sector organisation, we also commit to continuous volunteer involvement in all aspects of our work, tapping into skills and experience that will enhance the quality of the service we provide.

Aims & Objectives

- ❖ Provide a safe and supported environment for older people to socialise
- ❖ Provide support, but encourage self-management and enable older people to be as independent as reasonably possible
- ❖ Alleviate loneliness and isolation thus Improving mental health and well being
- ❖ Encourage healthy eating and physical activity thus improving overall health, strength and balance
- ❖ Cultivate optimism, boost self-esteem and confidence
- ❖ Cultivate friendships & a network of support
- ❖ Continuous monitoring of physical and mental health of service users, involving other agencies and professionals if and when required
- ❖ Provide advice, signposting individuals to other relevant agencies and professionals if and when required
- ❖ Provide a few hours respite for service users and their relatives/carers
- ❖ Provide volunteer opportunities and student placements with mentoring, guidance, training and support as required

Company Information

<i>Incorporated:</i>	In Scotland
<i>Link Officers:</i>	Lesley Elias (Social Work Contracts Service)
<i>Incorporated No:</i>	194329
<i>Registered Office:</i>	64 Cedar Avenue Lumphinnans Fife KY4 9FE
<i>Website:</i>	fifedaycareservices.org.uk
<i>Company Number:</i>	SC194329
<i>Charity Number:</i>	SC012298
<i>Care Inspectorate Number:</i>	CS2017358768
<i>Auditors:</i>	John Lynch & Co Chartered Accountants Torridon House Torridon Lane Rosyth Fife KY11 2EU
<i>Bankers:</i>	Royal Bank of Scotland 52 East Port Dunfermline Fife. KY12 7HB

Meet Our Staff Team

Service Manager

Mrs Carol Reddington

Length of service: 30 years



Carol worked as an Enrolled Nurse with NHS Fife before joining Fife Day Care Services in 1991. Worked as a Group Coordinator and then Senior Coordinator, before being appointed as the Service Manager in the year 2000.

Qualifications:

- *SVQ Level 4 Health and Social Care (Adults)*
- *Registered Manager in Health and Social Care Level 4*
- *Best Practice in Dementia Care and Registered Group Facilitator of Best Practice in Dementia Care (trained by the Dementia Services Development Centre, Stirling University)*

What Carol likes doing when not working:

Reading fiction novels, listening to music, live music concerts and football (spectating, not playing!)

Assistant Manager

Miss Sheree Sinclair

Length of service: 21 years



Sheree worked in Administration and Co-ordination with Stagecoach Fife Buses before joining Fife Day Care Services in 2001, initially as Office Administrator and Accounts Manager, before undertaking further training and being appointed as Assistant Service Manager in 2014.

Qualifications:

- *SVQ level 3 Health and Social Care (Adults)*
- *Professional Development Award in Health and Social Care Supervision SCQF level 7*
- *Best Practice in Dementia Care*

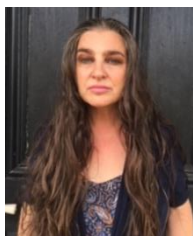
What Sheree likes doing when not working:

Reading, walking, shopping and days out/meals out

Senior Day Care Co-ordinator

Miss Anne Marie McManus

Length of service: 24 years



Anne Marie's skills and experience comes from working in the Care Sector since leaving school. She worked as a Nursing Assistant with NHS Fife for many years, then at Raith Gates Nursing Home in Kirkcaldy directly before joining the team at Fife Day Care Services as a Day Care Coordinator in 1997, followed by promotion to Senior within the Day Care team in 2014.

Qualifications:

- *SVQ level 2 Health and Social Care (Adults)*
- *SVQ Level 3 Health and Social Care (Adults)*
- *Professional Development Award in Health and Social Care Supervision SCQF level 7*
- *Best Practice in Dementia Care*

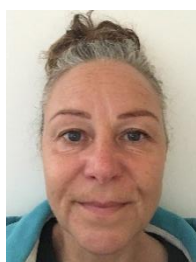
What Anne Marie likes doing when not working:

Reading, meals out and socializing/spending time with family and friends

Day Care Co-ordinator

Miss Beverly Miller

Length of service 9 years



Beverly worked as a Group Coordinator with the mental health support organization Express Groups Fife, before joining the team at Fife Day Care Services in October 2012.

Qualifications:

- *SVQ Level 2 Health and Social Care (Adults)*
- *Best Practice in Dementia Care*

What Beverly likes to do when not working:

Yoga, Meditation and Exercises/Activities that promotes and improves both physical and mental health. She has a passion for practicing these, and also uses them within the Day Centre, meaning that our service users also benefit from her skills

Day Care Co-ordinator

Mrs Ann Pheely

Length of service: 3 years

**Length of service: 3 years**

Ann worked for HSCP for many years as part of their Home Care Team, and joining the team at Fife Day Care Services in February of 2018, she brought a wealth of experience and skills in interacting and supporting older people with her.

Qualifications:

- SVQ Level 2 Health and Social Care (Adults)
- Best Practice in Dementia Care

What Ann likes to do when not working:

Spending time with family, socializing with friends, going on mini breaks and going to see live bands

DAY CARE COORDINATOR

Mrs Janette Huxtable

Length of service: 2 years



Janette also worked as part of the Home Care Team for many years, and joined Fife Day Care Services in April 2019. Having long term experience in caring for and supporting people, in particular older adults, Janette also brought vital skills to the Day Care Centre, and like Ann, is a welcome addition to our small team.

Qualifications:

- SVQ Level 2 Health and Social Care (Adults)

What Janette likes doing when not working:

Walking, exercise classes at local gym, cooking, and spending time with family

Board of Directors & Volunteer Team

Board of Directors

Mr Joseph Paterson, Chairperson

Mrs Margaret Morgan, Treasurer/Secretary

Mrs April Adam, Director

Mrs Jean Cant, Director

Mrs Caroline Friel, Director

Mrs Alison Wilson, Director

Mrs Helen Hughes, Director

Volunteers

Roberta Alexander

Joyce Finlayson

Gabriel Forte

Dorothy Lindsay

Valerie McCann

Marina McNeil

Liz Miller

Fay Mitchell

Jean Moore

Millie Penman

Jackie Raitt

Caroline Stevenson

Margaret Wilson (A special mention for Margaret, who sadly passed away in August. Margaret was a loyal & reliable member of our volunteer team & had been with the organisation for 23 years, she will be sadly missed).

Scottish Graduate Entry Medicine (ScotGEM) student on placement from University of St Andrews

(This was a virtual placement, with Chloe helping on our telephone friendship & support team)

Chloe Fernie

Our Groups

Our Active Ageing Groups take place from Monday through to Friday from 10:30 a.m. until 13:45 p.m.

MONDAY

Attended by people from the village of Cowdenbeath

TUESDAY

Attended by people from the villages of Ballingry, Lochore, Crosshill, Glenraig, & Lochgelly

WEDNESDAY

Attended by people from the villages of Cowdenbeath & Lumphinnans

THURSDAY

Attended by people from the villages of Ballingry, Lochore, Crosshill, Glenraig, & Lochgelly

FRIDAY

Attended by people from the villages of Crossgates & Kelty

Transport is provided door to door & our transport operators are Kingdom Transport Coaches and Cowdenbeath Taxi Services. All vehicles have tail-lifts and can accommodate wheelchairs.

Current charges are £11.00 to attend each group and £5.00 is charged (Retainer Fee) when anyone is absent. These charges help towards running costs i.e. rent, utilities, transport, meals and entertainment.

What to expect by attending one of our groups

Social Interaction, Stimulation and Friendship

From the time that they are picked up from home, service users enjoy conversation with drivers, escorts and fellow group members. Also as most of our service users are housebound, the journey to and from groups is sometimes the only chance to view the community that they live in.

Once at the day care venue, service users can settle in, and catch up with other group members, before partaking in activities planned for the day.

Information and Advice

Our staff and volunteers are on hand to listen to any queries and concerns, and if they cannot solve the problem or answer the question, they will contact someone who will be able to.

Newsletters/Leaflets from various agencies e.g. Age UK Updates on Benefits Guide

Information on Cold Weather Payments, Health Information on Flu Jabs, Medicines etc.

Visits from Local Area Co-ordinators & C.P.N's.

A Hot Nutritious Meal

On arrival at the groups tea, coffee & a snack is served, and service users enjoy a nice hot two course lunch followed by tea/coffee & biscuits.

Recreation and Entertainment

Many activities including target board, chair exercises, music & movement, play your cards right, bowls & bingo.

Fife Health & Social Care Strategies

How F.D.C.S links with Fife H & S C Strategies:

Prevention and Early Intervention

Attending a day support service enables older people to maintain social networks, to socialise independently of family and remain involved and active in their communities. It also supports families and carers of older people by providing a few hours respite.

It encourages and enables older people to stay healthy and active for longer and reduces the risk of rapid mental or physical deterioration.

Integrated and Co-ordinated Care

As a long established care and support provider in Fife, we continue to work closely with many other services and health and social care professionals to ensure that those who are at risk of isolation and/or harm receive the shared response necessary to keep them safe and support individual needs to provide the correct balance of support and care.

Improving Mental Health and Wellbeing

All staff members at F.D.C.S have training in Best Practice in Dementia Care and have the knowledge to provide structured, person centred support to the people attending, many who are frail and/or have memory and cognitive impairment, ensuring that their quality of life is maintained or improved and that they remain at home and in their own communities for as long as possible. Supporting older people with dementia to socialise in their own communities also challenges stigma.

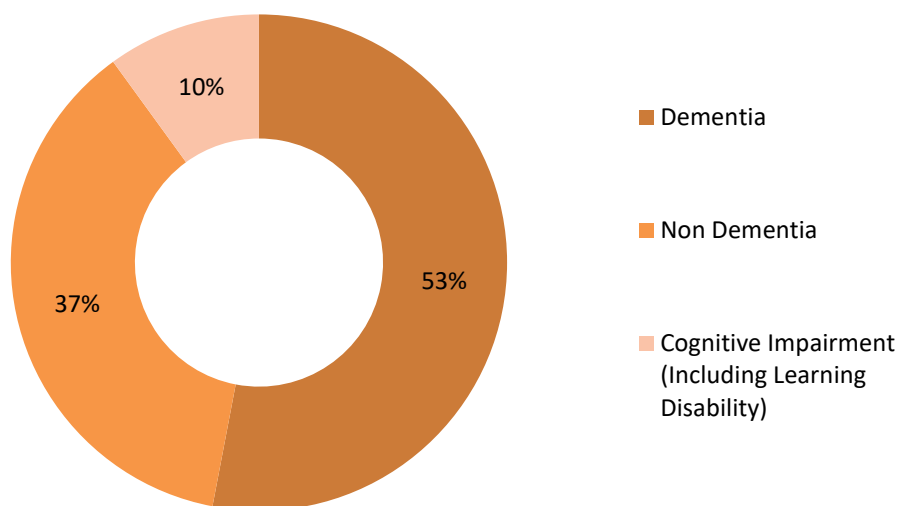
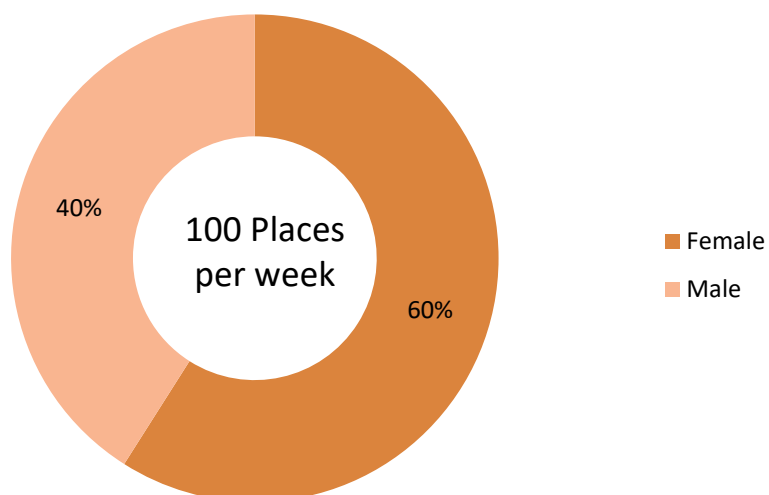
Our Day Centre provides regular companionship, support and social interaction. Our activities provide physical exercise and mental stimulation, therefore improving mental health and wellbeing.

Reducing Inequalities

As a well-established third sector organisation, we are fully committed to the provision of a service that promotes community inclusion and integration. Not only for our service users, but also for the volunteers that we recruit to assist the staff team, several of whom have a learning disability and benefit from mentoring, guidance, training and support in a work place environment

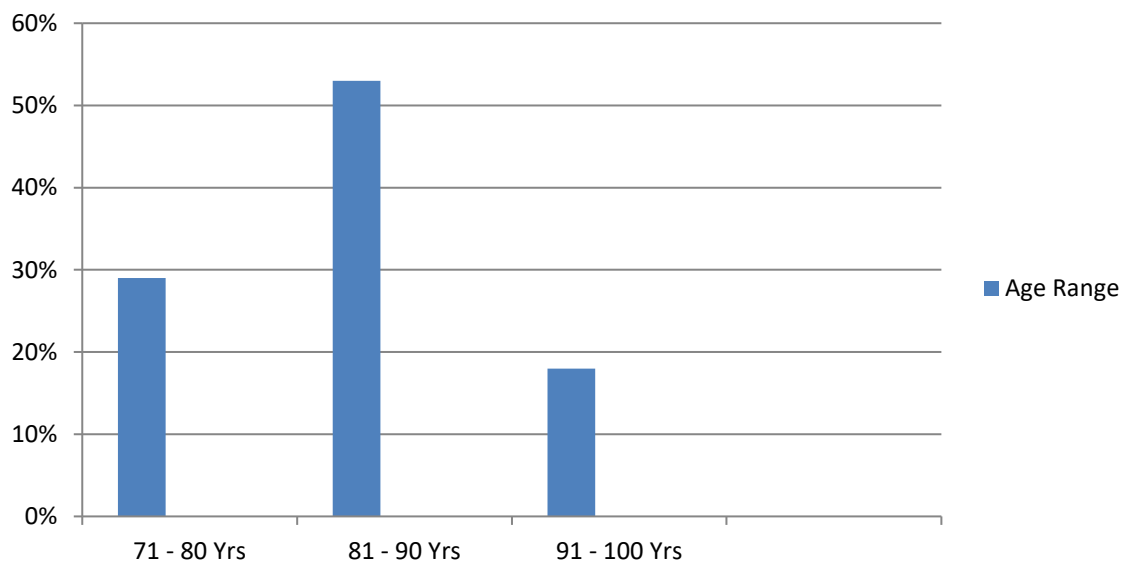
Statistics

Service Users Attending



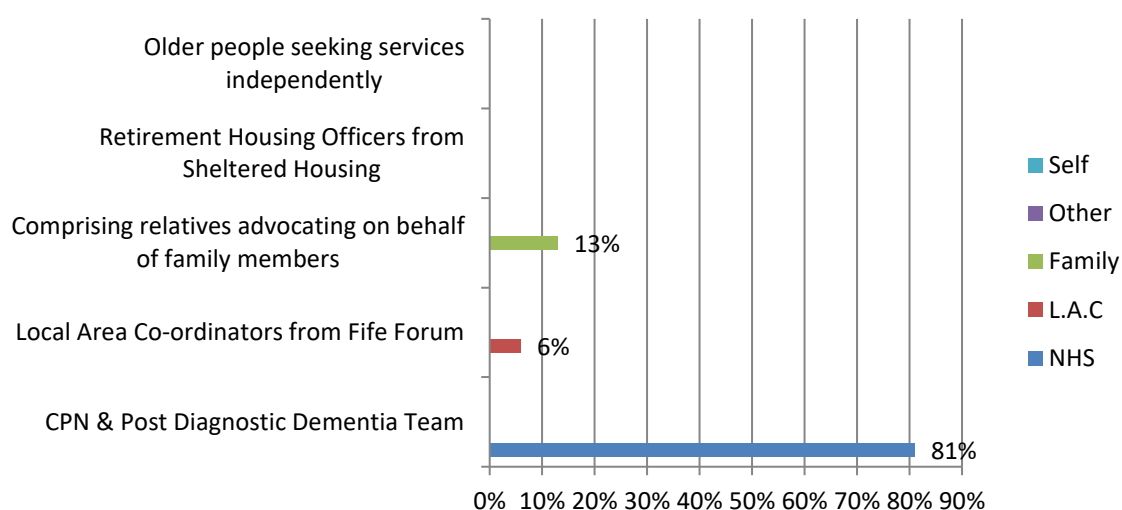
Statistics

Service User's



As of September 2021 we have 39 service users, 43% less than at the start of the pandemic. This reduction in service users has resulted from failing health and no longer able to attend or service users who died over that period.

Source of Referrals 1st April 2020 - October 2021



Due to the pandemic referrals for our service were reduced drastically, but since the end of March to October 2021 with easing of restrictions & society opening up once more, referrals are increasing by two each month.

Trustees Report 2021

This has been a challenging year for the organization, and incredibly detrimental to everyone, not in the least our service users, who normally attend our Day Centre for social interaction and therapeutic support. Also, not forgetting relatives of service users, many who are to all intent and purposes unpaid care-givers and rely on the Day Centre for a few hours respite each week.

Despite the many challenges, our main objective throughout the pandemic has been to give as much support as possible, in an alternative but safe manner whilst complying with Government Guidelines and Public Health Advice, and no service user has been without some form of support from the date we closed the doors back in March 2020, to being able to reopen the Day Centre from the end of August 2021.

The alternative style of support has changed throughout, depending on Lockdowns and easing of restrictions. We have provided telephone friendship and signposting, and with external funding, also doorstep deliveries of activity packs to help alleviate boredom, reduce anxiety and provide some hours of enjoyment and mental stimulation. The staff team has also carried out 1-2-1 home visits and accompanied service users on walks and provided company activities/exercises to help maintain or improve strength and balance.

The overall aim was to have service users back in base and reopen the Day Centre in smaller numbers initially. This is for two reasons:

1. To open but with care and caution and allow the space for some social distancing, assessing as we go, increasing numbers when safe to do so, and in line with Government and Public Health guidelines and advice.
2. Pre-pandemic, we supported 71 service users, but for various reasons and as a consequence of the pandemic, we are currently only supporting 41, which is a reduction of 42%. Therefore, it will take some time to increase numbers of attendees.

So, although highly desired and anticipated, remobilisation itself will present many challenges, not in the least our income, which will be affected by smaller numbers contributing financially, but with the same pre-pandemic expenses of transport provision, utilities and rent. The management and board will work closely with service users and funders for the remainder of this financial year and will strive to address any operational issues, reconfiguring any part of the service if required, whilst keeping service users' needs and wishes at the forefront of service delivery.

Feedback from Service Users

Questionnaire's 2021

Each year, we distribute Questionnaires and ask service users and some relatives to give their opinions on every aspect of our service delivery. This allows us to constantly evaluate and make changes where we can, ensuring a support service that is not only enjoyable, but beneficial.

The questions and answers were:

QUESTION 1: DO YOU FEEL THAT THE SUPPORT YOU HAVE BEEN GIVEN DURING THE PANDEMIC AND THE SUBSEQUENT CLOSURE OF THE DAY CENTRE HAS BEEN: Poor/adequate/good/very good/excellent

AND, PLEASE GIVE AN EXPLANATION OF WHY YOU HAVE GIVEN YOUR ANSWER:

31% Very Good

69% Excellent

Some explanations for the above scores:

"Excellent, the staff keeping in touch with me regularly kept me feeling positive"

"Excellent, I enjoyed the company, and loved going out for walks with the staff"

"Excellent, I always enjoyed talking on the phone to all the staff, but I especially benefitted most from the home visits, it was good having someone to talk to, as some days seemed so long and lonely"

"The support was first class, keeping me up to date with news of other service users that I went to the day Centre with, and what was happening regards plans for reopening, this helped to jog my memory of everyone and everything that happened when I used to attend (I have dementia)"

"Very good support all throughout. Phone calls and doorstep deliveries and visits were alright, but it was great having home visits, it was good having the company for longer, especially as I live alone"

QUESTION 2: WHAT BENEFITS CAME FROM THE FOLLOWING, WHAT DID YOU LIKE OR DISLIKE?

100% satisfaction with all levels of support throughout. Below are some comments from service users on their thoughts on each type of support given:

(a) Telephone conversations and support during Lockdown periods

"I looked forward to the telephone calls as it was good to hear a familiar voice, as I had little contact with anyone else apart from Home Care and District Nurses"

“Enjoyed receiving information on the steps moving forward and when the Day Centre could maybe re-open. It was good to speak to familiar voices from staff I knew and trusted”

“it meant a lot to me as I didn’t see anyone outside immediate family, it was so good to have someone else to talk to”

“Was glad to be able to talk to the staff and found I could speak about any concerns, as they always listened and showed me respect”

(b) Doorstep deliveries of Activity Packs and Goodie Boxes

“Activity Packs were great and I loved the gifts from SKY, so thoughtful”

“”The doorstep deliveries were great, really lifted my spirits”

“”It was very kind and thoughtful to receive these packs and gifts during the Pandemic. I appreciated them all and it was also good to catch up with the staff at the door and have a chat”

“Enjoyed all the gifts, it was a surprise every week to open the bag and see what was delivered. It was also lovely to see the staff at the door and have a chat”

(c) Home visits and activities/interaction with staff

“I loved the home visits, they kept me positive and let me know how other people I know from the Day Care were doing. It was helpful to be able to talk about some things that were worrying me”

“Really good to see the staff, their visits cheered me up every week. Everyone was so helpful and always had information on what Day Care plans would be happening and at what stage”

“All the staff are so helpful and kind. They are such good listeners and were able to answer all my questions, their company meant so much to me”

“The home visits were very good and I don’t know how I would have coped without having weekly interaction and activity from staff”

QUESTION 3: DURING ALL OF THE ALTERNATIVE SUPPORT AND CLOSURE OF THE DAY CENTRE, IS THERE ANYTHING THAT YOU CAN THINK OF, THAT IN YOUR OPINION WE DID NOT DO, BUT COULD HAVE DONE TO SUPPORT YOU BETTER?

100% Were happy with support and had no suggestions of what we could have done better.

QUESTION 4: WHAT HAVE YOU MISSED THE MOST DURING THE CLOSURE OF THE DAY CENTRE?

87% The company and support, and the activities/games and singing and dancing

13% The company and meals

QUESTION 5: IF GIVEN A CHOICE, WOULD YOU OPT FOR HOME VISITS OR A RETURN TO DAY CENTRE?

100% wished to return to the Day Centre, but one service user is unable to attend for the first period of re-opening due to health concerns, that particular service user will continue to receive a weekly home visit until able to return to the Centre

“I definitely want to return to the Centre, the home visits have been great, but you are only seeing one person and I love meeting and chatting to everyone and taking part in all the activities and games”

“Prefer the Day Care to enjoy a day out and nice to make friends and join in with different activities each week, especially the entertainment, singing and dancing”

“Prefer to return to the Day Centre, nice to spend time away from home and mix with all my friends and the staff and volunteers”

QUESTION 6: DO YOU FEEL THAT YOUR MENTAL HEALTH AND/OR PHYSICAL HEALTH HAS DETERIORATED DIRECTLY AS A RESULT OF NOT BEING ABLE TO ATTEND THE DAY CENTRE?

41% deterioration both mental & physical health

28% deterioration mental health

22% deterioration mobility

9% have noticed no significant deterioration

“I have felt really down a lot and my mobility has been affected by not getting out as much as I used to. I used to be able to attend the Day Centre using a walking stick, but now I will have to use a wheelchair”

“Yes, I have suffered mental and physical health deterioration and have become depressed. I missed the Day Care, the company, the stimulation and the exercises and activities”

“Yes, I have been so lonely, I have cried a lot and suffered severe depression. At times I have felt so alone and isolated. I missed going to the Day Centre twice a week and hope at some point I will be able to attend two days again, I love and need company”

“Being in my garden has helped me through this difficult time and I have always tried to stay active throughout. When indoors I have kept busy with art and adult colouring packs, which I enjoy and I do think this has helped my mental health”

ANY OTHER COMMENTS:

“really looking forward to returning to the Centre and seeing and chatting to all my friends”

“The support from you all has been great”

“Thank you for everything, visits and phone calls, you are all so nice”

“The staff support has been great, but I have missed having a day out and talking to other people, not only in the Centre, but also on the bus”

“Your consistent support has been excellent and I appreciate everything you have all done”

“ I am looking forward to coming back to a Centre that I have always liked, such a happy atmosphere”

“All staff have been so positive throughout and this has really helped me”

Feedback from Relative/Carer Questionnaire's 2021

Each year we distribute Questionnaires to relatives/carers, so that they can give their opinions on every aspect of our service delivery, and tell us how it impacts their lives as well as the person who attends our day service.

The questions and answers were:

QUESTION 1. Do you feel that the support person you care for has been given during the pandemic and the necessary closure of the Day Centre has been: poor/adequate/good/very good/excellent and please give an explanation as to why you have given this answer

25% very Good

75% Excellent

Explanations given for the above scores:

"It has been clear that the closure of the Centre and support from FDCS staff has always been done with the safety of service users in mind. Although there was mixed information given and some uncertainty of dates Centre would be able to reopen again and this caused some confusion"

"Excellent support from staff, it meant that I always (as well as my relative) had someone to talk to"

"The staff put in a great effort to continue to provide excellent support. They phoned, dropped off gift and activity packs, visited in the garden and kept us fully updated on developments"

"Excellent, you never forgot about us and all staff were so kind and caring"

QUESTION 2. What benefits did you feel came from the following, what did you and your relative like or dislike about:

(a) Telephone support and conversations during lockdown

"She looked forward to weekly phone calls with staff. These calls brightened her spirits"

"I felt I benefitted more than my husband, I had someone to talk to and knew that someone else cared about our situation"

"The telephone calls were always convenient to a time that suited me. They enquired about my Mum's wellbeing and asked how they could support us as a family. The staff always kept me informed of developments and what would be happening and when. The pandemic led to loneliness and isolation and the regular calls made me feel there were people there if I needed them"

“Our wee chats on the phone were good and I was able to talk about all sorts of things. It was so nice to know that you were all thinking about us, keeping us updated as well on anything relevant”

(b) Doorstep deliveries of activity packs and goodie boxes

“It was a very nice thought, my husband (he has dementia) did not understand some of the items in the activity packs, but we had a chat about them and that helped to keep his mind active”

“”Always a pleasant surprise and my Mum really liked the activity packs and gifts. Again, It gave me a feeling that people were there for us who cared”

“Brought delight to our door and made our day”

“The doorstep deliveries were brilliant, they brought such a lot of joy to her”

(c) Home visits and interaction with staff

“She got such a lot out of face to face visits, a change of company and a break from usual routine. She enjoyed the activities she did with the FDCS staff and also finding out how her friends from the Day Centre were doing”

“The visits were great for him, I loved hearing him talking to the staff and reliving his past and memories”

“The staff were always professional and adhered to the Covid rules when visiting. They were friendly, helpful and showed a keen interest in Mum’s wellbeing. It was a big factor in addressing loneliness and isolation which could have had an impact on mental health”

“We decided not to opt for home visits, but I am sure that it did a lot of good to many others”

QUESTION 3: During all of the alternative support from Fife Day Care Services staff team, is there anything that you can think of that in your opinion we could have did better to support the person you care for?

Everyone happy with our support, and one Carer thought we could have made an additional difference by arranging online support in addition, and said the following:

“Possibly a virtual group call or meeting, allowing interaction with other friends from the Day Centre and maybe an online game of bingo”

QUESTION 4. What did you think that your relative/ the person you care for missed the most during the closure of the Day Centre?

“He missed all the staff and his friends, he also really missed the group activities and games”

“Interacting in a group with staff and friends”

“The social interaction with the other service users, the staff and the activities”

“Going out to the Day Centre is a total change from his daily routine, different voices and faces, giving good stimulation. Because of his dementia, he could not always tell me in detail who he had spoken to or which games he had played, but I always knew by his face and mood that he had had a good day”

QUESTION 5. What have you missed the most as a relative/carer during the Day Centre closure?

“ Getting a few hours to myself, sounds selfish, but it is true!”

“I missed seeing my Mum look forward to going to the Centre and the big smiles on her face when she returned. It really lifted her mood and I also need the time as it is the only opportunity I have to have time to myself”

“Missed not seeing her getting excited to be going to the Centre, and I missed the conversations we then had about what had happened when she was there and what conversations she had been having with her friends”

“I really missed having the day to myself, being able to go out without worrying”

QUESTION 6. If you were given a choice, would you opt for the continuation of home visits for your relative, or is returning to the Day Centre the best option? And tell us why

100% preference for returning to Day Centre

“ For both our sakes, the preference is the Day Centre”

“Definitely the Day Centre, she prefers the interaction and purpose of going there each week”

“Absolutely the return of the Day Centre! The social interaction with other service users, the getting out of the house, the support from the staff. This is an invaluable service”

“Returning to the Day Centre gives him stimulation, a change of faces and new things to do – great”

QUESTION 7. The restrictions that resulted due to the pandemic has had a negative effect on many people and for various reasons, but do you feel that (a) your relatives mental or physical health has declined directly as a result of the closure of the Day Centre and (b) as a carer, do you feel that your own health as suffered for the same reasons?

100% reported a decline as follows:

“My husband went downhill quickly after the Day Centre closed, not just his dementia symptoms getting worse, but also physically, his walking is poor”

“(a) The lack of stimulation from the social interaction has had an adverse effect on her confidence, general outlook and I have seen a decline in her memory and processing functions” and (b) The Centre gave me the only rest whilst caring for my mum 24/7. Although only a few hours, they mean a lot to me. It allows me to recharge, do normal things like having my haircut, without mum attending the Centre I have great difficulty doing anything like that”

“ She often told me how fed up she was and how eager she was to get back to the Day Centre, kept on asking, when will I get back? She missed all her friends so much. This in turn had an effect on me, I felt so empathetic to her sadness and frustration”

“It affected us both really badly mentally, as we had to self-isolate, especially at the start of the pandemic as our health conditions meant we were high risk”

ADDITIONAL COMMENTS FROM THIS QUESTIONNAIRE:

“Day Centre staff and other service users are a valued part of her life. I can clearly see the devotion from Fife Day Care Services staff team and would like to thank you for all your support. Whether it was phone calls or visits. They made a difference in her day and her morale. Great job done by all!”

“Staff team really nice and very caring, not only to my husband, but to me as well. It was really appreciated. So I would like to take this chance to say thank you to all of you”

Service Managers Report

THE CONTINUATION OF COVID: LOWS AND HIGHS

It was a definite low, and a very difficult start to 2021. With another national Lockdown in place, our team had no other option than to once more revert to exclusively giving telephone support to service users. This was so disappointing as the home visits had been going so well before the Christmas break, the 1-2-1 connections boosting mental and physical health, with tailored house activities and weather permitting, some walks outdoors. So, the hope was that these visits could continue until the Day Centre was able to reopen once more.

However, we swiftly adapted and got on with the most important factor, which was maintaining contact and giving the best support we could to everyone, but working within Covid restrictions. And you will note from the survey on pages 15, 16, 19 & 20 how important these phone calls were, not only to service users, but also to many relatives in a caring role. Fortunately, the team were able to commence home visits again when Lockdown came to an end, and as we were blessed with such good weather in spring and summer, getting outdoors with the support of our trusted Day Care team provided not only company and mental stimulation, but fresh air, a blast of vitamin D and physical exercise, whether in back gardens, or longer walks – Lochore Meadows being a favourite.

AMAZING PARTNERSHIPS

We have been so fortunate to have the connections with **Age Scotland, SKY Cares Community Team** and the **Active Fife team**. They have all provided such amazing support, both pre and during this Pandemic. And with everyone's spirits low at the beginning of 2021, **SKY** came up trumps again. Following on from the very generous 2020 Christmas gift donations, in February the team at **SKY** arranged for all our service users to have a Valentine Treat Box delivered to each doorstep, this was repeated in April with Easter Treat Boxes, which included a bunch of spring flowers and really cheered everyone up.



Our volunteer team also benefitted during National Volunteers week in June, as **SKY** delivered treat Boxes to each door. This was a lovely gesture and much appreciated by the volunteers, as they have been unable to participate in what they love, assisting at our Day Centre. This made them feel included and valued.

Ann Kerr and her team at **Active Fife** have also continued to give us fantastic support and have provided online training for our staff team, ensuring that everyone was confident and skilled to facilitate strength and balance exercises and seated yoga sessions.

And, as the **Active Fife** team could not actually facilitate the very popular annual “Go for Gold” Competition Event in person, they very kindly donated games equipment, medals and certificates for our day care staff team to organise and run the event in house on Wednesday 6th October.

This is an event that takes place annually with many Care Homes and Day Centres participating, it is always fun, and fiercely competitive! This year we were TEAM GB and here are some photos of the service users and staff participating in the games and the winners with their medals.



The Day Care Co-ordinator's worked so hard, and put so much effort and enthusiasm in to making it fun and beneficial to service users, thank you ladies!

In August of this year, It was an honour to have been asked by **Age Scotland** to participate in some interviews and filming. The aim being to highlight the work that has been carried out by several Third Sector organizations from across Scotland throughout the pandemic, and to emphasize the impact this has had on older people and their families. The short films (three in total) were shown during their online National Conference in September. If anyone would like to take a look at the films and learn about some of the wonderful work within the Voluntary Sector in this country, please visit our website www.fifedaycareservices.org.uk and go to the downloads menu.

On behalf of everyone at Fife Day Care Services, I would like to once again, say a special THANK YOU! The continued support from those organisations is very, very much appreciated, not only from a financial point of view, but the positive impact of these organisations reaching out and simply asking “what can we do to help?” especially during this time of anxiety and uncertainty cannot be overstated. Knowing that other people and organisations genuinely care is invaluable. And, have certainly provided the feel good factor here.

MOVING FORWARD: WITH A BUNCH OF CAUTION BUT A SPRINKLING OF HOPE

August of this year thankfully brought some welcome and long awaited news, our Covid secure plans, procedures and risk assessments had been cleared by Public Health/ HSCP and..... (drum roll!) we could recommence our support from within the Day Centre!

From week commencing August 30th, we were able to welcome service users back to our active ageing groups, albeit in much smaller numbers to still allow for some social distancing, on board the transport and within the Centre. The remobilisation brought mixed feelings, such happiness at seeing service users reunite with friends they hadn't seen since the start of 2020, but also sadness at being faced with the reality of the many that were missing and could not return.

So, at the moment, we are operating very differently, carefully and cautiously, with only around 8 service users per session, all sitting at least one metre apart. Activities being of the non-contact type, but planned by the Day Care team to facilitate good mental stimulation and also to promote physical movement. This is assisting our service users to improve strength and balance and, just as important giving everyone loads of fun, laughter and enjoyment, which has been sorely missed.



The hope is that as the months go on, we can gradually increase numbers and get back to as near pre covid normal as possible, with the reintroduction of some closer contact activities, games, entertainment and dancing. The Christmas Parties have been planned and entertainer booked and the hope is that by then (fingers crossed), we can have group dancing and provide a great party atmosphere for everyone, ending 2021 with happiness and optimism.

MEMORIES

I finish by including a poem which was penned by a late service user Mr James (Jimmy) Lees from Kelty. He was an enthusiastic amateur poet but sadly Jimmy passed away in 2020. His brother Matthew (also known as Mathie) who is still a service user at FDCS has given his permission to include Jimmy's poem. Both Jimmy and Mathie attended the Day Centre together every Monday, and I am sure you will pick up from his words, how important and beneficial attending the Centre was to his overall health and wellbeing and he was delighted to have this poem read out at the group just before the pandemic.

A good memory during spring of 2020 for me, is when I was able to deliver an Activity Pack to Jimmy, which contained a Poetry book we had picked out especially for him, and his face was a picture, he was so delighted, he said it made his day, and it certainly made mine.

Jimmy's poem is dedicated to all the lovely people who are no longer with us here at FDCS, but we created good memories, so they will never be forgotten.

Carol Reddington
Service Manager
October 2021

AN ODE TO LUMPHINNANS

By Jimmy Lees

January 2020



Once again it's Monday
To the Day Care I will go
I really do enjoy it...
And, next week is too slow!

The bus arrives at half-past nine
Then goes to pick up more
Dave picks up my walking frame whilst
The escort locks my door

We're soon here at the Centre
And get our toast and tea
Then time to play the games...
Which really pleases me!!

Now, it's time to get our lunch
(Always so very good!)
Mathie and I are always pleased
...Because we like our food

Time now for another game
And that can last till two
Now it's time to get the bus
So, I say a big THANK YOU!

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- April Adam & Team: FIRST
- Care Inspectorate
- Chris, Janet & John Rae: Kingdom Transport
- Cowdenbeath Co-op
- William McDonald & Staff: Cowdenbeath Taxi Services
- Davie O'Neil, Maureen O'Neil & Eleanor Philp
- Fife Voluntary Action
- Gus & Catherine Gilfillan
- John Lynch & Co: Chartered Accountants
- Kit Murray & Family
- Local Area Co-ordinator's : Fife Forum
- Management & Staff: Lindsay House
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- Margaret & Matthew Lees
- Meg Wright: SCOTgem Stirling University
- Nicola Hynd & Family
- Nan Courts
- Post Diagnostic Dementia Support Team: Queen Margaret Hospital
- SKY Cares: Beth Champion & all the community team
- So Connect Team
- Sporting Memories Foundation Scotland
- The Guardian Newspaper
- The team at Bankhead Central Glenrothes: PPE Supplies
- T. Straiton & Family

And finally, thank you to the many volunteers that contribute to the full service delivery, from the individual members of our Board to the volunteer team who assist the day care staff. Without their input, Fife Day Care Services would not be able to function, they are all truly appreciated.

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