

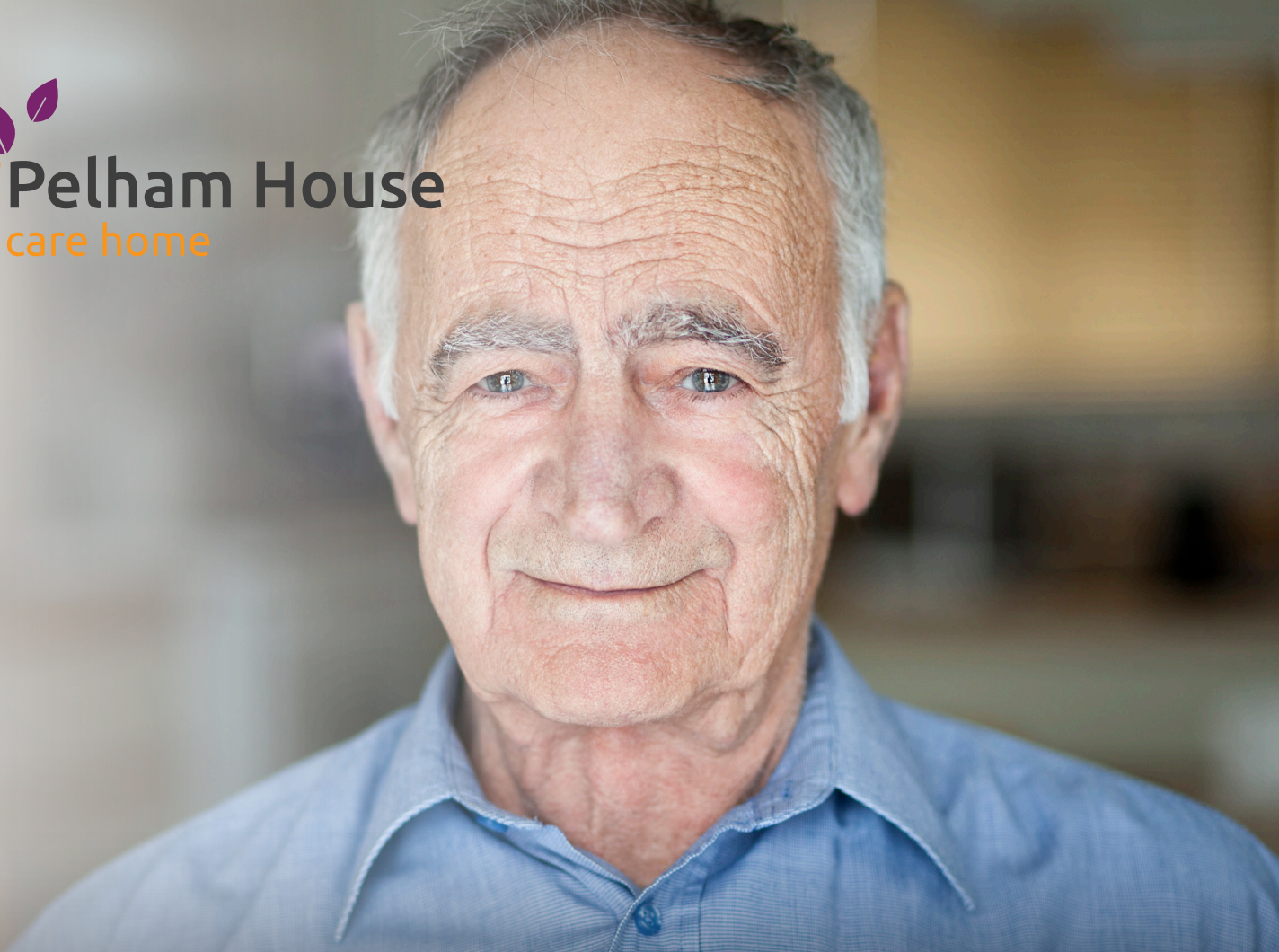


True Stories - Pelham House

True Story - George

George is 83 and has dementia. He was in the Army and can remember much of it. He enjoyed gardening and growing vegetables in his allotment when he was younger. He used to cycle to the shops every day to pick up his paper. George was an accomplished swimmer and used to teach swimming to others. He won countless medals and competed in local and national competitions. He moved into Pelham House Care Home on 5th November 2014. Before that he lived alone and was finding it difficult to do things. As things were getting a little bit hectic within his home, a local charity, Age Concern, contacted Pelham House to see if George could have a short stay within the Home.

George has been at Pelham House for almost two years and has settled in very well. He has made friends, has a good relationship with the staff and gets some visitors. The staff at Pelham House were keen to ensure George lived an active life. Following a visit by an old friend, the idea of taking him swimming at Folkestone Leisure Centre developed. His friend visited the Leisure Centre and talked to the Pool Manager who suggested George could swim on a Friday morning. Prescription goggles were then made for him and on 3rd August 2016 he went for his first swim in over 20 years. He was taken by a male member of staff who could escort and support him in the changing room and his old friend was in the pool to help him build his confidence. It wasn't long before George was demonstrating all the different strokes he could do, and at the end of the first sessions he told the member of staff how he had 'found his swimming again' and was 'back to his old self'.



True Stories - Pelham House

True Story - Arthur

Arthur is 93 years old and moved into Pelham House Care Home on 16th Dec 2015. He was living alone in sheltered accommodation and Aspire Home Carers were providing home care services to him on a daily basis. He moved to Folkestone from Lancashire and has a daughter that often visits him.

During the winter of 2015, it was clear that Arthur was finding it difficult to live alone. He was often found wandering through the corridors in the sheltered living accommodation, confused and anxious. He also had frequent falls. The sheltered accommodation manager was becoming very concerned about his health and wellbeing and stated that he was presenting a significant risk to himself and other clients. As everyone agreed with her concerns it was suggested that Arthur move to Pelham House during the winter.

Arthur immediately enjoyed the comfort and support he found at Pelham House and there was a dramatic reduction in the frequency of his falls. He is now a permanent resident, and he enjoys his own company. However, he does enjoy a good conversation from time to time and the staff have found he is better than them at maths. A member of staff from Aspire Home Carers visits Arthur on a weekly basis and plays chess with him. She used to play chess whilst at school and Arthur used to play with friends many years ago. He now looks forward to a conversation and a game of chess every week with her and they have developed a good relationship and understanding.