

May 2025



# The Whitfield Gazette

## Welcome to our May 2025 edition

This month at Whitfield has been a gentle breeze—relaxing, refreshing, and full of just the right amount of buzz. From garden strolls under sunny skies to afternoon teas that turned into spontaneous singalongs, there's been no shortage of cheerful moments.



## IN THIS ISSUE

Birthday Celebrations,  
A Look At The Future,  
And Plenty Of Smiles!



# A Massive Happy Birthday!

This month at Whitfield, we celebrated the lovely Lisa's birthday! Her daughter, Jo, joined us for the special day, saying the following kind words about us on Facebook:

*'We are the luckiest girls ever to have a care home that actually cares about us and supports us unconditionally.'*





# WE'RE DEFAULTING TO DECAF



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We're trialling making decaffeinated drinks the default choice across our care homes, while allowing our residents to stick to caffeine if they wish.

# RESEARCH SHOWS...\*

## £4.4bn

The cost of fractures  
associated with frailty  
to the NHS

## 34.72%

reduction in falls related  
to going to the toilet  
after switching to decaf

## No reported difference

in taste when residents tried decaf!



## SCAN

To learn more

\*The Decaf Project was implemented across eight care homes operated by Stow Healthcare, encompassing around 350 residents. Starting in June 2023, the trial lasted six months. Residents were encouraged to drink decaffeinated tea and coffee as the default, although caffeinated drinks remained available upon request. A robust data collection framework tracked falls, categorising those related to toilet trips as a separate data set.





# Building a better home ...and a better future

You might hear us mention “ESG” — it stands for Environmental, Social and Governance, and it’s our way of making sure we’re doing the right thing for people, the planet, and how we run Tudor Lodge. That means better energy use, less waste, and choices that support wellbeing, not just efficiency.

For you and your family, it means a care home that’s warm in every sense — with thoughtful care, happy staff, strong community ties, and a long-term approach you can feel good about. It’s about creating the kind of environment we’d want for our own loved ones — safe, respectful, and built to stand the test of time.

As part of our updated ESG approach, you’ll start to see a few positive changes around our homes:

- Energy-efficient upgrades like LED lighting, modern heating systems, and low-flow water fittings
- Stronger focus on staff wellbeing, with ongoing training and mental health support
- Less waste and more local sourcing, including fresh food and eco-friendly supplies

These changes are just the start — and we’ll continue updating you as we go.



**Whitfield**  
A Sai Care Home

## Contact Us



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Or, alternatively, write to us:

Whitfield Residential: 107 Sandwich Road, Whitfield, CT16 3JP  
Head Office: 18-20 Manor Road, Folkestone, CT20 2SA

We love hearing your compliments about the care and support we provide to your loved ones. However, it's also very important for us to hear your concerns and complaints. If you ever have a problem, please contact the Manager of your home or get in touch with our Head Office at 01303 249933 - we are here to help.

## Meet the Managers



**Lalitha Kumar**  
Operations Manager



**Lesley Sievwright**  
Tudor Lodge Manager





# Sai Care Homes

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