

# CONNAUGHT CHRONICLE

## *Ageing Well In Alderney*

### **Peggy's Big Day**

Peggy Walker is pictured below with her son, daughter-in-law and granddaughter on her 100th birthday. She's holding her card from the King and Queen.



### **Raising the roof**



Sunset illuminates the Jubilee as work progresses on a new roof.



## **Cooking up a treat!**

**T**he Connaught's new Head Chef knows how to serve up tasty meals with a smile. Residents, staff and Meals on Wheels clients are tucking into his nutritious creations daily.

Wendell Jacob, 41, has been in charge of the kitchens since February, bringing considerable skills learned as a sous chef at the Royal Westmoreland golf resort in Barbados and latterly as Senior Chef de Partie at Alderney's Blonde Hedgehog boutique hotel.

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# Life in the culinary fast lane!

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Wendell Jacob's love affair with Alderney began when a friend living in Jersey suggested the Channel Islands as a good place to work as a chef, so he sent his CV across the Atlantic and the rest, as they say, is history.

Now he's in charge of four kitchen staff serving the 50+ residents plus 20 Meals on Wheels a day. His wife, Karen Chase, splits her time working part-time at The Connaught and as a receptionist at the Mignot Memorial Hospital.

He starts at 8 a.m. to set up and everything is in full swing by nine with lunches ready to go out at midday. He was particularly proud of the cottage pie and gravy, vegetable quiche and sticky toffee pudding on the day of this interview.

Then it's on to supper, with more delights served at 5pm.

"We aim to always improve food quality while ensuring it's also nutritional," he says during a break in the busy service. "So our menus are both tasty and healthy.

"Obviously, there are special diets in a residential home and we have to be



< *Wendell Jacob and Ben Jackson creating a masterly dish while Eddie Naish preps the parsnips*



*Liam Moore, Alderney's fastest bread-butterer*

aware of each of them. For example, there are four diabetics and only a few with allergies so there are always options. We also have to be careful with levels of sodium, fats and sugar, but I have to say the residents love to eat – especially the puddings!"

The ingredients are locally sourced wherever possible, with the Farm Shop and MJC butchers among the key suppliers. "We aim for

variety using seasonal produce," adds Wendell.

He began his love affair with the culinary arts at 15, working in a "busy and pressurised" pizzeria in Connecticut, USA, and has since honed his skills to a fine-dining level via Barbados and now Alderney.

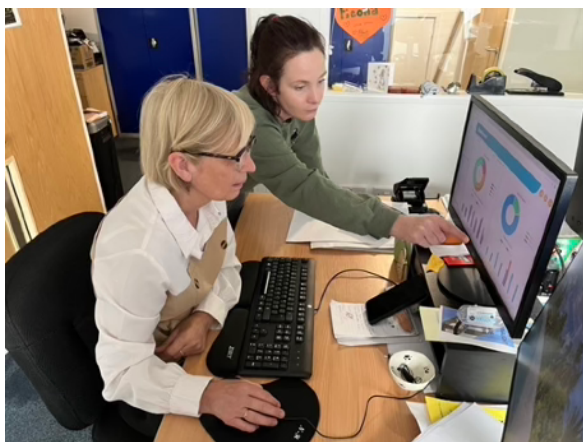
He doesn't hesitate to sing the praises of his adopted island. "Alderney is a very close-knit community where you get to know people personally and wherever you go, there are familiar faces. It's got so much going for it, like a secret destination."

Then he added something that could appear on all of the island's marketing material: "On a nice spring or summer day, it's equal to any Caribbean island." What more could you ask for?

Perhaps the Wendell Jacob signature dish? ♦

## How new technology improves caring

Fieona (left) and Carrie-Anne >



New technology is streamlining The Connaught’s renowned domiciliary care programme.

It’s called UniqueIQ and not only does it ensure those who are cared for in their own homes are looked after, but it saves an enormous amount of time as well as enabling the families involved to keep up to date on the health and wellbeing of their loved ones.

At the helm of this life-changing innovation are domiciliary care manager Fieona Cosheril and carer/administrator Carrie-Anne Aldcroft.

“It means we can access all domiciliary services and meet all of our clients’ needs, whether social, medical or practical,” says Fieona. “We used to do all this by hand which was very time-consuming. Now with one click we can see all carers’ appointments and the outcomes.”

Carrie-Anne added, “It’s a godsend. Not only does it make the programme more efficient, but it also means the families can log in. With many of them living overseas and wanting to know what’s happening with a loved one, they really appreciate the new service.”

As with every part of The Connaught’s services, the duo remains firmly of the opinion that the best technology is human interaction which is at the heart of the operation.

“This software actually improves our ability to care where it counts because it streamlines care planning, real-time auditing and rostering,” concludes Fieona. ♦

## TEA PARTY ‘THANK YOU’ FOR MARGARET

We all love a tea party and this one was very special.

The surprise bash was laid on for Margaret Scarlett who is retiring after nine years looking after the people of Alderney and residents and carers at the Connaught for nine years.

The Connaught kitchen team created a fantastic Happy Retirement cake and Margaret was presented with a unique ‘Alderney-ish’ clock.

“I will miss Alderney,” she said, although she hinted at a possible return for charity fundraising. “I have made so many friends here, both on a personal and professional basis.”



*Our energetic Activities Coordinator Esme Bowskill presents the cake creation to Margaret [Photo courtesy of The Alderney Journal]*



*Sarah (pictured right) practices her moves with Darren and Flordeliza Braby*

# Karate queen Sarah in control of the budget

*Sarah in her office on the top floor at The Connaught >*



**S**eventeen years working at The Connaught is time aplenty to oversee the many changes that have made the care home what it is today.

Sarah Woodnutt was appointed as a secretary at the old building in Connaught Square in 2009.

Back then, there were 16 residents in the former home and 13 in the Jubilee. Today, Sarah is Finance and IT Administrator for The Connaught at Le Val with its 44 residents plus a domiciliary care programme and daily Meals on Wheels service.

“We moved into the current building in 2011 and have just kept on growing,” says Sarah, the home’s fourth-longest-serving employee.

“There have been huge changes during my time here,” she says. “For example, the Meals on Wheels service was originally shared between us and the hospital with volunteers

taking care of deliveries. We took over food provision in 2011 and deliveries in 2020.”

In 2017, The Connaught took responsibility for domiciliary care from the States of Alderney. Before that it was known as ‘Home Help’.

More recently, the site has seen the construction of the new extension and, earlier this year, oversight of the safe opening and occupation of 13 additional ensuite rooms. Not to mention managing the payroll for 70 staff.

Sarah, whose parents moved to Alderney from Jersey in 1968, is a keen member of Alderney’s martial arts school and a proponent of Okinawan Goju Ryu karate as taught by Darren Braby. She’s been going through the moves for five years now and hopes to progress to Black Belt this summer.

One of the dojo’s key philosophies is “The mind and body are one”. A motto most appropriate to The Connaught! ♦