**Time Capsule Buried at The Croft Care Home to Preserve ‘Real Life’ Thoughts of Elderly Generation**

***(5th July 2022)* A time capsule was buried in the grounds of The Croft Care Home in Amersham this week during a special ceremony to commemorate the last two years of life living in a care home.**

The time capsule contains a recent photograph of each of the residents with the reverse displaying their forename, age and their personal thoughts and feelings about ‘time today’ including their reflections about life at The Croft, the Covid Pandemic, the NHS, the current Prime Minister, Boris Johnson, and the Queen.

Staff at the care home, run by national charity Ambient Support, hope that whoever finds the capsule will learn a little about what it is like to live in 2022 as an older person.

***Lisa Rowley, Senior Carer at The Croft suggested the capsule and Charlotte Gray, Activity Co-Ordinator, brought the idea to fruition. Charlotte, says:***

“Many school children bury time capsules at schools but we wanted to capture this ‘time’ from the perspective of older people who are in care homes and leave a different message in the ground- a message that will preserve ‘real-life’ thoughts of the elderly generation living in care homes.”

Responses from the residents also included advice for younger people:

Leila: 93 years “I am warm, clean and cared for. I love a cup of tea in the morning. We are lucky to have the Queen. Life is what you make it.”

Patricia: 89 years “Sing through your life.”

Ronald: 92 years “I am very comfortable. We are lucky to have the NHS, I wouldn’t be alive now if we didn’t have it. Boris Johnson is a waste of space.”

Gillian: 83 years “Be good to your parents and look after them.”

Amy: 91 years “Be polite, have good manners and do not swear.”

Eileen: 80 years “To be a success you have to work hard.”

Emma: 100yrs “Respect your parents, respect your teachers and use good manners.”

Fran: 94 years “I have no worries- but have you seen my glasses?”

***Louise Foyle-York, Manager at The Croft, says:***

“I am extremely proud of my team who really went above and beyond to organise this special event– and to enable the people we support to talk openly about their feelings. It was very emotional looking back over the past two years, there were some tears of sadness and joy and we all thoroughly enjoyed the afternoon.”

The Croft is a community based residential care home, run by national charity Ambient Support, in Amersham which provides care and support to 60 residents including up to 31 residents with a higher level of specific dementia care needs.

For more details on Ambient services at The Croft Care Home click [here](https://www.ambient.org.uk/services/the-croft-care-home/)

***Image:* Louise Foyle-York, Manager at Ambient Support’s The Croft, with residents George and George who buried the time capsule**

**~ENDS~**

For images or additional comment please contact Kathy@pr4.com +44 7788 272009

**Notes to Editors:**

**About Ambient Support:**[www.ambient.org.uk](http://www.ambient.org.uk/)  @ambientsupport

* Ambient Support is one of the Top 20 generic Not-For-Profit Health & Social Care Providers in the UK
* They deliver services that meet the needs of some of the most vulnerable adults in society
Operating in 110+ locations, they provide over 30 thousand hours of care to people on a weekly basis to support a range of needs due to the ageing process, learning disability or mental illness
* Ambient employs around 1100+ members of staff.  In the 2021 **staff satisfaction survey 98% of people who responded said they like the work that they do**.
* Their wide range of quality specialist services are delivered by dedicated, professional, and passionate staff and their success is built on supporting people to live a full and meaningful life
* Latest results from Ambient Support’s 2022- People We Support Satisfaction Survey show:
**82% believe that Ambient supports them to live their life in the way they want to and 85% say we have helped make their lives better since support them.**​ **A total of 82% of people would tell others that they like Ambient.**
* Ambient currently supports around 950+ people across the UK in a number of care settings
* Ambient can also help young adults who are transitioning from Children’s to Adult Learning Disability Services
* The Charity has an above industry average with **91% Registered Services rated as Outstanding and GOOD by CQC.**