



Press Release

Immediate Release

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### **Caterham Nursing Home Manager Highlights the Joy Found in Palliative Care During Palliative Care Week**

As communities across the UK mark Palliative Care Week, the manager of a Caterham nursing home has shared how supporting people at the end of life can bring moments of joy, fulfilment and connection for both staff and families.

Sibusiso (Busi) Mudimbu, Service Manager at Tupwood Gate Nursing Home in Caterham – part of Cygnet Social Care – said that caring for people in their final days is “one of the most rewarding experiences.”

She explained: “Caring for someone in their last days of life brings me much joy, knowing I have given them the best support, compassion and care on their final journey. We provide comfort, dignity and peace, not only for our residents, but also for their families. It is a privilege to ease someone’s suffering in some way and to be there for them during such an important time.”

Busi emphasised the importance of celebrating small but meaningful moments, such as easing pain or creating opportunities for connection. She added: *“It is important to celebrate small wins too, whether that be easing somebody’s pain, or creating a moment of connection. You form genuine bonds with residents and their families, sharing stories, laughter and even moments of joy. Palliative care requires commitment and passion, an individual who will maintain the individual’s respect, dignity, maintain their values and culture. Maintaining their best interest as the heart and centre of all you do. When you can reflect back that you achieved this, it brings you a certain comfort and sense of reward, even during those difficult days.”*

At Tupwood Gate Nursing Home, the team works closely with families to create a calm, supportive environment. This includes offering End of Life and Palliative Care packs, comfortable spaces for loved ones to stay by the bedside, and care plans that reflect each individual’s cultural, spiritual and personal wishes.

*“As soon as the individuals comes to us we encourage them to list their last wishes and preferences (like whether they would like some certain music, flowers and or someone reading a book to them in them),”* Busi explained. *“We complete their*

*advanced care plan so that during last days we take care of all the other concerns and worries that may occur."*

Busi also spoke about the importance of supporting her team. "I take great pride in developing my staff and recognising the difference they make," she said. "Palliative care is challenging, so we ensure our team has the knowledge, confidence and compassion to respond to any changes and provide the best possible care."

She added that staff wellbeing is also vital: "The work can be emotionally demanding, so self-care is important. Whether it's time outdoors, hobbies, or leaning on your support network, finding ways to reflect on the moments of fulfilment helps sustain us."

Palliative Care Week shines a light on the role of carers, staff and families in supporting those nearing the end of life.

Busi added: "At Tupwood Gate Nursing Home, the message is clear: while palliative care can be emotionally challenging, it can also be filled with compassion, connection and joy."