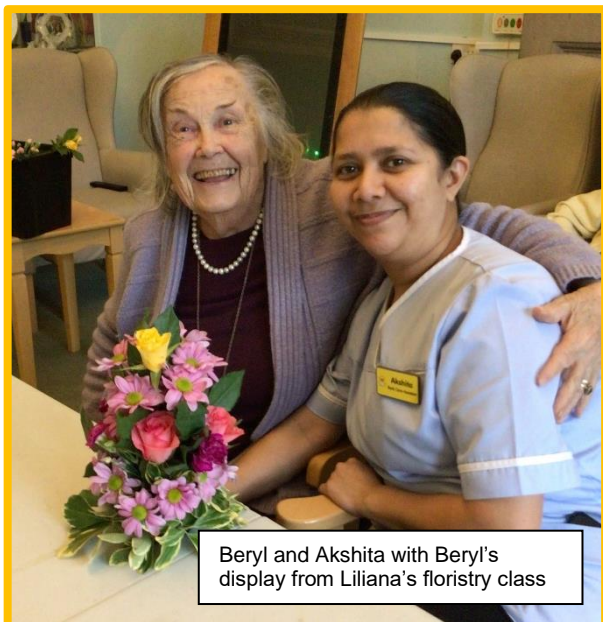


# H me Matters

The newsletter for The Royal Cambridge Home

Forever Fabulous in February 2024

*Celebrating inclusiveness in all that we do*



Beryl and Akshita with Beryl's display from Liliiana's floristry class

## Welcome

Welcome to our February newsletter. On the 10<sup>th</sup> February the Chinese New Year starts and this year it is the year of the dragon. Hence our rather fiery image at the top of the page.

## Redevelopment

As you can appreciate with all the bad weather we have had over winter Red Construction are a little behind. Their deadline to complete the build remains at 29<sup>th</sup> July and they are hoping with some better weather they may be able to regain the lost days. We are still working towards moving in during August.

Please do bear in mind that from 8<sup>th</sup> February Red will be carrying out external drainage works which are

scheduled to take place for at least two weeks. Barriers and traffic lights will be set up on the corner of Hurst Road and Church Road. The east bound bus stop outside the site will also be suspended during these works. Consequently, expect an extra buildup of traffic on the Hurst Road, so please allow for this if you are visiting. Thank you.

We apologise for all the construction traffic coming through only entrance from the Church Road. Red applied to the local authority way ahead of building works to open up the middle section. Unfortunately, they are still waiting for the go ahead on this. We understand things are progressing but it is slow. We can assure you that the team at Red are very organised and for the bigger deliveries they have a designated member of their team who sees the trucks in and out, which is a feat in itself. They also hose down the area every day.

## Looking back...

Highlights of January were certainly our two pantomimes. In particular, a rather splendid trip out to Richmond Theatre for Dick Whittington. What a lovely afternoon. Everyone thoroughly enjoyed the excursion and no theatre trip would be complete without ice creams in the interval. An afternoon to remember.

Our friends from Zoolab came over with their collection of exotic creatures. One of our favourites is the beautiful tarantula they showed us. Not to be handled (for many reasons) she remained in her tank, and we admired her safely from outside! Harmless to humans (except for a painful bite), and their mild venom is weaker than a typical bee's.



There she is...our visiting tarantula. That hand you see is outside of her tank!

We had a bit of blip mid-January as a few of us fell foul to Norovirus. We kept our distance for a week and advised visitors to stay away during this time so as not to spread it. We are thankfully over this particularly nasty bug.



## Resident news

We welcome a lovely new resident called Mary who moved in at the end of January. A huge Royal Cambridge welcome Mary and what a great time to come on board before we move into our brand-new home.

## Resident birthdays

This month we will be celebrating with Peter on the 20<sup>th</sup> February. Happy Birthday Peter! Enjoy your day.

## Wellbeing day

Unfortunately, our January Wellbeing Day fell right in the middle of our outbreak of Norovirus, so we had to postpone. The good news is we have rescheduled it for **Tuesday 27<sup>th</sup> February** so something to look forward to. This will be a whole day event. The morning will kick off at 10.30am. There will be some lovely visualisations, meditations, poetry, stretching exercises and hand massages throughout the day. The morning session will have a backdrop of beautiful relaxing music and images. Our hosts for the day will be Gay, Tina and Gillian. To get us in the mood try this easy visualisation technique:

### Visualise a forest

Close your eyes and imagine that you are resting on a bench in the middle of a forest in the spring. It is a bright clear day and you can feel the sunshine on your face. You feel safe, calm and relaxed. Think about the following:

- Focus on the calm surroundings of nature you are in.
- The sound of the forest. You can hear the trees very gently swaying and all around there is bird song.
- You feel yourself sinking into the bench and you can feel all your muscles relaxing as you slowly unwind.
- You smile in gratitude for the day and this moment.

Relax your face and let go of any tension in your forehead, between your eyebrows, your neck and your throat. Soften your eyes and rest. Allow your breath to slow down and match the movement of the swaying branches. It is effortless to be here; spend time just taking it all in.

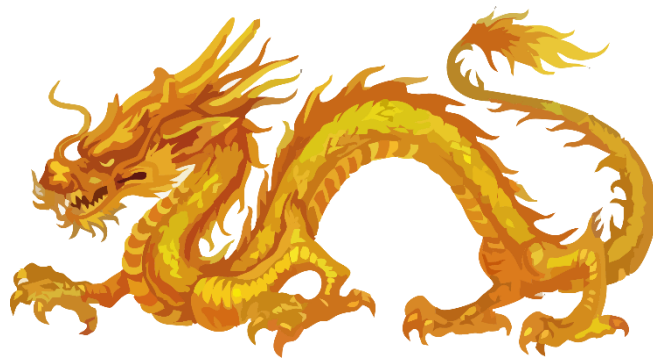
Once this relaxation feels complete, imagine that you get up and slowly walk away from the bench and the forest. Remember that this beautiful place is here for you whenever you need to come back. When you're ready take your time and slowly open your eyes.





# Chinese New Year – A few facts

Chinese New Year 2024 starts on 10<sup>th</sup> February and ends on 24<sup>th</sup> February. It typically lasts about 15 days. However, a few days either side are often used for celebrations.



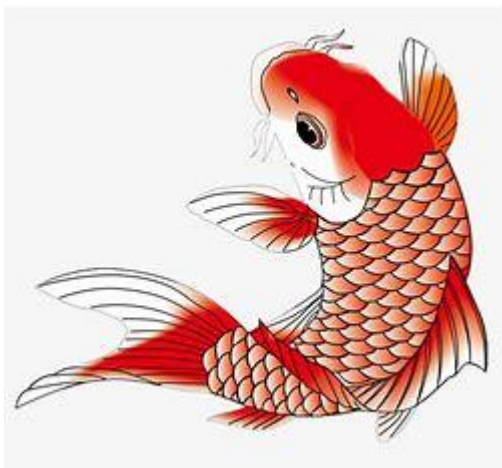
Lunar New Year is most commonly celebrated in China and other Asian countries. That is why it is often called Chinese New Year. It starts with the first new moon of the lunar calendar and ends on the first full moon, about 15 days later.

The lunar calendar is based on moon cycles, so the dates of the Lunar celebrations can change slightly each year. It is the celebration of the arrival of spring. It is also known as the Spring Festival in China.

This year is the year of the Dragon. The dragon has a high reputation in Chinese culture and represents auspiciousness and imperial power. The dragon is a symbol of dignity, health, honour, success, luck and strength. The dragon is a Chinese symbol for good fortune, so a dragon dance is commonly performed.

About 10 days before the Lunar New Year, houses are cleaned to remove any bad luck inside. This is called “sweeping of the grounds”.

Traditions often centre around ushering out the old year and bringing luck and prosperity into the new one. Firecrackers, fireworks, red clothes and decorations are used. Young people are given money in red envelopes. There is a feast and relatives who have passed away are honoured.



## Seven Lucky Foods for Chinese New Year

1. Fish – said to bring an increase in prosperity.
2. Dumplings – for wealth.
3. Spring rolls – for wealth.
4. Good fortune fruit – for fullness and wealth.
5. Sticky rice cakes – for a higher income or a higher position.
6. Longevity noodles – for happiness and longevity.

# What's coming up...

We have two separate talks coming up. The first is a Spring Talk from Louise and the second one is from the Molesey History Group who will be doing a very timely presentation on the history of our building. How fascinating. Check the diary for full details but below are just some of the highlights:

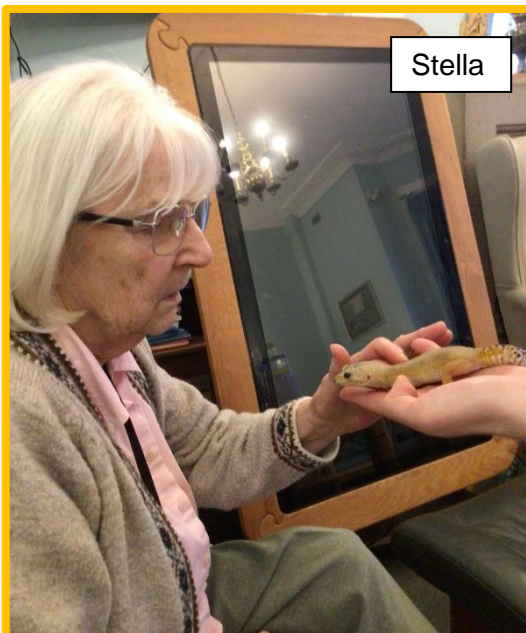
- **Carol, singer** – Monday 5<sup>th</sup> at 11.00am
- **Residents' Meeting** – Thursday 8<sup>th</sup> at 11.00am
- **Stella the chiropodist** – Monday 12<sup>th</sup> – all day
- **Colin the bird man** – Tuesday 13<sup>th</sup> at 11.00am
- **Liliana, floristry** – Thursday 15<sup>th</sup> at 2.00pm
- **Hope of Spring Talk** – Monday 19<sup>th</sup> at 2.00pm
- **Molesey History Group Talk** – Tuesday 20<sup>th</sup> at 10.30am
- **Wellbeing Day** – Tuesday 27<sup>th</sup> – Kicking off at 10.30am
- **Liam, singer** – Wednesday 28<sup>th</sup> at 11.00am



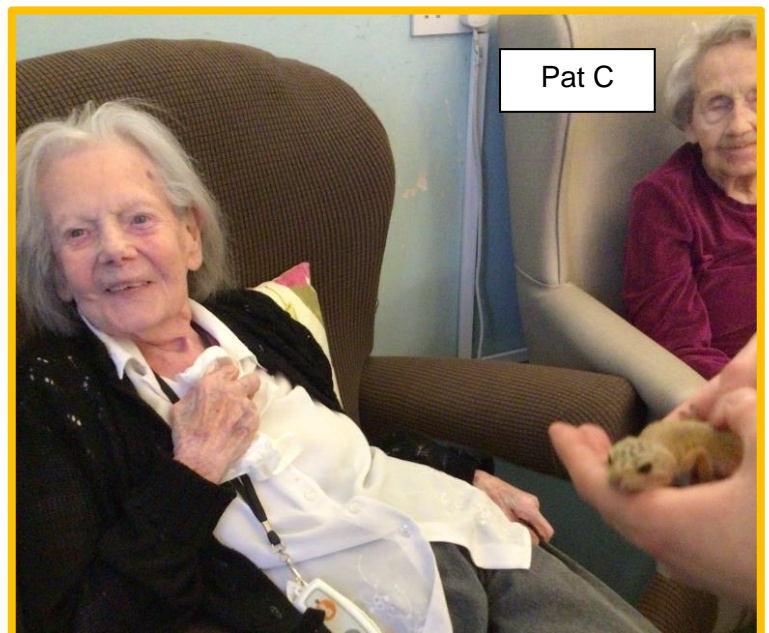
Beryl admires the amazing millipede from Zoolab. Honestly though he is always late. He blames it on his shoe laces!

## Relatives & Friends Meeting

The next Relatives & Friends meeting takes place on **Wednesday 21<sup>st</sup> February** from **6.30pm to 7.30pm**. There will be drinks and nibbles so please do let either Sue or Melissa know if you would like to attend.



Stella



Pat C



## Social media

Follow us on Instagram for all the latest photos and news as well as our website [www.royalcambridgehome.org](http://www.royalcambridgehome.org)

### Useful Telephone Contacts

We are a proud equal opportunities employer and Living Wage Employer. We value and respect every single member of our team and equally we expect that in return. Thank you.

*Welcoming everyone, regardless of disability, pregnancy, age, sex, gender reassignment, marital status, race, sexual orientation or religion*

**LGBTQ+** (Lesbians, Gays, Bisexuals, Transgender, Queer (or sometimes questioning) and others) **Switchboard** – 0300 330 0630

**Citizens Advice Bureau** – 01932 248660

**Alzheimer's Society** – 01372 729988

**Safeguarding Advisor** – 07968 834157

**Mental Health Services** – 01372 203400

*A more extensive list of our local advocacy services is in the hallway and main office should you need them.*

# Sea Fever

By John Masefield

*(To celebrate our Wellbeing Day why not imagine the smell of the salty air, the wind on your face and the movement of the waves as you sail towards your destination)*

I must go down to the seas again, to the lonely sea and the sky  
And all I ask is a tall ship and a star to steer her by  
And the wheel's kick and the wind's song and the white sail's shaking  
And a grey mist on the sea's face, and a grey dawn breaking.

I must go down to the seas again, for the call of the running tide  
Is a wild call and a clear call that may not be denied  
And all I ask is a windy day with the white clouds flying  
And the flung spray and the blown spume and the seagulls crying.

I must go down to the seas again, to the vagrant gypsy life  
To the gull's way and the whale's way where the wind is like a whetted knife  
And all I ask is a merry yarn from a laughing fellow-rover  
And quiet sleep and a sweet dream when the long trick is over.

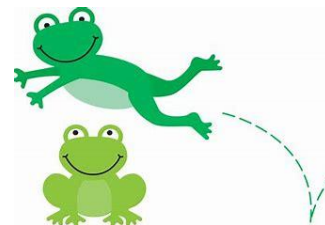


Celebrating our Chairman Robert's birthday (nobody escapes)



# February 2024 Diary

(don't forget we get an extra day in Feb as it is Leap Year)



February	Morning	Afternoon
Thursday 1	11.00am – Kit's Knitting Club	2pm-5pm – Gillian – various activities
Friday 2	Grace, the hairdresser	2.00pm Residents' Choice
<b>Saturday 3</b>		
<b>Sunday 4</b>		
Monday 5	11.00am – Carol, singer	2.00pm – Residents' Choice
Tuesday 6	Minibus outing	2.00pm – Residents' Choice
Wednesday 7	AM – Residents' Shop	2.00pm – Dawn, G Fitness
Thursday 8	11.00am – Residents' Meeting	2.00pm – Flower Crafting
Friday 9	Grace, the hairdresser	2.00pm - Residents' Choice
<b>Saturday 10</b>		
<b>Sunday 11</b>		
Monday 12	AM – Stella, Chiropodist	2.00pm – Chinese New Year Quiz & Facts
Tuesday 13	11.00am – Colin, Bird Man	2.00pm – Pancake Afternoon
Wednesday 14	AM – Residents' Shop	2.00pm – Dawn, G Fitness
Thursday 15	11.00am – Kit's Knitting Club	2.00pm – Liliana, Floristry Class
Friday 16	Grace, the hairdresser	2.00pm – Residents' Choice
<b>Saturday 17</b>		
<b>Sunday 18</b>		
Monday 19	11.00am – Keep Fit	2.00pm – Hope of Spring Talk
Tuesday 20	10.30am – Molesey History Group – A talk on the history of our building	2.00pm – Quiz  6.30-7.30pm – Relatives & Friends Meeting
Wednesday 21	Minibus outing Residents' shop	2.00pm – Dawn, G Fitness
Thursday 22	11.00am – Kit's Knitting Club	2.00pm – Bingo
Friday 23	Grace, the hairdresser	2.00pm – Residents' Choice
<b>Saturday 24</b>		
<b>Sunday 25</b>		
Monday 26	11.00am – Bingo	2.00pm – Quiz
Tuesday 27	Wellbeing Day – Join us in the Dining Room for 10.30am	
Wednesday 28	11.00am – Liam, singer	2.00pm – Dawn, G Fitness
Thursday 29	Minibus outing	2.00pm – Target Games

Please note, all activities may be subject to last minute changes and the great British weather. If you would like anything added or suggestions for forthcoming activities, please do let us know and we will see what we can do!