

Home Matters



The newsletter for The Royal Cambridge Home

A very bouncy March 2024

Celebrating inclusiveness in all that we do



Welcome

When I last wrote for the monthly newsletter I referred to the promise of the “Topping Out” ceremony to mark the fact that our new building had reached roof height. The ceremony took place on Thursday 15th February exactly the same day some 11 years previously when we confirmed an appointment for Knight Frank, our property advisers to pay a visit to the Home to see what could be done to ensure that the Royal Cambridge Home could continue to provide residential care for the years to come, given that our existing premises had been coming to the end of their viable and useful life.

The Topping Out ceremony therefore marked a milestone on the journey we started back in 2013 - a journey which has proved to be exciting, worrying, frustrating and full of anxieties but overall one of an immense sense of achievement.

Our hosts for the ceremony were Red who explained that the ceremony, in Scandinavian tradition marks making an apology to the forest spirits whose trees had been cut down to construct the new building. We were given a sapling fir tree which will be planted in our new garden when building is complete to ensure that the spirits remain happy. Also we were presented with a glass paperweight engraved with a picture of the new Home - altogether two very thoughtful and much appreciated gifts.

I think all of us have been very impressed with the generosity understanding and consideration shown to us by Red and a big thank you to them.

So, over the next weeks the top roof will be covered and work on the interior of the building will push ahead as we prepare for furnishing and equipping the new building in readiness for the move probably in late August/early September.

In the meantime, there are signs that spring is almost with us and the life of the Home will continue thanks to the hard work of Rory and all the staff.

And it's very early this year - so a very happy Easter to everyone.

Robert Dowler MBE, Chairman





Looking back...

Another incredible schedule thanks to our activities team Gay and Tina. We've enjoyed many a minibus trip around the local area, a shopping excursion, a very relaxing and chilled Wellbeing Day (thanks to Gillian who joined the team for the day), a couple of excellent presentations and talks and a very enjoyable visit from our friend Colin, the bird man with his beautiful rescue birds. And of course we enjoyed plenty of musical entertainment. Thank you everyone for a terrific February.

Resident birthdays

On Friday 8th March we will be celebrating Eileen's big day. Have a wonderful time Eileen!

Relatives & Friends Meeting

Unfortunately we had to postpone our recent Relatives & Friends Meeting, therefore please be advised our new date is **Wednesday from 6.30pm to 7.30pm**. If you would like to attend could you please let the main office know, i.e. either Sue or Melissa and they will add you to the list. If anybody would like to add any items to the agenda please let us know. We will provide drinks and nibbles. Obviously, one of the key items will be our fantastic new building, which is fast approaching. We look forward to seeing you then.



Janet & Stella enjoy a laugh

A night sky visualisation

For all those wishing to escape for five minutes why not try this wonderful visualisation. Enjoy.

Start by finding a comfortable position. As you settle in, direct your attention to your body. Notice how it feels in this moment. Let your body begin to relax by releasing the areas of tension, such as your shoulders. Feel the tension slipping away as you lower your shoulders slightly and let the muscles give up their hold.

Take a deep breath and as you exhale, let your body relax even more.

Breathe in and out, in and out. Continue to take slow, deep breaths.



As you start to feel more relaxed imagine that you are outdoors at dusk. It is still light out, but the sun has set below the horizon. It is a pleasant temperature. You are in a safe, peaceful place in the country, a place you would enjoy watching the starry sky at night.

The sky is becoming gradually darker. The highest part of the sky is a deep indigo colour, becoming darker and darker as the moments pass. At the horizon, the sky is an interesting shade of pink, mixed with grey in the fading light.

It is very peaceful watching the sky darken. The air around you is still and calm. In the distance, you can hear the night insects and creatures going about their business.

The air is slightly cooler now, very pleasantly cool against your skin.

Looking at the horizon now, shapes such as distant trees or buildings are in silhouette. Your eyes are slowly adjusting to the decreasing light. As you gaze up at the sky above, it stretches from horizon to horizon like a vast dome. Straight up above, the sky is growing darker, and is nearly black. You can see the first stars appear, first one star and then another and so it goes until the sky is full of stars twinkling like tiny diamonds. Enjoy watching as it finally changes to an inky black sprinkled by millions of sparkling stars. Simply enjoy relaxing under the starry sky and the quiet retreat, with just you, the universe and the night creatures. There's not a soul around. How tiny do you feel in this universe! You think about what's out there beyond the beyond.

Out here, away from city lights, the stars are amazingly bright. Have you ever seen so many stars? The sky is filled to the brim, you would not even be able to count them. See the constellations formed by stars, creating a beautiful glimmering blanket of stars stretching up in a complete circle around you from every horizon. You feel very calm, relaxed and quite at peace.

When you are ready to leave your imagined peaceful place, you can begin to reawaken your body and mind. Feel your muscles reawakening as you take note of your surroundings.

When you are ready, slowly return to the present. Move your muscles by wiggling your fingers. Now open and close your hands a few times. Wiggle your toes and move your ankles. Stretch out your arms and legs feeling your whole body becoming fully awake.

Take a moment to sit quietly as you reawaken completely. Notice that you still feel calm and relaxed, though you are awake and alert. Enjoy the rest of the day and don't forget you can return to this magical place whenever you want. The universe, stars and all the night creatures will await your next visit.



John

Every now and then we profile one of our residents. This time we are focussing on John, an incredibly well-travelled and talented engineer. Our thanks to John's sister Barbara and sister-in-law Sharon for providing the memories and photographs.



John was born in Wales in 1938. Like so many at that time, he unfortunately contracted Polio and spent his early years in hospital. Not to be thwarted by this he decided to leave a full and active life!

From the ages of 11 to 15 he attended Newton Technology College in Powys in Wales. It was here he met his good friend Alan.



After leaving college he spent four years working for a company called Arthur MacIntosh in Church Stoke in Wales and it was somewhere around this time that he purchased his first vehicle; a beautiful green BSA Bantom Motorbike. Freedom was now on the horizon!

With a new set of wheels and a deep desire to become an electrical engineer he moved to London aged 19, got a job at Kingston Power Station and during the evenings attended night school to successfully achieve his goal of becoming an electrical engineer.

As if he wasn't busy enough John also found the time to attend drama school, which was a very good thing indeed as he met and fell in love with Margaret (Mags to John), who he went on to marry in 1964 and set up home together in the London suburbs of Teddington and New Malden.

Around the time of 1974 John started work at BEA (British European Airways) and then moved on to BOAC.



John's disability never held him back and he carried out all the mechanics on their cars, only ever going to a garage for MOTs!

Working for British Airways enabled John and Margaret to travel all over the world, as John got greatly reduced flights. At one period in their lives, Margaret worked in Napa Valley, California. At the time John was working night shifts at Heathrow, which enabled him to have five days off which he would use to visit Margaret in California.

John and Margaret had many happy holidays in Europe with John's sister Barbara and her husband Frank.

Later John and Margaret bought an apartment in Menorca. Margaret had a dark green mini metro, which the pair of them loaded up with some of their belongings and off they went to their beautiful Menorcan apartment where they spent many a happy summer !

Happy days.....



Frank, Margaret & John in Menorca

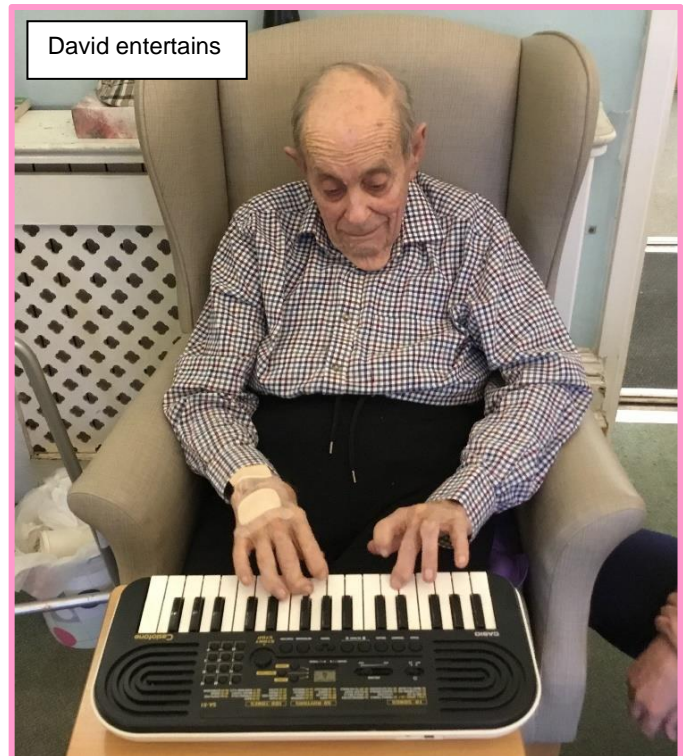
What's coming up...

We have a few trips out this month which will be lovely and a couple of new items on the diary. We have a trip to the Krispy Kreme Donut Factory, where we will get a chance to watch how they are made followed by coffee and a tasting session (purely for quality control purposes you understand). Also, we have Linnies Fashion coming in, so if anybody needs any new Spring items they may have something for you.

Don't forget the clocks go forward on Sunday 31st March, which coincides with Easter Sunday.

Please refer to the main diary at the back of the newsletter, however below are a few key items to note:

- **Residents' Meeting** – Thursday 7th at 11.00am in the Dining Room
- **Carol, singer** – Monday 11th at 11.00am in the Lounge
- **Linnies Fashion** – Tuesday 12th at 2.00pm in the Lounge
- **Hampton Court** – Wednesday 13th – departing at 11.00am
- **Minibus Trip Out** – Wednesday 20th – departing at 11.00am
- **Carvery Lunch out (venue TBC)** – Thursday 21st – departing at 11.30am
- **Krispy Kreme Factory Visit** – Tuesday 26th – departing at 10.00am
- **Easter Party with Liam the singer and a party lunch** – Wednesday 27th at 11.00am



Social media

Follow us on Instagram for all the latest photos and news as well as our website 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.

Nature's Way

By Heidi Campbell

Upon a nice mid-spring day,
Let's take a look at Nature's way.
Breathe the scent of nice fresh air,
Feel the breeze within your hair.



The grass will poke between your toes,
Smell the flowers with your nose.
Clouds form shapes within the skies,
And light will glisten from your eyes.

Hear the buzzing of the bees,
Climb the tallest willow trees.
Look across the meadow way,
And you shall see a young deer play.

Pick the daisies as they grow,
Watch a gentle cold stream flow.
Know the sounds of water splash,
Catch its glimmer in a flash.



When altogether all seems sound,
Lay yourself upon the ground.
Take a moment to inhale,
And listen to Nature tell her tale...



Hilkka



Peter & Gay discuss football



March 2024 Diary



March	Morning	Afternoon
Friday 1	Grace, the hairdresser	2.00pm Residents' Choice
Saturday 2		
Sunday 3		
Monday 4	Minibus outing	2.00pm – Poetry afternoon
Tuesday 5	10.30am – Keep Fit	2.00pm – Bingo
Wednesday 6	11.00am – Cricket Club Café	2.00pm – Dawn, G Fitness
Thursday 7	11.00am – Residents' Meeting	2.00pm – Games
Friday 8	Grace, the hairdresser	2.00pm - Residents' Choice
Saturday 9		
Sunday 10	Mother's Day	
Monday 11	11.00am – Carol, Singer	2.00pm – Cake Decorating
Tuesday 12	11.00am – Residents' Shop	2.00pm – Linnies Fashions
Wednesday 13	11.00am – Hampton Court Trip	2.00pm – Dawn, G Fitness 6.30pm-7.30pm – Relatives & Friends Meeting
Thursday 14	11.00am – Kit's Knitting Club	2.00pm – Skittles
Friday 15	Grace, the hairdresser	2.00pm – Residents' Choice
Saturday 16		
Sunday 17		
Monday 18	11.00am – Easter Bonnet Crafts	2.00pm – Making Cookies
Tuesday 19	11.00am – Easter Crafts	2.00pm – Quiz
Wednesday 20	11.00am – Minibus trip out	2.00pm – Dawn, G Fitness
Thursday 21	11.30am – Carvery Lunch Out	2.00pm – Card Games
Friday 22	Grace, the hairdresser	2.00pm – Residents' Choice
Saturday 23		
Sunday 24		
Monday 25	11.00am – Bingo	2.00pm – Easter Arts & Crafts
Tuesday 26	10.00am – Krispy Kreme Factory	2.00pm – Easter Quiz
Wednesday 27	EASTER PARTY (in the Lounge and Dining Room) 11.00am – Liam, singer & entertainer	
Thursday 28	11.00am – Kit's Knitting Club	2.00pm – Shut the Box Game
Good Friday	Grace, the hairdresser	2.00pm – Residents' Choice
Saturday 30		
Sunday 31	EASTER SUNDAY (British Summer Time begins and clocks spring forward !!!)	

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!