



H me Matters

The newsletter for The Royal Cambridge Home

*A great place to live, work and visit...
Celebrating inclusiveness in all that we do*

October 2025



Welcome

Well, well, the only way to sum up September was one full of laughter, thrills, fashion shows and competition! Not only did we enjoy the normal first class professional entertainment, such as our ukelele player, accordion player, professional singers, trips out on the minibus, but in addition to this we hosted The Royal Cambridge Home Late Summer 2025 Olympics. Basically folks, this involved some high end professional bowling heats on the 1st floor corridor. Much like the Olympic winter bobsleigh team that we've all watched with awe on the TV over the years, these folks performed some excellent manoeuvres and even in wheelchairs the results were phenomenal. Too many winners to name and of course, as ever, absolutely no cheating involved.



Patricia with her MacMillan win



Homa at Linnies Fashion Afternoon

We had the most wonderful afternoon with Linnies Fashion, who filled the ground floor foyer with a huge amount of temptation. Most of us picked up something rather lovely and as it was such a huge hit we are looking at asking them back for early Spring next year. It really was such fun and great to pick up some useful items for the new season.

And finally huge thanks to Gay for hosting the annual MacMillan Coffee Morning and also to Alain, Ewa, Lesley (Shane's wife) and Tina for baking an incredible array of delicious cakes. (Hope some of those trousers from Linnies came with elasticated waists...) It was fantastic to see so many people gathered in the main lounge and we all managed to raise £150 for this most worthy cause. Terrific folks.



Ann, another MacMillan winner

New Chiropodist

We have a new chiropodist called Andy starting with us. Andy is experienced and fully qualified and will be coming in Friday 24th October. This is the same day as our hairdresser Grace, so Andy will in this instance, use the quiet area on the ground floor. He has agreed to keep the same rate of £20, however, if anything needs special attention he will charge a little more. We are sure you will all agree this is still a very reasonable figure.

Resident Birthdays

Happy Birthday to Mary who is our only October born resident at the moment, so we will be sure to spoil you Mary on your special day on the 5th. Many happy returns of the day!

Staff news

Congratulations to Chrissy, who following a short period as Senior has been promoted to Team Leader in Care. Chrissy will work alongside Ewa, our other Team Leader, both reporting to Vicky.

We have a fantastic new Sat-Mon Receptionist. Usher works from 8.30am to 2.30pm on these days and is a very welcome addition to the admin team.

Well done to both!



Joyce & Alan

Staff Recruitment

We are recruiting for the following positions:

- Experienced and qualified **Day Care Assistants** (part-time and full time)
- Experienced and qualified **Night Care Assistants** (part-time)
- Experienced and qualified **Night Senior Care Assistant** (part-time and full time)
- Bank Minibus Driver – Various hours and days on a casual basis.



Come and be part of our fabulous team at No. 84.



Trustee Recruitment

The Chairman and our team of Directors and Trustees would very much like to recruit another person to support their team. The position is a voluntary one. If anyone is interested or indeed knows of someone who might, we would very much like to hear from you. Please contact Rory Belfield in the first instance.

What's coming up?

Another full schedule of events is listed at the back of this newsletter in our October diary. Below are a few you might like to mark in your diaries.

- ♥ **Residents' Meeting** – Wednesday 1st October at 11.00am in the Main Lounge
- ♥ **Pets as Therapy dog visit (Claire & Luna)** – Tuesday 7th October at 11.00am in Main Lounge
- ♥ **Lady Eleanor Holles School (coffee & cake)** – Wednesday 8th October (depart approx. 9.30am)
- ♥ **Hurst Park School Harvest Festival** – Wednesday 8th October (depart approx. 1.45pm)
- ♥ **Minibus Trip Out** – Wednesday 15th October (depart late morning)
- ♥ **Chiropodist** – Friday 24th October – Quiet Area – Ground Floor
- ♥ **Clocks go back!** – Saturday (night) 25th October



Don't forget it is Halloween on Friday 31st October.....yikes!



MacMillan winner - Julie



MacMillan winner - Rodica



MacMillan winner - Merrill

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.

October Reflections



October is a time for reflection and renewal, as the season transitions from summer to autumn. It's a season that encourages us to embrace the beauty of change and to focus on our wellbeing. Although the clocks go back at the end of the month, which for some, is hard as it means the days start to get shorter, there are still plenty of wonderful things to look forward to. Here are some thoughts to inspire a positive outlook during October.

Embrace the change – Let go of the past and embrace the new season. It is a reminder to appreciate the changes and the growth that comes with them.

Watch nature unveil its autumn wardrobe – Whether you are out and about or simply sitting by an open window, this is the start of a spectacular changing scene, as the leaves and foliage reveal true beauty in the start of their metamorphosis. On a blue sky day there is nothing more stunning than the crispness of the day and the striking palette of colours of the leaves. Enjoy.

Focus on wellbeing – It's important for all of us to look after ourselves, whether it's listening to beautiful music, closing our eyes for a moment, meditating or concentrating on our breathing, there are many ways to practice. If you can spare a few minutes why not try the exercise below to relax and calm:

Pause for a moment...

1. Place your feet on the floor and your hand on your thighs and close your eyes.
2. For a moment, bring your attention way down to your feet. Just notice your feet on the ground, notice your seat in the chair, notice your hands on your legs.
3. Now find your heart beating, find your pulse somewhere in your body. Bring your mind, your attention, into your body as quickly as possible.
4. Now place a light attention on the natural rhythm of your breath. With your mind resting on your breath, you may start to notice a sense of ease. You may start to notice, as you exhale fully, that there's a little bit less tension. A little bit less noise.
5. Now all you need to do for the next few moments is notice your feet, notice your hands, notice your heartbeat and notice your breath, concentrating on any one of those areas in your body is the perfect way to pause.
6. And now open your eyes if they have been closed and just notice what a few moment of pause can do. Our bodies are magnificent, brilliant, stabilizing systems when we give our body and our mind the opportunity to balance and align.



Condolences

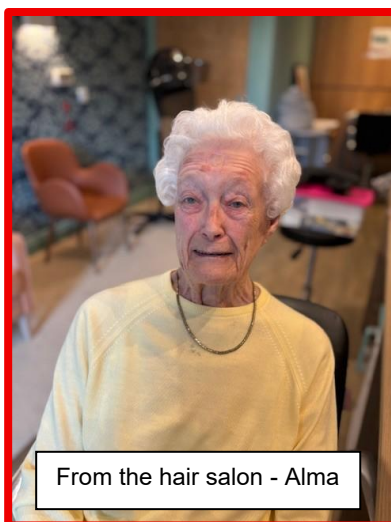
*Our condolences go out to the family of Margaret who we lost recently.
Our thoughts are with Margaret's loving daughters Mary, Sarah and Annette and their families.
RIP Margaret*



Some more photos of our lovely residents during September...



From the hair salon - Myra



From the hair salon - Alma



MacMillan winner - Jennie



Superstar indoor bowler Janet



MacMillan winner - Vera

October 2025 Diary

October	Morning	Afternoon
Wednesday 1	11.00am – Residents' Meeting	2.00pm – Dawn, G Fitness
Thursday 2	11.00am – Bingo	2.00pm – Target Games
Friday 3	Grace, the hairdresser	
Saturday 4	Resident Choices / One-to-Ones	
Sunday 5	Mary B's Birthday Celebrations - Resident Choices / One-to-Ones	
Monday 6	11.00am – Harry, the opera singer	2.00pm – Knit & Natter
Tuesday 7	11.00am – Pets as Therapy Dog, Luna with Claire	2.00pm – Manicures
Wednesday 8	9.30am – Lady Eleanor Holles School for coffee	1.45pm – Harvest Festival at Hurst School 2.00pm – Dawn, G Fitness
Thursday 9	11.00am – Keep Fit with Gay	2.00pm – Word Quiz
Friday 10	Grace, the hairdresser	
Saturday 11	Resident Choices / One-to-Ones	
Sunday 12	Resident Choices / One-to-Ones	
Monday 13	11.00am – Bingo	2.00pm – Quiz
Tuesday 14	11.00am – Manicures	2.00pm – Matthew, ukelele player
Wednesday 15	AM – Drive out in minibus	2.00pm – Dawn, G Fitness
Thursday 16	10.30am – St Paul's Coffee Morning	2.00pm – Activities Table
Friday 17	Grace, the hairdresser	
Saturday 18	Resident Choices / One-to-Ones	
Sunday 19	Resident Choices / One-to-Ones	
Monday 20	11.00am – Hand Massages / Manicures	2.00pm – Tony, accordion player
Tuesday 21	11.00am – Keep Fit with Gay	2.00pm – Manicures
Wednesday 22	11.00am - Riverwalk	2.00pm – Dawn, G Fitness
Thursday 23	11.00am – Liam, professional singer	2.00pm – Remember When
Friday 24	Grace, the hairdresser (salon) Andy, the chiropodist (ground floor quiet area)	
Saturday 25	Resident Choices / One-to-Ones	
Sunday 26	Resident Choices / One-to-Ones	
Monday 27	11.00am – Manicures	2.00pm – Activity Tables
Tuesday 28	11.00am – Craft Morning	2.00pm – Halloween Quiz
Wednesday 29	11.00am – Games Morning	2.00pm – Dawn, G Fitness
Thursday 30	11.00am – Pumpkin Carving	2.00pm – Halloween Party
Friday 31 HALLOWEEN	Grace, the hairdresser	

*Please be aware all outdoor activities are subject to the great British weather!
Please let the team know if you would like to suggest any activities.*