

Home Matters

The newsletter for The Royal Cambridge Home

Going up in the world - November 2023

Celebrating inclusiveness in all that we do



Welcome

Hello folks and welcome to our November newsletter. We've had a busy month. On the redevelopment front things are certainly hotting up. Rory and our Directors recently had a tour of the site. The foundations and ground floor are now bricks and mortar! A huge crane arrived recently and they delivered some of the concrete slabs for the floor of the first floor/ground floor ceiling. We can even see a selection of doors which will form part of the dining room / activities room, which will overlook the back garden.

Our site management team Karl and Barbara are in the process of organising staff tours so that everybody gets to view the build. These will take place over the next three months. Resident tours will follow, nearer completion date, once the site is safe to view.

Apologies to everyone visiting at the moment as the front parking area is a little on the muddy side. Following the recent drainage works, Red Construction provided temporary parking for us, however, we soon realised it could not stand the amount of rainfall we had down and also the heavy construction trucks temporarily going through. Red has promised to rectify this, so please bear with us. In the meantime, visitors please don't forget there are plenty of free spaces on the adjoining residential roads and at Hurst Park (over the road).



Rory, in what will be his new office



As you walk into this area, there will be an entrance to the kitchen on the right and further on will be a combination of the dining room, lounge and activities area, all with stunning views onto landscaped garden..

Global Dignity Day



Hilkka



Global Dignity Day

And it has been just as exciting inside at no. 82! We recently celebrated Global Dignity Day, which was a day to remember. We had lots of activities taking place. The lounge and dining room were decorated in red balloons. Most of us wore various shades of red and we all sat down for an extra special lunchtime party buffet. Absolutely terrific stuff. Thanks to everyone for organising this.

Hampton Court Palace

We have been lucky enough to receive 60 tickets for Hampton Court Palace. This is a direct result of Tina contacting their Community Partnership Producer and agreeing to take part in the Historic Royal Palaces community training scheme. She will be invited to visit some of Historic Royal Palace buildings to learn more about them,



in order to impart this knowledge on our resident visits. Tina will be the main lead for the community access scheme. We shall be organising lots of trips over the next few months so that everybody has a chance to attend. If anyone would like further information, please speak to Tina. In the meantime, we have ordered a large umbrella for her as part of her guide tour uniform!

Resident Birthdays

Happy birthday to two amazing ladies:

1st November – Edna

21st November – Beryl

Wishing you both very happy birthdays from all of us.

Staff News

We recently interviewed a very nice gentleman who has experience of working in a care home looking after the laundry. We have offered him the position and we are just waiting to complete checks. We think he will be a perfect fit. He will work the Mon-Fri morning shift. Further details to be released once everything has been confirmed.



Recruitment

We are recruiting for the following roles. This is a great opportunity and perfect time to join our lovely home, with some excellent staff benefits, so if anybody can recommend anyone, we would very much like to hear from you.

- Weekend Kitchen Assistant – Assisting with food preparation and serving of meals.
- Weekend Laundry Assistant – Morning shift.
- Bank Minibus driver.



Director / Trustee Recruitment

Following the successful recruitment of Kathy Rajan to our team of trustees and with the imminent move to our new home, the Chairman and our team of Directors and Trustees would very much like to recruit another person to support the team. The position is a voluntary one. The ideal person would need to have a professional background and we would be particularly interested in an area such as HR, Marketing, Care or Nursing. 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.

Wellbeing Wednesdays

We promised you we would be hosting a Wellbeing Day in October, however, due to the fact that it clashed with Global Dignity Day, we decided to reschedule it for **Wednesday 22nd November**. This promises to be a fabulous day. The morning session is open to all residents and staff and will feature visualisations, meditations, poetry, breathwork and stretching exercises, against a backdrop of beautiful music. The day will be hosted by Gay, Tina and Gillian.

There will be further wellbeing activities in the afternoon, as well as hand massages. Please do join us in the Dining Room from 10.00am to midday for the morning session. We look forward to seeing you all there. This is the first of many we hope over the next few months. Feedback will be very much appreciated to enhance future events.

Eileen at Hampton Court



Beryl

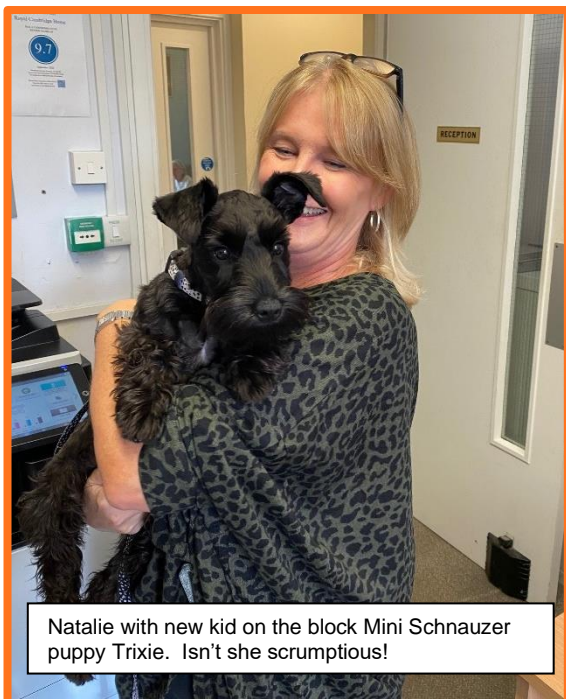


Monthly Residents' Meetings

On the first Wednesday of the month, there is a monthly site meeting with the building contractors, which Rory attends and is given the latest information on our redevelopment. Therefore, we will be booking the first Thursday after this for our monthly resident meetings, so that Rory will be in a position to update everybody on the very latest on our new home. From time-to-time, we may have to hold them at 10.00am and occasionally on a different day.

Fire Alarm Tests

Please be aware our weekly fire alarm testing will be changing from a Thursday to every **Tuesday at 10.30am**. Just a warning to everyone that the fire alarm rings for a few minutes. We do a staff and visitor roll call and check that all the fire doors close automatically.



What's coming up

Please check the main diary at the back for the full schedule. Below are just some highlights:

- **Hampton Court** – Thursday 2nd November at 10.00am
- **Constance, classical pianist** – Monday 6th November at 11.00am
- **Residents' Meeting** – Tuesday 7th November at 11.00am
- **Liliana, florist** – Tuesday 7th November at 2.30pm
- **Hampton Court** – Wednesday 8th November at 10.00am
- **Festival of Remembrance at The Albert Hall** – Saturday 11th November – am departure
- **Tesco shopping** – Wednesday 15th November – late morning
- **Stirring the Christmas Pudding** – Thursday 16th November at 11.00am
- **Ice Rink visit at Hampton Court** – Monday 20th November at 10.00am
- **Wellbeing Day** – Wednesday 22nd November
- **Ice Rink visit at Hampton Court** – Monday 27th November at 10.00am
- **Wonder of Winter Talk** – Monday 27th November at 2.00pm
- **Hampton Court Visit** – Tuesday 28th November at 10.00am
- **Liam, professional singer** – Wednesday 29th November 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.

November 2023 Diary

November	Morning	Afternoon
Wednesday 1	10.00am – Residents' Shop	2.00pm Dawn, G Fitness
Thursday 2	10.00am – Hampton Court	2.00pm Craft Session
Friday 3	Grace, the hairdresser	2.00pm Residents' Choice
Saturday 4	10.00am to 4.00pm – Gillian – Various Activities	
Sunday 5		
Monday 6	11.00am – Constance, classical pianist	2.00pm Quiz
Tuesday 7	10.00am – Residents' Shop 11.00am – Residents' Meeting	2.00pm Liliana, Floristry Class
Wednesday 8	10.00am – Hampton Court	2.00pm Dawn, G Fitness
Thursday 9	11.00am - Kit's Knitting Club	2.00pm Cake Decorating
Friday 10	Grace, the hairdresser	2.00pm Residents' Choice
Saturday 11	Festival of Remembrance at The Royal Albert Hall	
Sunday 12		
Monday 13	11.00am - Bingo	2.00pm - Quiz
Tuesday 14	11.00am - Candle Making	2.00pm – Cookie Making
Wednesday 15	10.00am – Residents' Shop 11.00am – Tesco Shopping	2.00pm – Dawn, G Fitness
Thursday 16	11.00am – Stirring the Christmas Pudding	2.00pm - Quiz
Friday 17	Grace, the hairdresser	2.00pm - Residents' Choice
Saturday 18		
Sunday 19		
Monday 20	10.00am – Ice Rink	2.00pm – Hand Massages
Tuesday 21	11.00am – Bingo	2.00pm – Autumn Flower Crafting
Wednesday 22	Wellbeing Day	
Thursday 23	11.00am – Kit	2.00pm – Film Afternoon
Friday 24	Grace, the hairdresser	2.00pm – Residents' Choice
Saturday 25		
Sunday 26		
Monday 27	10.00am – Ice Rink	2.00pm – Wonder of Winter Talk
Tuesday 28	10.00am – Hampton Court	2.00pm – Quiz / Board Games
Wednesday 29	10.00am – Shop 11.00am – Liam, professional singer	2.00pm – Dawn, G Fitness
Thursday 30	11.00 – Bingo	2.00pm – Residents' Choice

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!