

Home Matters

The newsletter for The Royal Cambridge Home

Flying leaves in October 2022

Celebrating inclusiveness in all that we do



Notes from the Chairman



I have just realised with surprise that the last time Notes from the Chairman were included in the monthly Newsletter was in January of this year. This long absence is due, in part, to the wealth of activities which have been occurring throughout the year to date resulting in “madam editor” having no column inches left for these notes and also in part due to the lack of definite news to pass to you regarding the redevelopment programme. That does not imply that the project planning has been inactive – in fact very much the opposite. The after-effects of Covid coupled with unprecedented rises in fuel costs and general political uncertainties have resulted in a shrinkage in the number of contractors being willing to commit to projects such as ours have given the consultants much work to do and this is ongoing, though hopefully nearing a conclusion.

Life at the Home has, however, thanks to the work of all the staff, carried on taking advantage wherever possible of the relaxation of regulations to widen the scope of activities forming the daily life of the Home. The Easter Party with a visit from the Royal Hospital Band, a Garden Party held in the sun-baked garden of the Home have helped to make life feel more normal once more along with the odd treat of an ice-cream for everyone wanting one being delivered to the Home by our neighbourhood ice-cream van.

The ending of the reign of Her Majesty Queen Elizabeth II on 8th September will forever mark 2022 as an historic year. Her Majesty for many years was a Patron of the Home, a role which she surrendered a few years ago in recognition of her advancing years and a need to down-size her “portfolio” of patronages.

For the great majority of the population she was the only monarch they had known but for the majority of our residents there would be memories of the reigns of some of her predecessors. We shall, I am sure, remember her funeral as a fitting tribute to her seventy years of service.

In anticipation of the redevelopment and with No 84 Hurst Road having been vacated a certain amount of rummaging in old cupboards and dusty corners has resulted in several artefacts being put up for sale by auction part of the proceeds of which are being committed to the Queen Mary Fund which exists to pay for entertainments and outings for the enjoyment of residents – an ideal destination.

Robert Dowler
Chairman

Queens Memorial Flowers at Hampton Court Palace

Following the sad passing of a much-loved Queen, we felt we would like to visit Hampton Court Palace to pay our respects.

We enjoyed laying our own floral tributes in memory of Her Majesty, Queen Elizabeth II. It was lovely to see and read the publics loving comments to the Monarchy.

There have been some lovely comments written in the condolence book which was out in the main reception foyer for everyone to leave messages in.

Residents and staff spent the morning of the Queen's funeral together, watching the proceedings on the TV in the Lounge.



Duncan



Janet



Lavinia



Derek entertains everyone

Carol Singer

The Marvellous Carol was a huge hit as always and everyone enjoyed singing along and taking part in the conga.

Clocks Going Back

A reminder that the clocks go back on 30th October.



Cake Decorating

Everyone enjoyed another one of Tina's cake decorating sessions.



A Visit from Millers Ark Farm

We had the pleasure of the farm visiting and setting up a farm area in the back garden. Everyone had a lovely time stroking and petting the animals. There were pigs, goats, donkey's and sheep. There are some more photographs at the end of the newsletter.



Sally feeding the sheep



Tina and Duncan



Derek and Rory



Janet, Joyce & Vicky

Resident News

Recently we welcomed back Terry, who stayed with us for respite. We will continue to offer respite stays for as long as possible prior to the redevelopment of the new Home.

Resident Birthday

Happy Birthday to Irene, who will be celebrating on the 24th October.



Beryl, Sally and Gay enjoying a game of Jenga



Aerial Photography

As we reach a new chapter in the history of the Royal Cambridge Home, we decided to document our progression. We have commissioned a Drone photographer to capture aerial video footage of the Royal Cambridge Home in the stages of redevelopment. For example, before, during and after. This will be used to commemorate our heritage in our new building.

Relatives & Friends Meeting

Thank you to everyone that attended the recent Relatives meeting which was a great success. If you were unable to attend, please see the meeting notes that were sent out via email. Alternatively, you can ask the main office for a paper copy of the meeting notes.

Family & Friends App

This is an app where you can keep up to date with what activities your relative/ friend has taken part in and you can also see certain elements of their care plan. There are other exciting features too. If anyone is interested in joining that hasn't already done so, please let the main office know.

Relatives Survey

Thank you to those who have already completed the survey. If you haven't already done so we would appreciate it if you could complete one. This is a great way for us to gain feedback. We really value everyone's comments.



Just a reminder if you have not done so and would like to complete a review for us we would very much appreciate it. It is a little like Trip Advisor for the care sector and the more reviews we receive go towards an unofficial overall rating score. It is a good platform to leave feedback - [carehome.co.uk - reviews](https://www.carehome.co.uk - reviews)

From there click on "Submit a Review" and you will be able to review us. We also have prepaid review cards if you prefer not to use an online platform. Thanks everyone.



Vicky, Amie & Rory

Staff News

Sadly, we said Goodbye to Amie, who has accepted a new job and has now left to pursue her career. We wish Amie all the best in her new role.

We are currently recruiting for the following:

- 🍷 Day Care Assistant's
- 🍷 Night Care Assistant

Food Hygiene Rating

There was an Environmental Health Inspection of the Kitchen recently and brilliant news that the Home has retained its 5-star rating. Well done to the kitchen team and everyone else involved.



Another reason to choose us.

What's coming up?

Please refer to the main diary at the back of the newsletter to see our full diary of events. We have an excellent diary this month. We've scheduled a boat trip, an afternoon at the Lady Elanor Hollis school and a trip to the garden centre. Key dates to note:

- 🍷 **Residents' Meeting** – Monday 3rd October – 11.00am – Dining Room
- 🍷 **Sunbury Walled Garden** – Tuesday 4th October – 10.30am
- 🍷 **Domiciliary Dentist** – Wednesday 5th October
- 🍷 **Alistair, keyboard and singer** – Thursday 6th October – 11.00am
- 🍷 **Stella, the Chiropodist** – Monday 10th October
- 🍷 **Lady Elanor Hollis School** – Wednesday 12th October – 10.30am – 12.30pm
- 🍷 **Carol, the singer** – Thursday 13th October – 11.00am - Lounge
- 🍷 **Music in Hospitals** – Monday 17th October – 11.00am - Lounge
- 🍷 **Garden Centre Trip** – Thursday 20th October – 10.30am



Social Media

Follow us on Instagram and Twitter 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.



Joyce & Beryl



Melissa



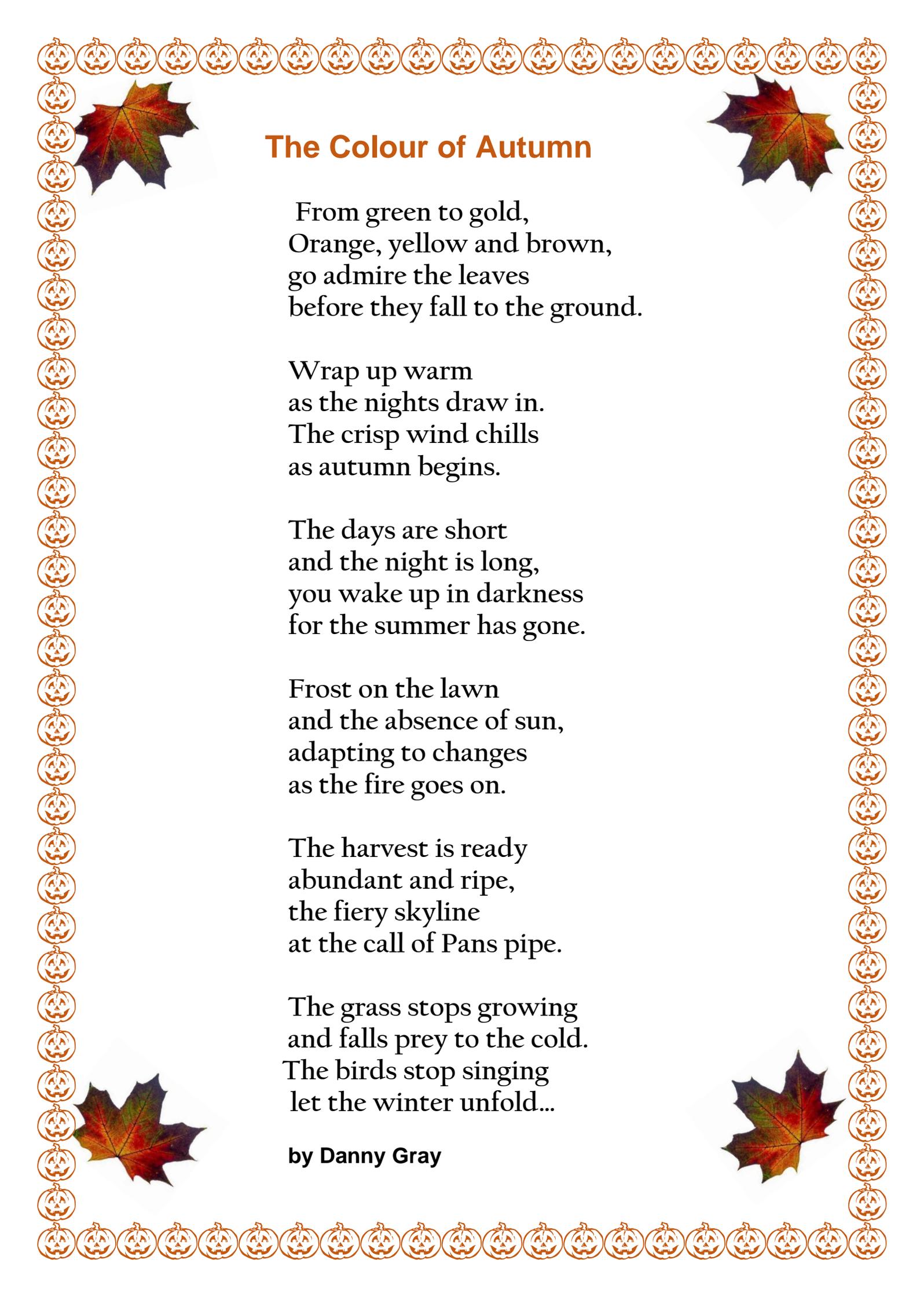
Janet



Gay



Sally & Rory



The Colour of Autumn

From green to gold,
Orange, yellow and brown,
go admire the leaves
before they fall to the ground.

Wrap up warm
as the nights draw in.
The crisp wind chills
as autumn begins.

The days are short
and the night is long,
you wake up in darkness
for the summer has gone.

Frost on the lawn
and the absence of sun,
adapting to changes
as the fire goes on.

The harvest is ready
abundant and ripe,
the fiery skyline
at the call of Pans pipe.

The grass stops growing
and falls prey to the cold.
The birds stop singing
let the winter unfold...

by Danny Gray

October 2022

October	Morning	Afternoon
Saturday 1		
Sunday 2		
Monday 3	11.00am – Residents' Meeting	2.30pm – Cake decorating
Tuesday 4	10.30am- Sunbury Walled Garden	2.30pm – Colin, the birdman
Wednesday 5	Domiciliary Dentist	2.30pm – Floristry with Liliana
Thursday 6	11.00am – Alistair, Keyboard & Singer	2.30pm – Residents' Choice
Friday 7	Gay, the hairdresser	2.30pm – Activities Table
Saturday 8		
Sunday 9		
Monday 10	Stella, the chiropodist	2.30pm - Bingo
Tuesday 11	10.30am – Trip to Tesco	2.30pm – Art & Crafts
Wednesday 12	10.00am – Lady Elanor Hollis School	2.30pm – Resident's Choice
Thursday 13	11.00am – Carol, the singer	2.30pm – Board Games
Friday 14	Gay, the hairdresser	2.30pm – Residents' Choice
Saturday 15		
Sunday 16		
Monday 17	11.00am – Music in Hospitals	2.30pm – Memory Ball
Tuesday 18	10.30am – Keep Fit	2.30pm – Fruit Tasting
Wednesday 19	10.30am – Hand Massages	2.30pm – Board Games
Thursday 20	10.30am – Garden Centre Trip	2.30pm – Library Trip
Friday 21	Gay, the hairdresser	2.30pm – Residents' Choice
Saturday 22		
Sunday 23		
Monday 24	10.30am – Pumpkin Carving	2.30pm – Spooky Cookies
Tuesday 25	10.30am – Activities table with Hampton Court Palace - Spooky Stories	2.30pm - Quiz
Wednesday 26	10.30am – Keep Fit	2.30pm – Bingo
Thursday 27	10.30am – Trip to Tesco	2.30pm – Activity Table
Friday 28	Grace, the hairdresser	2.30pm – Residents' Choice
Saturday 29		
Sunday 30		
Monday 31	10.30am – Keep Fit	2.30pm – Baking with Tina

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!