

Home Matters

The newsletter for The Royal Cambridge Home
Out with the old and in with the new - January 2023
Celebrating inclusiveness in all that we do



Welcome

A huge welcome folks to our January 2023 edition and of course, to what promises to be a very exciting new year for all of us involved with the Home.

We hope to see the handover of no. 84 to Life Build, the building contractor in late January (date TBA once we know). They will then start preliminary building works, with a view to the demolition of no. 84 and all the outbuildings on that site starting in April/spring time. We have waited such a long time for this and we will be posting updates on Instagram and informing everyone involved with the Home with various updates throughout the works. Our thanks go out to our Chairman, Robert Dowler, who has worked tirelessly on this incredible project. We owe him a huge debt for his remarkable commitment.

Watch this space folks.....

A brief look back...

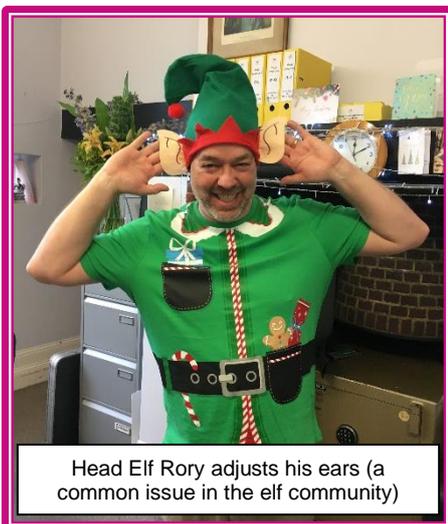
December shot by in an absolute social whirl.

We had two Christmas lunches. One to the Prince of Wales and another outing to Squires Garden Centre in Hershaw for more festive fayre.

Our annual elf day gathering was yet again, a huge success with an awful lot of elves in attendance. They held their AGM and afterwards various elf shenanigans took place and it was a good opportunity to let their hair down. This year, Molesey HQ were joined by Walton, Hershaw and Hounslow branches. New magic tricks were exchanged and various craft masterclasses (including 101 things to do with felt) were held in the afternoon. Wonderful.



Elves gather for the 2022 AGM



Head Elf Rory adjusts his ears (a common issue in the elf community)



Activities Elf Tina



Activities Elf Gay



Beryl enjoys her Prince of Wales Christmas lunch

Gay hosted the annual Christmas Carol Concert in the lounge, which was absolutely superb. Staff and residents mingled and we enjoyed a thoroughly good old fashioned Christmas sing along together.

Talk about get us into the spirit of things.

Tina has held various arts & crafts sessions and very popular this festive period was the mince pies class. They looked amazing and we hear it on good authority that they tasted pretty good too.



Joyce & Janet with their homemade mince pies

The new hair dressing salon

We are extremely happy to announce that our very tiny hair dressing salon has had a complete makeover! The old toilet that adjoined it has been removed and the entire area opened up and refurbished to an incredibly high standard. This now means that we have a hair drying and waiting area, consisting of two salon dryers and of course a rather swish hair washing and treatment area.



Gay and Janet try out our beautiful new salon



Awaiting the first client



The Royal Cambridge Staff Christmas Do 2022. All aboard The Richmond Royale.

Staff Christmas Party

Each year we try and do something a little bit different and suitable for everyone. Although of course, we run a shift pattern in the Home not everyone is able to attend but we do our best to accommodate all those that want to attend. A takeaway meal was provided for the night team working over the festive weekend.

This year we held our party on The Richmond Royale, a lovely little boat which forms part of the Turks Launches flotilla. It was one of the coldest nights of the year, so it was very much a case of sequins and thermals and of course absolutely no talk of the Titanic was permitted! It was a fabulous night and after a couple of spins on the dance floor we all soon warmed up! The Home subsidised the event (thanks to our Chairman and Trustees for agreeing this) and a delicious buffet was organised by Rory and Tina.

What's coming up?

With the start of a brand-new year (always exciting), we have a couple of new activities for you. Dawn, from G Fitness gave us a taster session a few weeks ago and what a hit she proved. A lovely lady with a passion for fitness. Therefore, we have booked her every Tuesday afternoon from 2.00pm in Jan.

We are also trialling Heather, from Compassionate Hands, who will be doing complimentary hand massages in the lounge on Monday 9th Jan from 10.00am to midday.

- ♥ **Carol, singer** – Mon 2nd Jan – 11.00am (Lounge)
- ♥ **Residents' Meeting** – Tues 3rd Jan – 11.00am
- ♥ **Zoolab (Rainforest Session)** – Weds 4th Jan – 2.35pm (Lounge)
- ♥ **Colin Bird Man (Wings of Freedom)** – Weds 11th Jan – 10.30am (Lounge)
- ♥ **Sarah, Creative Minds** – Thurs 12th Jan – 2.30pm (Lounge)
- ♥ **Stella, Chiropodist** – Mon 23rd Jan
- ♥ **Liliana, Florist** – Thurs 26th Jan – 2.30pm (Lounge)

(Please refer to the main diary at the back of the newsletter for our full diary of events.)



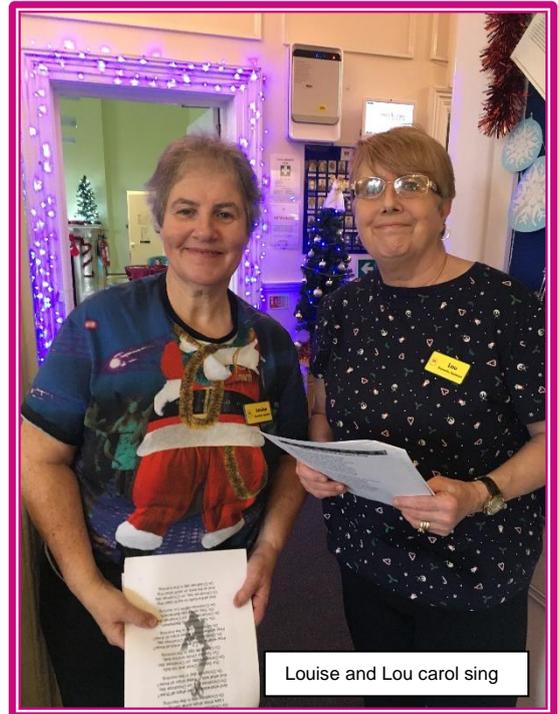
Liliana heads up the Christmas floristry class

Trustee Recruitment

We are still very interested in hearing from anyone else who may be interested in joining us to support our Chairman Robert Dowler and our Trustees.

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. This is the perfect time to come on board, with the exciting redevelopment project about to commence. We would like to hear from any relatives or friends of the Home who may be interested.

Please contact Rory Belfield in the first instance.



Louise and Lou carol sing

Just a reminder if you have not done so and would like to complete a review for us we would very much appreciate it. Also, please have a think about redoing a review if you have done one previously as they expire after a couple of years. 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)

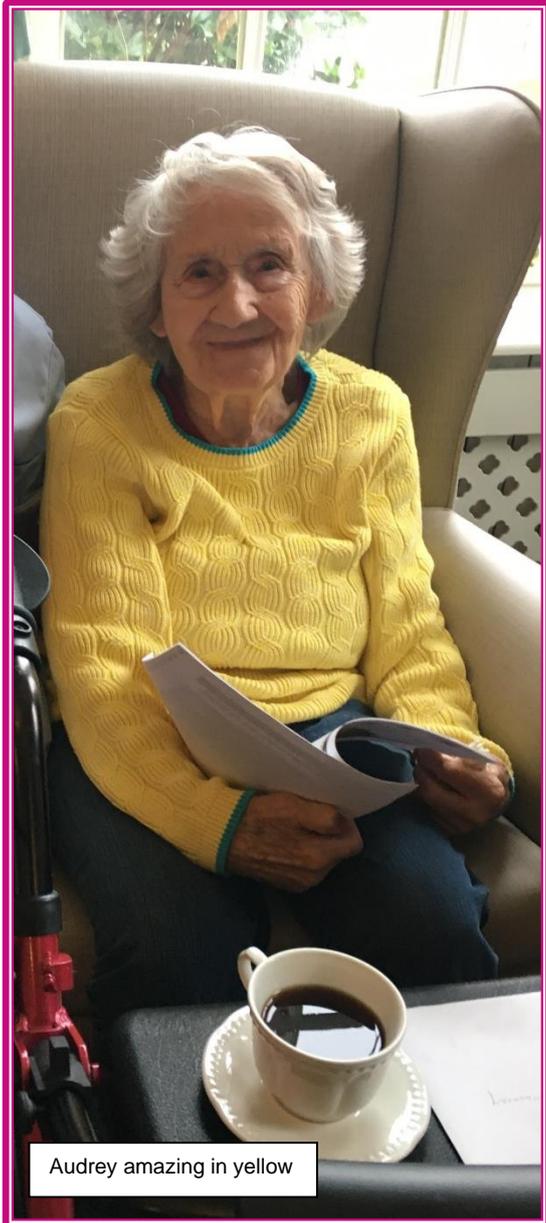
From there click on "Submit a Review" and you will be able to review us. We also have prepaid review cards if you prefer not to use an online platform. Thanks everyone – we do really appreciate this.



Melissa, Tina, Pat & Beryl carolling



Edna enjoys the music



Audrey amazing in yellow

New Year

Deep in this dark, cold, last night of December,
is one tiny flame of a flickering ember.

like so many memories of Decembers gone by,
tucked in our hearts, memories safely reside,

reminiscing our blessings through all the past years,
of those we have loved, our regrets, and our tears.

As December surrenders to January's dawn,
that one tiny ember still flickers on,

sparking the flame to new memories born
on the horizon of this New Year's morn!



Our beautiful back garden during recent cold snap



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.

January 2023



January	Morning	Afternoon
Sunday 1		
Monday 2	11.00am – Carol the singer	2.30pm – Residents' Choice
Tuesday 3	11.00am – Residents' Meeting	2.00pm – Dawn, G Fitness
Wednesday 4	11.00am – Keep Fit	2.35pm – Zoolab visit (Rainforest)
Thursday 5	11.00am – Quiz	2.30pm – Residents' Choice
Friday 6	Grace, the hairdresser	
Saturday 7		
Sunday 8		
Monday 9	10.00am-12pm – Heather, Compassionate Hands	2.30pm – Removing Christmas decs
Tuesday 10	10.30am – Keep Fit	2.00pm – Dawn, G Fitness
Wednesday 11	10.30am – Colin the bird man	2.30pm – Fruit Tasting
Thursday 12	10.30am – Knitting with Kit	2.30pm – Sarah, Creative Minds
Friday 13	Grace, the hairdresser	2.30pm – Residents' Choice
Saturday 14		
Sunday 15		
Monday 16	10.30am – Keep Fit	2.30pm – Flower Crafts
Tuesday 17	10.30am – Tesco trip	2.00pm – Dawn, G Fitness
Wednesday 18	10.30am – Keep Fit	2.30pm – Bingo
Thursday 19	10.30am – Knitting with Kit	2.30pm – River Walk
Friday 20	Grace, the hairdresser	2.30pm – Residents' Choice
Saturday 21		
Sunday 22		
Monday 23	Stella, Chiropodist	
Tuesday 24	10.30am – River with coffee & cake	2.00pm – Dawn, G Fitness
Wednesday 25	10.30am – Keep Fit	2.30pm – Cupcake decorating
Thursday 26	10.30am – Keep fit	2.30pm – Liliana, Florist
Friday 27	Grace, the hairdresser	2.30pm – Residents' Choice
Saturday 28		
Sunday 29		
Monday 30	10.30am – Keep Fit	2.30pm – Bingo
Tuesday 31	10.30am – Keep Fit	2.00pm – Dawn, G Fitness



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!

Happy New Year !