

# Home Matters

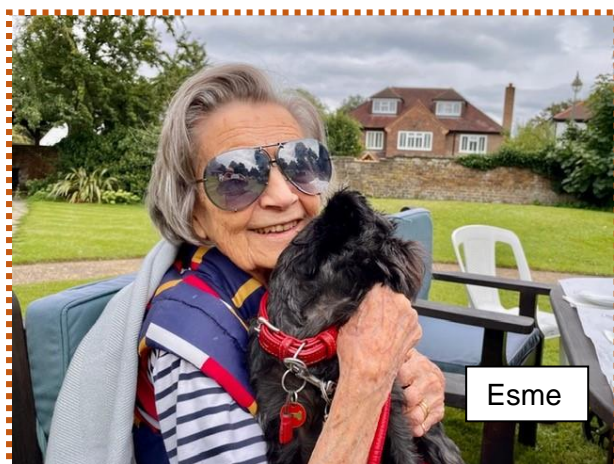


The newsletter for The Royal Cambridge Home  
**Marking the Year of the Tiger – February 2022**  
*Celebrating inclusiveness in all that we do*

## Still celebrating

Welcome everyone to our February newsletter, which just happens to coincide with the 1<sup>st</sup> February start of the Chinese New Year, which this year is the year of the Tiger.

We will be doing something fun to celebrate in the lounge on Tuesday 1<sup>st</sup>, so grab your seats and settle down for some Royal Cambridge fun.



Esme

## Esme

Talking of celebrations our extremely youthful and glamorous Esme celebrates her 100<sup>th</sup> birthday on Saturday 12<sup>th</sup>. Yes, 100, we cannot believe it!

What a wonderful excuse for a bit of a get together late afternoon for a special birthday buffet and yes folks there will, as ever, be an abundance of delicious cake!

## Visiting Update

You may be aware that the new guidance for visiting care homes is due to come into effect. However, we think it is wise to keep our current processes in place, i.e. for all those looking at booking a visit please continue to book your visits with Sue and Melissa in advance; this system seems to work really well and the processes we have in place have kept our residents safe. If you are visiting, please do remember to do your lateral flow tests before coming in, report it to the Government website and show the team on arrival at the Home:

[www.gov.uk/report-covid19-result](https://www.gov.uk/report-covid19-result)

Home ID no.: 10028876

Our current PPE arrangements will stay in place for the foreseeable future. We also cannot accept anyone who has not been fully vaccinated. Although, as we move into the warmer months and we are able to use our garden again, we would be more than happy to host visits outside.

We really appreciate everyone's support and assistance on this



Beryl & Brian



Audrey

## Heating

We have had a few niggles with the heating recently and in January we had a new boiler installed with new valves and pumps, which are essential works to get us through the next couple of years before we transition into our new building.

All residential rooms have a TRV (Thermostatic Radiator Valve) this will control the radiator temperatures in each room without turning the system off completely.

We have not finished this project yet but we are on schedule to conclude by the end of the month.

Thank you everyone for your patience during this time.



## Redevelopment Works

Although we are a long way off the planned demolition of no. 84, we are however looking at converting a couple of old rooms/offices into residential rooms. We are also, where we can, moving residents from the bedrooms along the corridor adjoining no. 84 into no. 82.

We understand demolition work may commence towards the latter part of the year, however, tenders are yet to go out and until contractors are appointed we cannot confirm a firm date as yet.

We hope to have more of an update in our next newsletter.



## What's coming up?

As life hopefully gets easier for all of us we hope to start booking a few more activities up and may even look at bringing back our wonderful entertainers. In the meantime, we will be doing our usual ad-hoc trips to the riverside for coffee and cake at one of our delightful cafes. We have the minibus also, so there will be trips out for a change of scene.

- ♥ **Floristry Class** – Tuesday 8<sup>th</sup> February at 2.30pm
- ♥ **Residents' Meeting** – Thursday 24<sup>th</sup> Feb at 11.00am in the Dining Room

Please note, Stella our chiropodist will not be in during February but her next visit is scheduled for Monday 7<sup>th</sup> March, so not long to wait.

Grace, our hairdresser, continues to visit every Friday morning.

## Interesting Chinese New Year Facts



- ♥ Chinese New Year isn't on the same day every year.
- ♥ It's usually in late January or February.
- ♥ The date is worked out by the "New Moon".
- ♥ This is when there is a new lunar cycle and is the first phase of the moon when it is a crescent moon.
- ♥ It celebrates the start of new life and is sometimes known as the Spring Festival.
- ♥ The Chinese calendar goes in a cycle of 12 years.
- ♥ Each year is symbolised by a different animal.
- ♥ It is believed that if you are born in a particular year then you will have some of the characteristics of that animal.
- ♥ The Chinese New Year isn't only celebrated on one day. Traditionally it is celebrated across 15 days and ends when there is a full moon.
- ♥ The end of the New Year period is celebrated with the Lantern Festival.
- ♥ During Chinese New Year, children receive red envelopes with money inside. The amount of money can be any amount but never includes the number 4 and the amount shouldn't be able to divide by four. This is because the number four in Chinese sounds a bit like death!
- ♥ Lion and dragon dances are very popular in China, especially during the Chinese New Year. It is believed that they will bring good fortune to the local area. During these dances you will hear lots of loud drums. The loud noise is said to drive all of the bad luck and spirits away.



### Social Media

Follow us on Instagram and Twitter for all the latest photos and news as well as our website [www.royalcambridgehome.org](http://www.royalcambridgehome.org)

### Useful Telephone Contacts

*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.*

# February Diary 2022

February	Morning	Afternoon
Tuesday 1	10.30am – Chinese NY Celebrations	2.30pm – Quiz & Poetry
Wednesday 2	10.30am – Keep Fit with music	2.30pm – Jigsaw
Thursday 3	10.30am – Skittles	2.30pm – Memory Tray
Friday 4	<b>Grace, the hairdresser</b> 10.30am – Games	2.30pm – Friday Bingo
Saturday 5		
Sunday 6		
Monday 7	10.30am – Gentle Exercises & Relaxation	2.30pm – Quiz & Poetry
Tuesday 8	AM – Stella, the chiropodist 10.30am – Sing-along	2.30pm – I Spy Bottle
Wednesday 9	10.30am – Keep Fit at the wheel	2.30pm – Jigsaw
Thursday 10	10.30am – Activity Table	2.30pm – Board Games
Friday 11	<b>Grace, the hairdresser</b> 10.30am - Games	2.30pm – Friday Bingo
Saturday 12	<b>Esme's 100<sup>th</sup> Birthday Celebrations</b>	
Sunday 13		
Monday 14	10.30am – Gentle Exercise & Relaxation	2.30pm – Board Games
Tuesday 15	10.30am – Hand Massages	2.30pm – What's in The Bag?
Wednesday 16	10.30am – Keep Fit to music	2.30pm – Hand Massages
Thursday 17	10.30am – Horse Shoe Game	2.30pm – Bird Feeders
Friday 18	<b>Grace, the hairdresser</b> 10.30am – Seated Netball	2.30pm – Friday Bingo
Saturday 19		
Sunday 20		
Monday 21	10.30am – Start the Week with News	2.30pm – Activity Table
Tuesday 22	10.30am – Activity Table	2.30pm – Board Games
Wednesday 23	10.30am – Keep Fit at the wheel	2.30pm – Jigsaw
Thursday 24	<b>11.00am – Residents' Meeting</b>	2.30pm – Quiz & Poetry
Friday 25	<b>Grace, the hairdresser</b> 10.30am – Baking with Gay	2.30pm – Friday Bingo
Saturday 26		
Sunday 27		
Monday 28	10.30am – Gentle Exercises	2.30pm – Quiz & Poetry

*Please note, all activities may be subject to last minute changes and the great British weather. If you would like anything included or suggestions for forthcoming activities, please do let us know and we will see what we can do!*