

Hme Matters

The newsletter for The Royal Cambridge Home

The Mission of The Royal Cambridge Home is to provide high quality and empathetic care to all our residents, with dignity and compassion in a safe and happy environment.

Feeling hot hot hot - August 2026



Welcome

Well folks, another blazing hot month during July and still no sign of rain. For all of us who remember the summer of 76, it certainly brings back some vivid memories of parched grass, hosepipe bans and for any of us enjoying that summer as a child, we weren't praying for rain for the garden, we just enjoyed an incredible amount of freedom, fun, chopper bikes, hotpants and Zoom lollies. What marvellous memories.

Back to present day. Due to the heat we had to tweak our home diary accordingly as some activities were just not suitable in the extreme heat. However, on a rather beautiful mid week day, armed with sunscreen, sunglasses, hats and cold drinks, Rory drove a few of us off to Bognor for the day. What a time we had. To feel the salty sea air felt like such a treat. We enjoyed a fish 'n' chip lunch, followed by ice creams on the beach and of course folks, no British seaside trip is complete without a trip to the amusement arcade! Ah, the Great British Seaside at its very best.

For the rest of the month we have enjoyed some wonderful entertainment. Our professional musicians who came in did a sterling job in providing us with some gorgeous relaxing music, which is just what is needed when the temperature is high.

Also, huge thanks to Colin, the Bird Man. A regular visitor, who yet again brought some stunning rescued birds of prey in to visit us. A lovely experience and a fantastic charity. Do please check him out; he's a remarkable man with a great love of wildlife and nature.

www.wingsoffreedom.org.uk

We also enjoyed some very nice local trips out when it wasn't over 30°, in particular lunch at Whiteley Village.



Just look at that sky – our wonderful day trip to Bognor



Vicky & Liz check out their options in the arcade

New Residents

We extend a warm (especially in this weather!) welcome to Barbara who moved in with us recently. We will hopefully have a lovely photograph of Barbara for next month's newsletter edition.

Resident Birthdays

Happy birthday to the following lovely two residents who will be celebrating their special days with us, with party buffets and cake:

1st August – Helga

28th August – Mary P

Enjoy your special days ladies.



A lovely picture of John enjoying the patio.



Simon

Our new Barber !

As we have a few gentlemen residents, we thought it was about time we introduced a professional barber to the home. Meet Simon! Simon will come in once a month for our gents and he offers haircuts and beard trims. £20 for a haircut and £25 for haircut and beard trim. He will next be in our salon on **Wednesday 26th August from 10.00am to 11.30am.**

Meet the Manager

Rory held his first drop-in session for relatives and friends in July and as promised he will hold these regularly, one evening a month. Rory has an open-door policy throughout the week but it also makes sense to have an evening session as an option as well. There is no need to book just pop along. The date for this month is **Monday 24th August from 6-7pm.**



Relatives & Friends Meeting

We generally host Relatives & Friends Meetings a couple of times a year. Our next one is booked for **Thursday 6th August from 6.30pm to 7.30pm.** These are very informal gatherings but a great opportunity to meet other relatives and friends. The session will be hosted by Rory and also in attendance will be our chairman Robert Dowler, trustees and staff. Drinks and nibbles will be provided. If you would like to come along but haven't advised us could you please let Sue know for catering purposes – secretary@royalcambridgehome.org – thanks everyone and we very much look forward to seeing you then.

Car Park Area

Works are gradually coming to an end but in the meantime, please do take care on the temporary ramp.

Whilst we await the completion of next door we remain with limited space in our car park. When the building works to the car park conclude we will gain extra spaces but please bear with us. We are aware that on occasions cars are left in the car park whilst people go out for lunch, which does take up valuable space. May we respectfully ask that you discuss this with Reception or the Main Office, so that we know and it could be if it is a particularly busy day you may be asked to move your car off site as there is plenty of free parking nearby. We do need to know if cars are being left unattended. Thank you everyone we appreciate your help with this and just to reiterate there will be more spaces in due course.

Contacting Us / Visiting

Just a reminder that if you need to contact us our number is 020 8979 3788. Usha and Jemma, our reception team, work seven days a week from 9am to 2pm. After these times during the week, the office will pick up calls until 5.30pm. Out of hours our Seniors will pick up calls, however, do bear with us as sometimes they may be busy.

We highly recommend that if your call is concerning your resident's health and care please do liaise with the care team direct. If you prefer to drop them an email below are their details:

seniors@royalcambridgehome.org
(our Team Leaders and Seniors)

deputy@royalcambridgehome.org
(Vicky our Deputy Manager)

We recommend you cc our General Manager Rory as well: manager@royalcambridgehome.org and of course, if you need to contact Rory direct you have his details.

For general enquiries, including arranging visits, please use the following email which can be accessed by Rory, Vicky, Sue, Melissa, Usha and Jemma: enquiries@royalcambridgehome.org



Some of the team gathered during Gay's birthday



A cracking one of Anne & Renee enjoying Whiteley Village

Visiting - As a recommendation do please check our diary of events at the back of each newsletter so that your visits do not clash with some of our wonderful entertainment, in particular when professional entertainers are booked. Plus we would hate for you to arrive and find out your relative/friend has gone out on one of our trips. If you are ever unsure please do give us a call and we would be more than happy to advise. And of course, you are all more than welcome to join us for any of our in-house entertainment! It is the talk of the town you know here in Molesey.



Frances receiving her cake and pressie from our Rojina



Chrissy & Joyce at Whiteley Village (it does seem fun)

What's coming up...



Vera !

Below is a snapshot of some of the items you may like to mark in your diaries. All activities take place in the main lounge unless otherwise specified. Don't forget to check the main diary at the back for a full list.

As many of you know, we have wonderful Clare and her gorgeous Pets as Therapy (PAT) dog Luna who visit regularly. The good news is we have another charming PAT dog coming in as well. The very beautiful Vera will be accompanied by her lovely best friend Diane. Another great addition to our diary. When Vera arrived we thought it would be an excellent idea to take a photo...well, she was so excited to be here we just about managed to snap her back only! I think you'll all agree she has a lovely back and wait until you see her face! Gorgeous girl.

We are also hosting a new activity: Armchair Yoga with Sound Bowls – we cannot wait.

- **Chris Murrell Soul Singer** – Wednesday 5th at 6.30pm
- **Residents' Meeting** – Thursday 6th at 11.00am
- **Garrick Theatre Singers** – Thursday 13th at 2.15pm
- **Holy Communion with Rev. Anne** – Tuesday 18th at 11.00am
- **Coffee Shop @ St Paul's** – Thursday 20th at 11.00am
- **Armchair Yoga** – Monday 24th at 11.00am
- **Laura's Art Session** – Thursday 27th at 11.00am
- **U3A Jazz Band** – Thursday 27th at 2.00pm



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.

Take a moment to relax

Watching the clouds pass is an easy way to quiet a busy mind. In fact, cloud gazing is technically an informal form of meditation. You sit idly and focus on nothing but the sky. As clouds drift, you can imagine each cloud as a problem or difficult situation floating away.

Take a deep breath and focus on that cloud as you watch it pass through your line of sight and disappear in the distance. You can also channel your inner child by looking for fun shapes in the clouds. Cloud gazing is a quick and peaceful way to calm your nervous system.



Deep seeing exercise



Deep seeing is a simple exercise that engages the sense of sight and helps you tune in more deeply to your surroundings. All you need to do is select an object that appeals to you. It can be anything: a colourful scarf, an orange from a fruit bowl, or a fresh flower.

Then, use your sense of sight to intimately engage with that object. See the folds, colours, texture, size, and shape. Gently observe the object until you begin to notice things you didn't notice before.

Set a timer for 3 to 5 minutes so you can fully immerse yourself in the process without looking at the clock.



The amazing Rah Rah Theatre Group who came in recently to entertain us

Some final thoughts...

*Finish each day and be done with it.
You have done what you could.
Some blunders and absurdities no doubt crept in;
forget them as soon as you can.
Tomorrow is a new day.
You shall begin it serenely and with too high a spirit to be
encumbered with your old nonsense.*

Ralph Waldo Emerson



August 2026 Diary

August	Morning	Afternoon
Saturday 1	Residents' Choice / One-to-Ones	
Sunday 2	Residents' Choice / One-to-Ones	
Monday 3	11.00am – Manicures	2.00pm – Manicures
Tuesday 4	11.00am – Luna, the PAT dog	2.00pm – Board Games
Wednesday 5	10.00am – River Walk	2.00pm – Dawn, G Fitness 6.30pm – Chris Murrell – Soul Singer
Thursday 6	11.00am – Residents' Meeting	2.00pm – Tony, the Accordion Player 6.30pm-7.30pm – Relatives & Friends Meeting
Friday 7	Grace, the hairdresser	2.00pm – Residents' Choice
Saturday 8	Residents' Choice / One-to-Ones	
Sunday 9	Residents' Choice / One-to-Ones	
Monday 10	11.00am – Manicures	2.00pm – Manicures
Tuesday 11	11.00am – Residents' Choice	1.00pm – Residents' Shop
Wednesday 12	Late AM – garden for BBQ Lunch	2.00pm – Dawn, G Fitness
Thursday 13	11.00am – Art in the garden	2.00pm – Garrick Theatre Singers
Friday 14	Grace, the hairdresser	2.00pm – Residents' Choice
Saturday 15	Residents' Choice / One-to-Ones	
Sunday 16	Residents' Choice / One-to-Ones	
Monday 17	AM - Manicures	2.00pm – Manicures
Tuesday 18	Luna, PAT dog 11.00am – Communion with Rev. Anne	2.00pm – Word Game
Wednesday 19	11.00am Games Morning	2.00pm – Dawn, G Fitness
Thursday 20	10.30am – Coffee at St Paul's	2.00pm - Quiz
Friday 21	Grace, the hairdresser	2.00pm – Residents' Choice
Saturday 22	Residents' Choice / One-to-Ones	
Sunday 23	Residents' Choice / One-to-Ones	
Monday 24	11.00am - Manicures	2.00pm – Armchair Yoga
Tuesday 25	11.00am – Residents' Choice	2.00pm – Brian, Piano Man
Wednesday 26	10.00am – Simon, the Barber 11.00am - Bingo	2.00pm – Dawn, G Fitness
Thursday 27	11.00am – Laura Art Session	2.00pm – U3A Jazz Band
Friday 28	Grace, the hairdresser 11.00am – Games	2.00pm – Residents' Choice
Saturday 29	Residents' Choice / One-to-Ones	
Sunday 30	Residents' Choice / One-to-Ones	
Bank Holiday - Monday 31	11.00am – Games	2.00pm – Residents' Choice

All outdoor activities are subject to the great British weather! 😊