



Home Matters

The newsletter for The Royal Cambridge Home

Nudging at Spring's Door – March 2022

Celebrating inclusiveness in all that we do

Welcome from Rory Belfield, Registered Home Manager

I hope that you are all keeping well. As we move into Spring and enjoy the longer days, so we can hopefully look forward to enjoying the better weather after the recent February storms and start to use the Home's rear garden on milder days for residents' activities and outdoor visits too.

I wanted to update you on the latest situation with Covid-19 and testing at Royal Cambridge Home. Please continue to do a Lateral Flow test prior to your visit and if not already done so, please give the details of your vaccination status on arrival to the Home.

With regard to making an appointment to visit this will still be in place for the foreseeable future. There is now no restriction on the duration of each visit. However, I still do politely request that there is a limit on the total number of visitors entering the building at any one time and also this will be limited to a maximum of **six** residents who can have visitors per day, wherever possible. We had an occasion in February where there were eight residents each having separate scheduled visitors on the same day, we then received more requests for visiting that day, which we had to unfortunately turn down, whereas other days in the same week there were no bookings or only one or two.



Please give a minimum 24 hours' notice to request a visit as much as possible. If we can fit you in to a slot we will try our best to do so. It is with the aim of keeping all our residents and staff as safe as possible.

Finally, if a member of your household has tested positive we respectfully ask that you do not visit for 10 days (this has been reduced from 14).

Many thanks for your co-operation and warm regards. **Rory**

February reporting

We kicked off the second month in the year with the start of the Chinese New Year. There were fun and games in the lounge as Gay got everyone to attempt eating noodles and prawn crackers with chopsticks. This started out as a serious competition but soon escalated into fits of giggles and chaos.

We helped to celebrate Esme's 100th birthday in true Royal Cambridge style with a few glasses of bubbles. She was joined by her son Dominic and best friend Sootie the dog, who we are all completely besotted by!

Staff News

Well, we were only saying recently how lucky we are to keep staff and suddenly we have a few changes to report!

Gillian our Activities Coordinator will be retiring on the 22nd March. Gillian has worked alongside Gay and has been responsible for setting up the Scrabble Club, Jigsaw Sessions, Poetry Readings, Friday Bingo, relaxing hand massages and of course her regular library visits to name but a few. She will be missed and we all wish her a happy, long and very healthy retirement.

Yessika our part-time Kitchen Assistant will be leaving us on 15th March. Yessika has accepted an exciting opportunity at The British Museum and although we are very sad she is leaving us we understand an opportunity such as this does not come up very often. We wish her all the very best in her career and thanks from all of us.



And finally.....can we hear the patter of tiny feet? Well, nearly. Two of our team will be heading off on maternity leave soon. Audrey is expecting her third child and will be commencing her maternity leave towards the end of March. Next up will be Diane, our Senior Carer, who is expecting her second in early summer. Knitting needles to the ready folks!

Recruitment

With this in mind, we will be starting a recruitment campaign. For our first phase we will be looking for two experienced carers to join the team and also an experienced Care Manager to work alongside Vicky our Deputy and our seniors. This is an exciting time to join The Royal Cambridge and we hope to attract some excellent candidates. We will keep you all informed of progress.

What's coming up?

OK folks, to celebrate Shrove Tuesday we have our annual Residents & Staff "Flip & Dash Pancake Competition". This always ends up in a photographic finish, with Rory as head judge getting involved. There will be tears of joy and disappointment as we run the lounge whilst flipping pancakes.



- ◆ **Flip & Dash** – Tuesday 1st March (morning)
- ◆ **Liliana, Florist** – Tuesday 1st March (2.30pm)
- ◆ **Stella, Chiropodist** – Monday 7th March (morning)
- ◆ **Gardening Club** – A welcome return on Tuesday 8th March – late morning
- ◆ **Residents' Meeting** – Thursday 31st March – 11.00am

Birthdays

We celebrate Mary's birthday on the 1st March (what a busy day we have lined up). Have a lovely day Mary.



Today

By Billy Collins

If ever there were a spring day so perfect,
so uplifted by a warm intermittent breeze
that it made you want to throw
open all the windows in the house
and unlatch the door to the canary's cage,
indeed, rip the little door from its jamb,
a day when the cool brick paths
and the garden bursting with peonies
seemed so etched in sunlight
that you felt like taking
a hammer to the glass paperweight
on the living room end table,
releasing the inhabitants
from their snow-covered cottage
so they could walk out,
holding hands and squinting
into this larger dome of blue and white,

well.....today is just that kind of day.

Oh wow, what an amazing poem. We can just imagine that couple and the canary free at last looking at that brilliant blue sky. The picture next door to it was taken on the morning of Friday 25th Feb this year of our back garden slowly awakening from winter and surviving our recent storm.



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

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.

March Diary 2022



March	Morning	Afternoon
Tuesday 1	Mary's Birthday 11.00am – "Flip & Dash" Competition	2.30pm – Liliana, the florist
Wednesday 2	10.30am – Keep Fit with woggles	2.30pm – Quiz & Poetry
Thursday 3	10.30am – Skittles	2.30pm – Board Games
Friday 4	Grace, the hairdresser	2.30pm – Friday Bingo
Saturday 5		
Sunday 6		
Monday 7	Stella, the chiropodist 10.30am – Poetry	2.30pm – Exercise & Relaxation
Tuesday 8	10.30am – Gardening Club	2.30pm – Board Games
Wednesday 9	10.30am – Keep Fit with tins	2.30pm – Hand Massages
Thursday 10	10.30am – Seated netball	2.30pm – Jigsaw Session
Friday 11	Grace, the hairdresser	2.30pm – Friday Bingo
Saturday 12		
Sunday 13		
Monday 14	10.30am – Gentle Exercise & Relaxation	2.30pm – Jigsaw Session
Tuesday 15	10.30am – River stroll	2.30pm – Board Games
Wednesday 16	10.30am – Photo Shoot	2.30pm – Hand Massages
Thursday 17	10.30am – Gentle Exercise & Relaxation	2.30pm – Quiz & Poetry
Friday 18	Grace, the hairdresser	2.30pm – Friday Bingo
Saturday 19		
Sunday 20		
Monday 21	10.30am – Gentle Exercise & Relaxation	2.30pm – Quiz & Poetry
Tuesday 22	10.30am – River stroll	2.30pm – Board Games
Wednesday 23	10.30am – Keep Fit to music	2.30pm – Residents' Choice
Thursday 24	10.30am – Hand massages	2.30pm – Residents' Choice
Friday 25	Grace, the hairdresser	2.30pm – Friday Bingo
Saturday 26		
Sunday 27		
Monday 28	10.30am – Gentle Exercises	2.30pm – Residents' Choice
Tuesday 29	10.30am – Residents' choices	2.30pm – Residents' Choice
Wednesday 30	10.30am – Keep Fit with tins	2.30pm – Residents' Choice
Thursday 31	11.00am – Residents' Meeting	2.30pm – 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!