

Home Matters

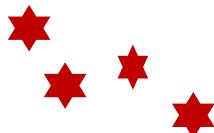
The newsletter for The Royal Cambridge Home

Jingling all the way in December 2023

Celebrating inclusiveness in all that we do



Ho Ho Ho



Well can you believe it folks...we suddenly find ourselves in December! This year seems to have absolutely flown by. And what a year it has been.

One of the key aspects of 2023 has been the demolition of no. 84 and the commencement of our new building on site. After many years of planning it has been wonderful to finally see the beginnings of our new Home rise from the ground. There is another staff tour on the 1st December, so we will be providing plenty of photographs and updates in the January issue. Thank you to everyone behind the scenes, namely our chairman Robert Dowler and our manager Rory who have worked hard to get us to this point.

Every month Gay and Tina our activity team have provided a varied and entertaining diary of events. The professional entertainers, including Liam, Carol, Liliana, Dawn and Kit who have also between them added an extra exciting element. So, when you add Gillian, our part time ad-hoc activity co-ordinator to the mix and also our mini bus for excursions, we really are so fortunate to have such a fun packed atmosphere throughout the year. Oh and did we mention our day trip to Eastbourne...what a memorable day that was, we even hired an extra minibus so that we could take as many people as possible.



Patricia & Akshita at the ice rink café

A brief look back to November...

There have been plenty of trips out along the river with café breaks. We continue to make the most out of our free tickets to Hampton Court and now that we approach Christmas, there have been various trips to the ice rink to watch the skaters, both professional and not-so, whilst sitting back with a hot chocolate and marshmallows.



Privilege, Tina, Ewa, Beryl, Audrey, Pat & Peter enjoy the rowing club café hospitality

We all enjoyed a relaxing time at our recent **Wellbeing Wednesday** which included visualisations, breathing exercises and beautiful poetry against a backdrop to some very soothing music. Our next one is scheduled for Wednesday 17th Jan for hopefully another mindful day.





Janet & Kit (of Kit's Knits fame)

Constance, the professional classical pianist came over earlier in the month, which was extremely moving. She introduced each piece with a little bit of background history and enthralled us all.

We also enjoyed a rather pleasant afternoon with Louise, who presented "The Wonders of Winter" talk.

To get us in the mood for Christmas our Chairman and Trustees came over for our annual Stirring the Christmas Pudding event. What a lovely day that was. Our guests of honour were our charming mayor and mayoress. If you remember, they came to our summer garden party and they really were such a hit with everyone. Great stuff.

And finally, our thanks to the organisers of The Festival of Remembrance, for a marvellous day out at the Albert Hall. Our box was just perfect and we all enjoyed a wonderful matinee performance.



Surinder & Beryl

Christmas Resident Birthday

A very festive sparkling happy birthday to David, who will be celebrating on Friday 8th December.

Staff News

We now have a gentleman called Luca, who is here permanently in charge of our laundry. Luca works Mon-Fri mornings.

Also new to the team is Surinder who has joined the care team.

Welcome to both our lovely new recruits, who have fitted in well already.



Director / Trustee Recruitment

Following the successful recruitment of Kathy Rajan to our team of trustees and with the imminent move to our new home, the Chairman and our team of Directors and Trustees would very much like to recruit another person to support the team. 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. Please contact Rory Belfield in the first instance.



Three of our trustees: John, Nigel & Kathy



Melissa, Gisele & Janet

My Life TV

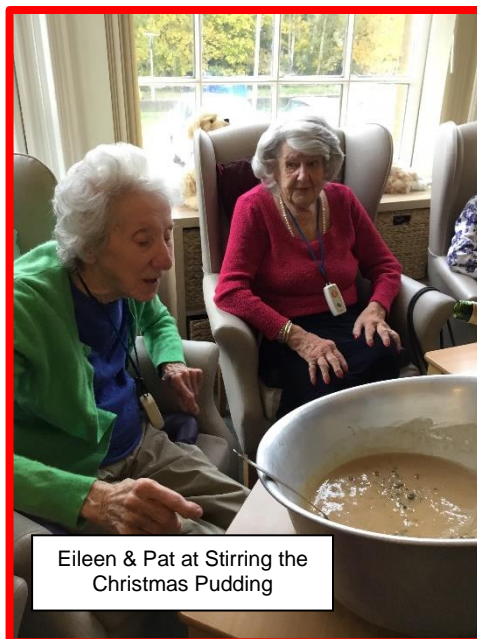
We have recently purchased **My Life TV** which is an app on our activities table. It offers a range of viewing options and can do so much more. The team here will be happy to show everyone and will be playing it from our activities table. For anyone not in the know, our activities table is a rather special piece of kit. It is similar to a very (very!) large iPad. We use it a lot and it even has an app as a keyboard.



What's coming up

OK folks, this is going to be a terrific festive month. We have so many things going on so please be sure to check the diary at the back. In the meantime, below are just some highlights:

- **Residents' Meeting** – Weds 6th at 11.00am
- **Liam singer & Christmas Party** – Thurs 7th at 11.00am
- **Alastair, singer** – Tuesday 12th at 11.00am
- **ELF DAY** – Weds 13th
- **Garden Centre lunch** – Thurs 14th from 11.00am
- **Sunshine Children Concert** – Mon 18th at 10.00am
- **Gay's Carol Concert** – Tues 19th at 11.00am
- **Pub lunch** – Weds 20th Dec – late morning
- **RA RA Jingle Bells Singers** – Fri 22nd Dec at 11.00am
- **Liliana, Christmas Flower Session** – Sat 23rd at 10.30am



Eileen & Pat at Stirring the Christmas Pudding

Message from Rory

As we go into the last stages of our building phase we are heading towards a very exciting period of history and we all feel very blessed to be part of it. My thanks as ever to our wonderful team of staff here, both long standing and new recruits, who together make this a warm, welcoming and caring place to live, work and visit.

Our end goal is to have a beautiful, state of the art home for every one of our residents, a great working environment for our staff and of course a lovely place to visit.

I wish everybody peace, good health and happiness for the festive period. Happy Christmas!

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.

A Savior is Born!

G M C I L W T F M S M O F O S A I T H P
 B O N Q Y Q I V P X Y V N J N U O P P Y
 H F L O J D D N U F R F H L D L E M A C
 F O V D S O H Q I S R E X V L S M B U U
 F V S P C I A J D A H M X Y O A L S S X
 H L J Y D A G Q N H F C H J B C H I G S
 U M G H J E H K H G W I A V I E T S E A
 P M G Z K Z I C T F O Q Q O E V E G D C
 U J I K M N D S H O U M E P R Q S J P K
 B N Y H C V E R G U H E H Q C C U T D V
 F U M E S Z L T E J E O X M L G S T Y I
 A G N I L O R A C H E K K I B L T N U M
 Z S U Y Z C R L A H P S U N W F N E E N
 E A B P J F K G C E I E U L F H Z M V D
 H A T K R R X P J A A A H S A O C E O C
 B J Y P M P Q Z J A F V G S K J T S L Q
 C U F K S L V Z Y D U C P G P T Z I S X
 C J I V D A I J E B Z D S Y V H S W A S
 M A R Y Q W G M H F J Q G F H M G R M G
 G I A A N G E L P P H M O X B K K X R T





Little Tree

E E Cummings



Little silent Christmas tree
you are so little
you are more like a flower

who found you in the green forest
and were you very sorry to come away?
see I will comfort you
because you smell so sweetly

I will kiss your cool bark
and hug you safe and tight
just as your mother would,
only don't be afraid

look the spangles
that sleep all the year in a dark box
dreaming of being taken out and allowed to shine,
the balls the chains red and gold the fluffy threads,

put up your little arms
and I'll give them all to you to hold
every finger shall have its ring
and there won't be a single place dark or unhappy

then when you're quite dressed
you'll stand in the window for everyone to see
and how they'll stare!
oh but you'll be very proud

and my little sister and I will take hands
and looking up at our beautiful tree
we'll dance and sing
"Noel Noel"





December 2023 Diary



December	Morning	Afternoon
Friday 1	Grace, the hairdresser	2.00pm Residents' Choice
Saturday 2	10.00am-4.00pm – Gillian – various activities	
Sunday 3		
Monday 4	10.00am – Brooklands Shopping	2.00pm – Christmas crafting
Tuesday 5	11.00am – A Christmas Story by Zoom	2.00pm Liliana, Floristry Class
Wednesday 6	11.00am – Residents' Meeting	2.00pm Dawn, G Fitness
Thursday 7	11.00am – Liam, Christmas Party Special with sherry & mince pies	
Friday 8	Grace, the hairdresser	2.00pm Residents' Choice
Saturday 9		
Sunday 10		
Monday 11	10.00am – Ice Rink	2.00pm – Gingerbread houses
Tuesday 12	11.00am – Alistair, pianist & singer	2.00pm – Making peppermint creams
Wednesday 13	ELF DAY 10.00am – Residents' Shop	2.00pm – Dawn, G Fitness
Thursday 14	11.00am – Kit's Knitting Club Garden Centre & Lunch	2.00pm - Quiz
Friday 15	Grace, the hairdresser	2.00pm - Residents' Choice
Saturday 16		
Sunday 17		
Monday 18	Stella, Chiropractist 10.00am – Sunshine Children Concert	2.00pm – Hand Massages
Tuesday 19	11.00am – Gay's Christmas Carol Concert	2.00pm – Christmas Quiz
Wednesday 20	10.00am – Residents' Shop 11.00am – Christmas Pub Lunch	2.00pm – Dawn, G Fitness
Thursday 21	Grace, the hairdresser	2.00pm – Film Afternoon
Friday 22	11.00am – RA RA Jingle Bell Singers	2.00pm – Residents' Choice
Saturday 23	10.30am – Liliana, Christmas Floristry	
CHRISTMAS EVE		
CHRISTMAS DAY		
BOXING DAY		
Wednesday 27	10.00am – Residents' Shop	2.00pm – Dawn, G Fitness
Thursday 28	11.00am – Quiz	2.00pm – Residents' Choice
Friday 29	11.00am - Quiz	2.00pm – Residents' Choice
Saturday 30	10.00am-4.00pm – Gillian – various activities	
Sunday 31	NEW YEARS EVE	

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!