



Home Matters



The newsletter for The Royal Cambridge Home
Clear skies and sparkly nights for a magical Christmas 2021
Celebrating inclusiveness in all that we do



Notes from the Chairman

As a year of tumult and uncertainty draws to a close it is with a feeling of great relief and optimism we can look forward to 2022. As I write this on the last day on which those opposed to our redevelopment plan could apply for a judicial review of the decision of the Planning Inspector, there is no indication that such an application has been made and, that being the case, the way forward looks clearer than for the many long months of waiting.

That having been said, we are looking at a world which has changed considerably since our plans were first formulated with a pandemic, Brexit etc. all of which have had a major impact on the construction industry. Whilst we are very keen to see the project get underway it would be prudent to wait, hopefully for a short while for market conditions to stabilise. I hope we shall have more news of progress in the early part of next year.

Now, however, it is time to look forward to celebrating Christmas which this year happily looks to be possible without the severe restrictions of Christmas 2020. A busy schedule of events lies in store and no doubt Gay and her team will manage as usual to fill the Home with Christmas trees and decorations.

Huge thanks are, as ever, due to all the staff who have worked so hard throughout this year to overcome the difficulties and to keep all our residents safe and well. You are deserving of the highest praise.

A very happy Christmas to everyone and best wishes for an exciting and eventful New Year.

Robert Dowler, Chairman – December 2021



The crafts team at work



PJ Day with Janet, Ewa & Joyce who have somehow managed to make pyjamas glamorous!

Don't bother getting dressed

The run up to the Christmas month is always a fun time as we get into the spirit of things and start planning for December. This year was no different. We had our annual Pyjama Day, which as ever, was terrific fun. Everybody looked fabulous and somehow managed to carry off a certain je nais se quoi whilst wearing PJ's.



Toilet rolls at dawn

The Christmas crafts team set up the table in the lounge and started work on stunning festive displays using old toilet rolls. Who would have thought it? Painted, glued and set off with tinsel, once complete they look like small Austrian scenes and are the centrepiece in each residents' rooms, with each person having their own unique decoration.



The Trustees gather for Stirring the Christmas Pudding

Stirring the Christmas Pudding

Our Chairman and Trustees gathered in the lounge for our annual event. It was so lovely to see everyone in person, albeit behind masks and plastic aprons! Our guests reported that they so enjoyed seeing all the staff and residents, for what has been a long time. Although we have been holding regular Director meetings and scheduled Trustee meetings, the majority of these have been via Zoom and the last Trustee meeting in the summer took place outside in our garden under a marquee!

Resident birthdays

We had Edna's birthday at the beginning of the month who was taken out by her daughter and family for a surprise celebration party for her 100th. Later in the month Beryl celebrated her 80th with her daughter and family with a private celebration in the Library.

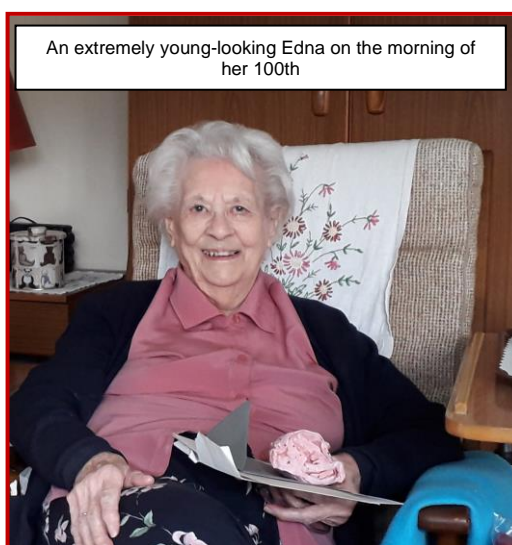
Coming up this month we have David on the 8th. Have a very happy birthday David.

Fundraising

Although we are a charity ourselves we do like to support both MacMillan Cancer Research and also the Poppy Appeal. This year's MacMillan's Coffee Morning, organised by Gay, raised a whopping £83.00 – this was quite an achievement bearing in mind it's mainly the staff that donate prizes and buy raffle tickets. Well done everyone and thanks for your support and generosity.



This year's Poppy Appeal raised a not insignificant £33.41.



An extremely young-looking Edna on the morning of her 100th



Audrey at Hampton Court Ice Rink.





Welcome

We welcomed Roger earlier in the month, who is here for a period of respite. Roger has been a respite visitor before so it has been lovely to see him again and as luck would have it he timed his stay brilliantly as he was able to join us for Pyjama Day.....many have tried, but few escape the day!

Covid Update

On 11th November 2021 the Government has made it a legal requirement for staff working in care homes to have both vaccinations. They have also stated that health professionals and contractors by law must also be vaccinated to enter the premises. Although not yet law and with the new variant Omicron making headline news, Rory is keen to ensure ALL visitors are vaccinated, unless medically exempt. To that end, we have been asking all relatives and friends for proof of vaccines, with details of dates and if

applicable, when they had their boosters. This information is kept confidentially in the main office, accessible by certain members of staff only.

The rest of our current visiting policy remains in place, i.e. please book in your visit with either Sue or Melissa in the main office, please do a lateral flow test on the day and report it to the Government website. You will be asked for proof of a negative result on arrival.

www.gov.uk/report-covid19-result
Home's Unique ID: 10028876

Once in, visitors are asked to wear a fresh mask supplied by us, to sign in, wash hands and wear a plastic apron and gloves.

Thank you everyone for your cooperation on this, we know it's a pain but our priority is to keep everyone safe and so far it has paid off.





What's coming up?

It's Christmas! Gay and Gillian have got some terrific things planned, some traditional and some not. Key dates to note:

- Friday 10th – Christmas Photoshoot
- Monday 13th - Stella, the chiropodist
- Tuesday 14th – Residents' Meeting
- Friday 17th – Christmas Baking with Melissa
- Wednesday 22nd - Gay's Christmas Carol Concert followed by the Grand Christmas Eve Raffle
- Thursday 23rd AM – Staff Christmas Olympics
- Thursday 23rd PM –Floristry with Liliana



Sootie sporting a lovely mustard number from her new winter collection



A message from Rory

I would like to reiterate Robert's words earlier in thanking each member of our brilliant Royal Cambridge Home staff. Every single person here plays an important part in keeping our residents safe, cared for and happy. The atmosphere here is always bright and cheerful and having worked through the entire pandemic with such professionalism is really quite something. Everybody here has been affected by the situation we have all found ourselves in and I thank them all for their hard work.

Thank you also to all our visitors for your support and complying with what has at times, seemed like a continuous changing scene.

It is a unique place to live, work and visit and now the future of the Home looks set to continue for many years to come.



Wishing you all a very happy, peaceful and safe Christmas.



Janet pulls off PJ Day with style

And finally....a few interesting facts about Christmas



- Norwegian scientists have hypothesized that Rudolph's red nose is probably the result of a parasitic infection of his respiratory system (poor Rudolph!).
- Most of Santa's reindeer have male-sounding names, such as Blitzen, Comet, and Cupid. However, male reindeers shed their antlers around Christmas, so the reindeer pulling Santa's sleigh are likely not male, but female or castrated.
- The traditional three colours of Christmas are green, red, and gold. Green has long been a symbol of life and rebirth; red symbolizes the blood of Christ, and gold represents light as well as wealth and royalty.
- The world's largest Christmas stocking measured 106 feet and 9 inches (32.56 m) long and 49 feet and 1 inch (14.97 m) wide. It weighed as much as five reindeer and held almost 1,000 presents. It was made by the Children's Society in London on December 14, 2007.
- Christmas trees usually grow for about 15 years before they are sold.
- Many European countries believed that spirits, both good and evil, were active during the Twelve Days of Christmas. These spirits eventually evolved into Santa's elves, especially under the influence of Clement C. Moore's *The Night Before Christmas* (1779-1863).
- Each year there are approximately 20,000 "rent-a-Santas" across the United States. "Rent-a-Santas" usually undergo seasonal training on how to maintain a jolly attitude under pressure from the public. They also receive practical advice, such as not accepting money from parents while children are looking and avoiding garlic, onions, or beans for lunch.
- Ancient peoples, such as the Druids, considered mistletoe sacred because it remains green and bears fruit during the winter when all other plants appear to die. Druids would cut the plant with golden sickles and never let it touch the ground. They thought it had the power to cure infertility and nervous diseases and to ward off evil.
- Mistletoe (*Viscum album*) is from the Anglo-Saxon word *misteltan*, which means "little dung twig" because the plant spreads through bird droppings (how romantic).



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

The Care Quality Commission (CQC) – 03000 616161
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.

Christmas Diary 2021



December	Morning	Afternoon
Wednesday 1	10.30am – Newsletter	2.30pm – Liliana, Floristry
Thursday 2	11.00am - Zoolab	2.30pm – Jigsaw
Friday 3	Grace, the hairdresser 10.30am – Start Christmas Decorating	2.30pm – Friday Bingo
Saturday 4		
Sunday 5		
Monday 6	10.30am – Gentle Exercise & Relaxation	2.30pm – Memory Tray
Tuesday 7	10.30am – Activity Table	2.30pm – Christmas Party with The Royal Hospital Chelsea
Wednesday 8	10.30am – Sing-a-Long	2.30pm – Christmas Craft Card Making
Thursday 9	10.30am – Gentle Exercise & Relaxation	2.30pm – Board Games
Friday 10	Grace, the hairdresser 10.30am – Keep Fit	2.30pm – Friday Bingo
Saturday 11		
Sunday 12		
Monday 13	AM – Stella, the chiropodist 10.30am – Hand Massages	2.30pm – Jigsaw
Tuesday 14	11.00am – Residents' Meeting	2.30pm – Crafts – Making Lavender Bags
Wednesday 15	10.30am – Christmas Photoshoot	2.30pm – Board Games
Thursday 16	10.30am - Skittles	2.30pm – Quiz & Poetry
Friday 17	Grace, the hairdresser 10.30am – Christmas Baking with Melissa	2.30pm – Friday Bingo
Saturday 18		
Sunday 19		
Monday 20	10.30am – Gentle Exercise & Relaxation	2.30pm – Board Games
Tuesday 21	10.30am – Christmas Arts & Crafts	2.30pm – Quiz & Poetry
Wednesday 22	10.30am – Christmas Carol Concert 11.00am – Grand Christmas Raffle	2.30pm – Hand Massages
Thursday 23	10.30am – Staff Games	2.30pm – Christmas Floristry with Liliana
Christmas Eve	Grace, the hairdresser 10.30am - Christmas Keep Fit	2.30pm – Christmas Eve Bingo
Christmas Day		
Boxing Day		
BH Monday	10.30am – Gentle Exercise & Relaxation	2.30pm – Jigsaw
BH Tuesday	10.30am – Keep Fit	2.30pm – Board Games
Wednesday 29	10.30am – Keep Fit	2.30pm – Quiz Ball
Thursday 30	10.30am – What's in the Bag	2.30pm – Quiz & Poetry
New Years Eve	Grace, the hairdresser 10.30am – New Year's Resolutions	2.30pm – New Year's Eve Bingo

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!