



Home Matters



The newsletter for The Royal Cambridge Home

A blood curdling spooky October 2021

Celebrating inclusiveness in all that we do (including all witches)



Notes from the Chairman

A glimmer of hope that we may soon be hearing from the Planning Inspectorate with the outcome of our planning appeal occurred recently with a request from them - the Planning Inspectorate for our response to suggested additional conditions which, after consideration, were deemed to be non-contentious. And, whilst we cannot rely on that to believe that the decision will be in our favour, it is, perhaps, indicative. So still we wait with fingers crossed, wood touched etc.

As we move into autumn which some experts declare to be arriving earlier this year, we live with the news that gas prices are rising, goods deliveries are under enormous pressure with a shortage of HGV drivers, petrol stations have empty tanks etc. – all part of the realities of life in the UK and the world generally as we work our way through the effects of the Covid pandemic. It all sounds rather gloomy if you let it – but we won't.

We know that life at the Home will carry on with our staff working as hard as ever to keep our residents cheerful, active, safe and warm and, as always, we offer all the staff our grateful thanks for all that they do to ensure that. And before we know it Christmas will be upon us so we had better start planning for that. **Robert Dowler, Chairman – October 2021**



Janet & Beryl on board

A spectacular September

Thank you Mr Dowler and we are all keeping our fingers crossed for positive appeal news soon.



Esme, Rory & Audrey

Well, what a surprising September we had, the weather was spectacular after a bit of a gloomy August. We made the most of it and had some wonderful trips out. We had ad-hoc trips to the river, Cowey Sale, the Library and a very enjoyable lunch out on our Thames Boat Trip.



After selling the Vauxhall Agila, Gay is now moving onto the high seas



Vicky & Janet celebrating Janet's birthday



A tense moment with the jigsaw club as memories of the "2020 Jigsawgate" come flooding back.

08/09/2021



Staff News

We are currently recruiting for an experienced and qualified Care Manager, a Day Care Assistant and a Night Care Assistant.

Trustee Recruitment

We are looking to recruit a new Trustee to support our Chairman Robert Dowler and our Trustees. 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.

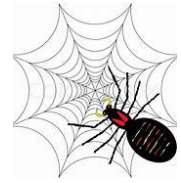


Amie

Memory Walk

Huge congratulations to our Amie, who has recently completed The Memory Walk, which is run by the Alzheimer's Society. This is a great charity and close to so many of our hearts, Amie participated with her friends in memory of her boyfriend's late grandad. She reported that she had been out for quite a day of celebrations and partying the day before so hats off to her for getting out of bed early and leaving that duvet behind! An achievement in itself.

Residents' Birthdays



Happy Birthday to Irene, who will be celebrating on the 24th October (...so very near to Halloween...)



Happy 60th Maggie

Celebrating the big 60

Happy birthday to our Maggie, who recently celebrated her 60th. She tried desperately to hide in the lounge behind a hoist, however, a team was quickly deployed to the area to extract her so that she could endure (sorry enjoy) her surprise presentation.



Gisele



Maggie & daughter Melissa



Joyce C





Things that go bump in the night

by "Graffiti Poet"

I've never been one for being afraid,
Or running away from a fight,
But I shiver with fear, whenever I hear
Things that go bump in the night.

You can call me a fool, if I hear a ghoul
Creaking its foot on the stair,
I'm outta that place, at double quick pace
You're not going to keep me in there.

I know they're not real, it's just how I feel
We all have our crosses to bear,
At the first chilly breeze, I'm down on my knees
Reciting the words of a prayer.

If I saw a ghost, what would frighten me most
Would be if they noticed me too,
I'd probably faint, seeing something that ain't;
Something you shouldn't see through.

The worst thing I've seen, in life or on screen
Is a poltergeist turning her head,
I kept on the light, for many a night
And always checked under my bed.

You may laugh and scoff, if it's spooky I'm off
At the first sign of something not right,
It's true what I've said, I'm afraid of the dead
And things that go bump in the night....



The Library Visit – Janet with “The Final Silence”



Condolences

Our condolences to the family of Joyce, who recently departed these shores. Joyce had been a well-loved resident and will be greatly missed by staff and friends here. Our thoughts go out to her daughters Jenny & Penny. Rest in peace dear Joyce.



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.

A Scary October Diary 2021

| October | Morning | Afternoon |
|--------------|--|---|
| Friday 1 | (don't forget Grace hairdresser in tomorrow) 11.00am - MacMillan Coffee Morning | 2.30pm – Friday Bingo |
| Saturday 2 | Grace, the hairdresser | |
| Sunday 3 | | |
| Monday 4 | 11.00am – Garden Centre Visit | 2.30pm – Liliana, Florist |
| Tuesday 5 | 10.30am – Activities Table | 2.30pm – Jigsaw 4.30pm – Rainbows planting bulbs |
| Wednesday 6 | 10.30am – Keep fit with scarfs | 2.30pm – Quiz & Poetry |
| Thursday 7 | 10.30am – News & Views | 2.30pm – Hand Massages |
| Friday 8 | Grace, the hairdresser 10.30am – One to One's | 2.30pm – Friday Bingo |
| Saturday 9 | | |
| Sunday 10 | | |
| Monday 11 | 10.30am – Gentle Exercise & Relaxation | 2.30pm – Board Games |
| Tuesday 12 | 10.30am – Memory Ball | 2.30pm – Jigsaw |
| Wednesday 13 | 10.30am – Keep fit to music | 2.30pm – Seated Netball |
| Thursday 14 | 11.00am – Residents Meeting | 2.30pm – Quiz & Poetry |
| Friday 15 | Grace, the hairdresser 10.30am – Residents' Choice | 2.30pm – Friday Bingo |
| Saturday 16 | | |
| Sunday 17 | | |
| Monday 18 | 10.30am – Gentle Exercise & Relaxation | 2.30pm – Memory Tray |
| Tuesday 19 | 10.30am – Food Tasting Morning | 2.30pm – Skittles |
| Wednesday 20 | 10.30am – Keep fit with tins | 2.30pm – Activities Table |
| Thursday 21 | 10.30am – News & Views | 2.30pm – Activities Table |
| Friday 22 | Grace, the hairdresser 11.00am – Activities Table | 2.30pm – Friday Bingo |
| Saturday 23 | | |
| Sunday 24 | Irene's Birthday | |
| Monday 25 | 10.30am – Gentle Exercise & Relaxation | 2.30pm – ISpy Bottle |
| Tuesday 26 | 10.30am – Activities Table | 2.30pm – Skittles |
| Wednesday 27 | 10.30am – Keep Fit | 2.30pm – Activities Table |
| Thursday 28 | 10.30am – News & Views | 2.30pm – Activities Table |
| Friday 29 | Grace, the hairdresser 10.30am – Photo Shoot | 2.30pm – Friday Bingo |
| Saturday 30 | | |
| Sunday 31 | A very spoooooooky Halloween | |



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! Suggestions include, flying with bats, slaying vampires and the finer arts of steering a broomstick.