



# Home 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.*



## February 2026



## Welcome

Welcome everyone to our February issue of Home Matters. Not only will we be celebrating Valentine's Day on 14<sup>th</sup>, the 7<sup>th</sup> is the start of the Chinese New Year, which this year is the Red Fire Horse, so we thought we would add a fiery tinge to the colour scheme.

And has anyone noticed a slight addition to our newsletter? We'll give you a clue; it's on this page. Well done to all those super observant people who spotted we now have a Mission Statement. Now that we have had plenty of time to settle into our building we thought it was about time we had something to reflect our amazing facilities and the first class care we provide. We put it out to everyone to have a think about wording and thank you to all those that submitted ideas. The winning entry went to Colonel Nigel Gilbert MBE, one of our trustees, who summed up perfectly our ethos.

We had a lovely January on the activity front. With a final nod and farewell to December's festive activities, we booked the brilliant RAH RAH Theatre Group, who came in to perform Dick Whittington. Oh no they didn't. Oh yes they did! Superb!



Ann & Gay under the parachute



Keith & Frances enjoy the panto

And talking of good times. Our Gay galvanised staff and residents in her famous (we're talking the Molesey area) parachute game. This went down a storm and not only was it a great form of exercise we had a huge amount of fun.

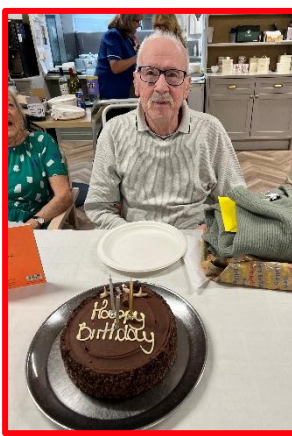
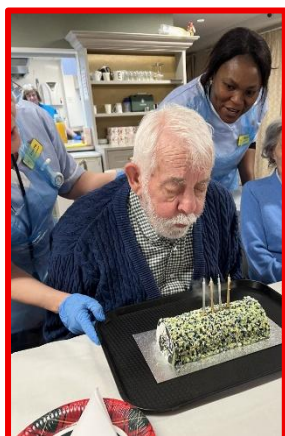
New to the entertainment schedule has been The Garrick's Temple Singers, who are a most welcome addition. Incredible singers who managed to enchant us all. They will be back!



# Resident Birthdays

This month we have just one birthday and it just happens to be for Patricia S<sup>2</sup> (this is confusing we now have three Patricias including two Patricia S's), who is our newest resident so what better way to celebrate her arrival to the Royal Cambridge! Welcome Patricia and a very happy birthday from all of us for **Thursday 12<sup>th</sup> February**. (We will be sure to post a picture in March!)

Below are our lovely January birthday residents enjoying their special days. From left to right **Jon, Alma, Hamish & Merrill**.



# Relatives & Friends Surveys

To all our relatives and friends of the Home, we really appreciate your views. Please do spend five minutes to complete our anonymous online survey. This really helps us gauge what we are doing well and any areas that need to be highlighted. The link will be sent out to everyone, but if you haven't received it, please click below, thank you:

[Relatives / Friends / Advocate Questionnaire 2026 – Fill out form](#)



The Garrick's Temple Singers

# Celebrating Chinese New Year

## The Year of the Red Fire Horse

This year is the Year of the Red Fire Horse which starts on the 17<sup>th</sup> February 2026 ending on 7<sup>th</sup> February 2027. This symbolises energy, boldness and transformation. You are a fire horse if you were born in these years 2014, 2002, 1990, 1978, 1966, 1954 and 1942.



### Characteristics of the Red Fire Horse

The Horse in Chinese astrology is associated with **energy, freedom, enthusiasm and confidence**. When combined with the Fire element, these traits are amplified, leading to a year characterised by passion, motivation and a drive for personal change, pursuing goals with vigour.

### What to expect

The Year of the Red Fire Horse promises to be a transformative period filled with opportunities for those willing to embrace change and take action. It encourages individuals to harness their inner strength and pursue their ambitions with confidence and enthusiasm. As the year unfolds, understanding how this energy interacts with your zodiac sign can provide valuable insights into navigating the challenges and opportunities ahead.

## Some of the traditions in celebrating the new year

### Fireworks & Firecrackers

Setting off fireworks and firecrackers is a traditional way to celebrate the New Year to scare away evil spirits.

### Giving Red Envelopes

It is customary to give red envelopes filled with money to children and younger family members. This tradition symbolises good luck and prosperity for the coming year.

### Lantern Festival

The celebrations culminate in the Lantern festival, which occurs on the 15<sup>th</sup> day of the New Year. People hang lanterns, solve riddles and enjoy traditional foods marking the end of the New Year festivities.



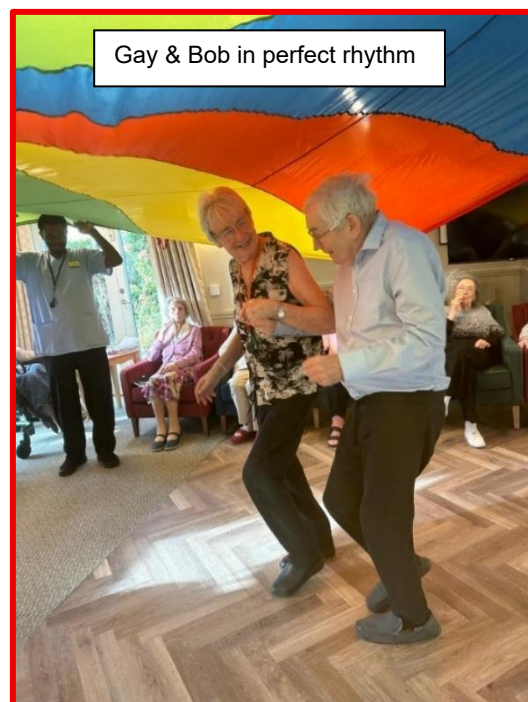
# If You Knew

by Ruth Muskrat Bronson



If you could know the empty ache of loneliness,  
masked well behind the calm indifferent face  
of us who pass you by in studied hurriedness,  
intent upon our way, lest in the little space  
of one forgetful moment hungry eyes implore  
you to be kind, to open up your heart a little more,  
I'm sure you'd smile a little kindlier, sometimes,  
to those of us you've never seen before.

If you could know the eagerness we'd grasp  
the hand you'd give to us in friendliness;  
what vast, potential friendship in that clasp  
we'd press, and love you for your gentleness;  
if you could know the wide, wide reach  
of love that simple friendliness could teach,  
I'm sure you'd say "Hello, my friend," sometimes,  
and now and then extend a hand in friendliness to each.



# Staff Recruitment

We are recruiting for the following positions:

- Experienced and qualified **Day Care Assistants** (part-time and full-time)
- **Senior Night Care Assistant** (part-time)
- Experienced and qualified part-time **Night Care Assistant**
- **Bank Minibus Driver** – Various hours and days on a casual basis



Come and be part of our fabulous team at No. 84.

## What's coming up?

Please check the main diary at the back of this newsletter for the full schedule. However, below are a few highlights worth noting in your diaries.

**Something new:** We are hosting a couple of evening gatherings this month for residents. The first on the evening of Wednesday 4<sup>th</sup> February from 6.00pm will be a pub night. We are turning our salon on the first floor into a bar for the evening. Please let the team know if you would like to attend. There will be nibbles, drinks, good company and conversation.

The other evening will take place on Wednesday 25<sup>th</sup> Feb at 6.30pm for a cheese & wine evening. Both of these are open to all residents who would like to attend.

Please do let us know what you think of these.

Other highlights worth noting in your diaries:

- ♥ **Residents' Meeting** – Monday 2<sup>nd</sup> February at 11.00am.
- ♥ **Hurst Park School Readers Session** – Monday 2<sup>nd</sup> February at 2.00pm
- ♥ **Tony the accordion player** – Thursday 5<sup>th</sup> February at 2.00pm
- ♥ **Hinchley Wood School Tea Party** – Friday 6<sup>th</sup> February at 2.00pm
- ♥ **Birds of Prey Experience** – Thursday 12<sup>th</sup> February at 10.00am
- ♥ **Communion with Rev. Anne Farmer** – Wednesday 18<sup>th</sup> February at 11.00am
- ♥ **Peter Toth, pianist** – Thursday 19<sup>th</sup> February at 11.00am
- ♥ **Whiteley Village visit** – Tuesday 24<sup>th</sup> February – depart at 10.00am
- ♥ **Harry the opera singer** – Thursday 26<sup>th</sup> February at 11.00am



**Social Media** - Follow us on Instagram for all the latest photos and news as well as our website [www.royalcambridgehome.org](http://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.*



# February 2026 Diary



| February                            | Morning   | Afternoon  |
|-------------------------------------|---|--|
| <b>Sunday 1</b>                     | <b>Residents' Choice / One-to-Ones</b>                                |  |
| Monday 2                            | <b>11.00am – Residents' Meeting</b>                                   | <b>2.00pm – Hurst Park School Readers Session</b>                            |
| Tuesday 3                           | <b>11.00am – Luna PAT Dog visit</b>                                   | 2.00pm – Activities Table  |
| Wednesday 4                         | <b>Jemma, the hairdresser</b>   | <b>2.00pm – Dawn, G Fitness</b><br><b>6.00pm – Pub Night</b>                 |
| Thursday 5                          | 11.00am – Knitting Club   | <b>2.00pm – Tony, the accordion player</b>                                   |
| Friday 6                            | 11.00am – Residents' Choice   | <b>2.00pm – Hinchley Wood School Tea Party</b>                               |
| <b>Saturday 7</b>                   | <b>Residents' Choice / One-to-Ones</b>                                |  |
| <b>Sunday 8</b>                     | <b>Residents' Choice / One-to-Ones</b>                                |  |
| Monday 9                            | 11.00am – Manicures   | 2.00pm – Residents' Choice   |
| Tuesday 10                          | 11.00am – Bingo   | 2.00pm – Quiz  |
| Wednesday 11                        | <b>Jemma, the hairdresser</b>   | <b>2.00pm – Dawn, G Fitness</b>  |
| Thursday 12                         | <b>10.00am – Birds of Prey Experience</b>                             | 2.00pm – Residents' Choice   |
| Friday 13                           | 11.00am – Games   | 2.00pm – Residents' Choice   |
| <b>Saturday 14</b>                  | <b>Residents' Choice / One-to-Ones</b>                                |  |
| <b>Sunday 15</b>                    | <b>Residents' Choice / One-to-Ones</b>                                |  |
| Monday 16                           | 11.00am – Manicures & Hand Massages                                   | 2.00pm – Manicures   |
| Tuesday 17<br><b>Shrove Tuesday</b> | <b>11.00am – Chinese Craft Day</b><br><b>AM – Luna, PAT Dog Visit</b> | 2.00pm – Residents' Choice   |
| Wednesday 18                        | <b>Jemma, the hairdresser</b><br>11.00am – Anne, Communion            | <b>2.00pm – Dawn, G Fitness</b>  |
| Thursday 19                         | <b>11.00am – Peter Toth, Pianist</b>                                  | 2.00pm – Board Games   |
| Friday 20                           | 11.00am – Keep Fit  | 2.00pm – Residents' Choice   |
| <b>Saturday 21</b>                  | <b>Residents' Choice / One-to-Ones</b>                                |  |
| <b>Sunday 22</b>                    | <b>Residents' Choice / One-to-Ones</b>                                |  |
| Monday 23                           | 11.00am – Manicures   | 2.00pm – Bingo   |
| Tuesday 24                          | <b>10.00am – Whiteley Village Trip</b>                                | 2.00pm – Activity Table  |
| Wednesday 25                        | <b>Jemma, the hairdresser</b>   | <b>2.00pm – Dawn, G Fitness</b><br><b>6.30pm – Cheese &amp; Wine Evening</b> |
| Thursday 26                         | <b>11.00am – Harry, the opera singer</b>                              | 2.00pm – Residents' Choice   |
| Friday 27                           | 11.00am – Higher or Lower Game  | 2.00pm – Residents' Choice   |
| <b>Saturday 28</b>                  | <b>Residents' Choice / One-to-Ones</b>                                |  |

Here's to a fabulous February...