

Home Matters

The newsletter for The Royal Cambridge Home



Ho Ho Ho – December 2022
Celebrating inclusiveness in all that we do



Welcome

Well, how did we get here! One minute we are complaining of the heat and desperately trying to find shade and the next minute Christmas trees and decorations are going up!

Before we look back at last month's activities we hand over to our Chairman Robert Dowler for an exciting update.



Notes from the Chairman

The past three months since my last contribution to the Monthly Newsletter have been filled with much "behind the scenes" activity on the part of the trustees as we have been wrestling with the effects in real financial terms of the delays in moving our redevelopment project forward. There has been, of course, masses of publicity in the media about inflation rates, supply chain problems in the post-Brexit era, stratospheric energy cost increases etc. and the impact on our project has, in real terms, been very substantial.

It has been an anxious and frustrating time but I am delighted to be able to report that we have now been able to resolve outstanding issues and subject to completion of revised agreements which will happen before Christmas, the project can now go ahead with preliminary works starting towards the end of January. The main construction of the new Home will follow in the spring when we shall see our hopes become reality.

In the meantime, life at the Home continues with our wonderful staff cheerfully caring for our residents and making the Home feel welcoming to visiting relatives and friends. The relaxation of the more stringent regulations imposed throughout the Covid epidemic has made for a more normal happy atmosphere. However, we must remain vigilant and ready to respond to any further outbreak and I know that this remains a priority for Rory and the staff.

Madam Editor's production of the Christmas Bumper edition will no doubt be full of pictures of life in the Home over the past month and will record the first event of this year's Christmas Season, the traditional "Stirring The Christmas Pudding" when we were able to welcome to the Home the local MP the Rt Hon Dominic Raab, Deputy Prime Minister and Justice Secretary who was able to spare some time, in what must be a very hectic schedule, to lead the stirring and spend a little time talking to residents and staff. The addition of a significant dose of brandy to the mix should make for a very merry pudding and many thanks to Gay, our kitchen team and all those who helped make this a fun event. No doubt the Home's calendar of events for December will be full of fun and celebrations for everyone to enjoy.

Now we look forward to 2023 with best wishes to all for a very happy Christmas and New Year.

Robert Dowler, Chairman



A brief look back...



Janet, Gay & Joyce somehow manage to look good in their PJs!

We had the most amazing November with lots of arts and crafts classes and visiting professional entertainers and singers.

Our annual pyjama day hit the mark with residents and staff managing to still look coordinated even in nightwear!

We had an incredible visit from George at Zoolab, who brought in some extremely exotic insects including a beautiful three-year-old tarantula. We were advised not to get too close as although not a killer spider, she could, if frightened, administer a nasty bite and a shake of some of those tiny hairs would keep us itching for a couple of weeks if they landed on us. We admired her from the safety of outside her tank. Her expected lifespan is 30 years, so quite a commitment from her owner George, especially when it comes to feeding time – she’s fast!

We had our friend Colin, the bird man, who brought in three rescued birds; a buzzard, barn owl and a very pretty kestrel. As with George at Zoolab, Colin is extremely passionate and knowledgeable about the beautiful creatures we had the honour of meeting.

A few of us were driven by Dan in the minibus to the Royal Albert Hall for the matinee performance of The Festival of Remembrance. Our thanks go out to the very good folk at the organisation, who yet again provided us with a free box. It was another lovely day and suffice to say extremely moving.



Hilka with a stunning Amazonian Snail



Barn Owl

Well done to Gay and the team, which included, Sandra, Dan, Rory, Tina and Gay’s friend Jill at this year’s Magical Molesey. Our stand raised a rather stunning £455.30, all of which will go into our residents’ entertainment fund. Thank you everyone for all your hard work (it was very cold and a little bit on the windy side!).

And finally, we officially kicked off the festive season with our annual Stirring the Christmas Pudding. It was quite a surprise to see our guest of honour, The Rt Hon Dominic Raab arrive with his Christmas jumper on! It certainly broke the ice and got us into the Christmas Spirit (especially with all that brandy in the pud!).

That really is just a snippet of some of the events we enjoyed.



What's coming up?

Our guarantee this month is that there will hardly be a dull moment. Our festive calendar is fun packed with something for everyone – do check the diary for the full schedule of events.

Diary dates worth noting:

- ★ **Carol, singer** – Thurs 1st Dec – 11.00am (Lounge)
- ★ **London Christmas Lights** – Mon 5th Dec – 2.30pm
- ★ **Christmas Party with The Royal Hospital Chelsea** – Tues 6th Dec – 2.30pm (Lounge)
- ★ **Liliana, the Florist** – Weds 7th Dec – 2.30pm (Lounge)
- ★ **Alistair, singer** – Thurs 8th Dec – 11.00am
- ★ **Walton Riverside Barn (music)** – Fri 9th Dec – 2pm (external trip by minibus)
- ★ **Brooklands Shopping Trip** - Weds 14th Dec – 10.30am
- ★ **Prince of Wales Pub Lunch** – Thurs 15th Dec
- ★ **Sunshine Nursery** – Thurs 15th Dec – 3.45pm (Lounge)
- ★ **Garden Centre Lunch** – Weds 21st Dec
- ★ **Gay's Christmas Raffle & Carol Concert** – Thurs 22nd Dec – 10.30am (Lounge)

Please note that on Monday 5th December works commence on refurbishing the hair salon with a waiting area and drying area. Therefore, subject to works, we may not be able to provide hairdressing on Friday 9th December. We will keep you informed.



Beryl and Janet enjoy flower arranging



Residents Birthday

We have one Christmas birthday this month. We will be celebrating with David on 8th December, which just happens to coincide with the booking of Alistair our singer and keyboard player in the morning – we can all enjoy a good old sing song. Happy Birthday David, have a wonderful toe tapping day.

Trustee Recruitment

We recently recruited Kathy Rajan, to our team of Trustees, which has been a great success. However, we are still very interested in hearing from anyone else who may be interested in joining us 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. This is the perfect time to come on board, with the exciting redevelopment project about to commence. We would like to hear from any relatives or friends of the Home who may be interested.

Please contact Rory Belfield in the first instance.



The Rt Hon Dominic Raab with our Chairman Robert Dowler, Rory and some of the Trustees



Pyjama day boat dance with the staff. it's all well and good getting down on the floor but you try getting up! Some are still stranded!

Staff Recruitment

We are currently recruiting for the following positions:

- ★ Day Care Assistant
- ★ Night Care Assistant

Family & Friends App

A reminder for all those relatives and friends that we have an app which allows you to keep up-to-date with activities your relative / friend has taken part in and you can also see certain elements of their care plan. There are other exciting features too. If anyone is interested in joining that has not already done so, please let the main office know.



Just a reminder if you have not done so and would like to complete a review for us we would very much appreciate it. It is a little like Trip Advisor for the care sector and the more reviews we receive go towards an unofficial overall rating score. It is a good platform to leave feedback - [carehome.co.uk - reviews](https://www.carehome.co.uk/reviews)

From there click on "Submit a Review" and you will be able to review us. We also have prepaid review cards if you prefer not to use an online platform. Thanks everyone.



Janet

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. I thank each and every one of them all for their hard work and dedication to this very special place.

Thank you also to all our volunteers.

It is a unique place to live, work and visit and now with the extremely positive news from Robert that the project will soon commence, the future of the Home looks set to continue for many years to come.

Wishing you all peace, happiness and good health. Merry Christmas and Happy New Year.





Sally



Gladys



Lou



If you cross a duck and a mistletoe, do you get a Christmas quacker?
 When you stop believing in Santa, you start getting clothes for Christmas.
 When Santa's in your house you can sense his presents.
 The Christmas alphabet only has 25 letters. There's noel.
 All the jingle ladies, all the jingle ladies.



- What's a snowman's favourite cereal? **Snowflakes**
- Why does Santa go down the chimney? **Because it soots him.**
- What does it mean if you wake up on Christmas with a sore throat? **You have tinselitis.**
- Why did the snowmen get dressed up for the party? **It was a snowball.**
- What's the first thing elves learn in school? **The elf-abet.**
- Why did Mrs. Claus get to help deliver gifts? **She had the final sleigh.**
- Why did the reindeer get married? **It was love at frost sight.**
- What did the reindeer say after he got hit with a snowball? **Yule be sorry!**
- Why did the elf have a lot of friends? **Because he has high elf-esteem.**
- What did Santa say when his elves hid the toys? **This is snow laughing matter.**



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.



Christmas Word Search



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

Christmas
 Presents
 Frosty
 Jingle
 Ornament
 Elf
 Bow

Reindeer
 Tree
 Rudolph
 Snow
 Lights
 Stocking
 Sleigh

Santa
 Wreath
 Merry
 Candy
 Snowflake
 Bells



Oh Christmas Tree

By Grace Baxter



Oh Christmas tree, oh Christmas tree
You give me years of pleasure
The memories wrapped 'round ornaments
I will enjoy forever.

Each year I add to a thing or two
To keep you looking fresh and new
Oh Christmas tree, oh Christmas tree
You're lovelier than ever.

Oh, Christmas tree, oh Christmas tree
You far exceed my dreams
From skirted trunk to starry top
The prettiest of scenes.

Each special thing within your boughs
Brings lovely memories to me now
With tender-hearted thoughtfulness
I take this time to reminisce.

Oh Christmas tree, oh Christmas tree
You are my favourite heirloom
With cheerfulness and added bliss
You decorate my living room.

I'm mesmerized by all your charm
And love to see your lights so warm
So statuesque, in perfect form
You add so much to my décor.

Oh Christmas tree you are to me
The perfect family member
With quietness and hominess
You stand in gracious splendor.

Your welcome fragrance fills the air
A gorgeous site for all who stare
Oh Christmas tree, oh Christmas tree
I love you more than ever.



Christmas Cracker Diary 2022

December	Morning	Afternoon
Thursday 1	11.00am – Carol - Christmas Singing	2.30pm – Residents' Choice 6.30pm – Relatives & Friends Meeting
Friday 2	Grace, the hairdresser	2.30pm – Residents' Choice
Saturday 3		
Sunday 4		
Monday 5	10.30am – Hand massages	2.30pm – London Christmas Lights
Tuesday 6	10.30am – (virtual) Hampton Court – Food Glorious Food	2.30pm – Christmas Party with The Royal Hospital Chelsea
Wednesday 7	10.30am – Activity Table	2.30pm – Liliana, Florist
Thursday 8	David's Birthday 11.00am – Alistair, keyboard & singer	2.30pm – Cake Decorating
Friday 9	Grace, the hairdresser	2.30pm – Walton Riverside Barn (music)
Saturday 10		
Sunday 11		
Monday 12	10.30am – Keep Fit	2.30pm – Residents' Choice
Tuesday 13	10.30am – Christmas decorating	2.30pm – Christmas decorating
Wednesday 14	AM – Brooklands Shopping	2.15pm – Creative Minds
Thursday 15	12.00pm – Prince of Wales pub lunch	3.45pm – Sunshine Nursery
Friday 16	Grace, the hairdresser	2.30pm – Residents' Choice
Saturday 17		
Sunday 18		
Monday 19	Elf Day	
Tuesday 20	Christmas Jumper Day	
Wednesday 21	11.00 – Garden Centre Lunch	2.30pm – Christmas Bingo
Thursday 22	10.30am – Gay's Christmas Raffle & Carol Concert (Lounge)	2.30pm – Liliana, Christmas Flowers
Friday 23	Grace, the hairdresser	2.30pm – Residents' Choice
Saturday 24	Christmas Eve festivities	
Sunday 25	Christmas Day festivities	
Monday 26	Boxing Day festivities	
Tuesday 27	10.30am – Keep Fit	2.30pm – Residents' Choice
Wednesday 28	10.30am – Keep Fit	2.30pm – Residents' Choice
Thursday 29	10.30am – River Walk	2.30pm – Arts & Crafts
Friday 30	Grace, the hairdresser	2.30pm – Residents' Choice
Saturday 31	New Year's Eve festivities	

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!