

Home Matters

The newsletter for The Royal Cambridge Home

Crowning Glory - May 2023

Celebrating inclusiveness in all that we do



Welcome from Rory

Well May has arrived and what a lot has been happening since last month! The Home's Chairman Robert Dowler and Sheppard Trust Chairwoman Linda Davis, met on sight with Trustees from both respective charities and Red Construction officials to mark the start of the works for our new care home and Sheppard Trust's care apartments.

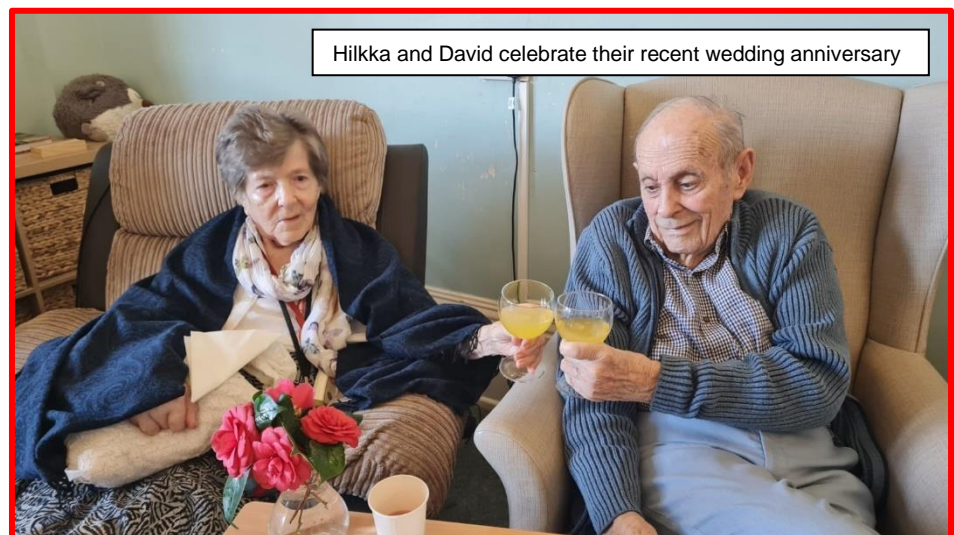
Our new care home is due to be completed next year in July 2024! It is so exciting that at long last we know that the works are finally commencing. Initially the separation of the two buildings and the connecting Duke of Gloucester wing is underway with demolition due to start this month.

It is business as usual for us in the care home as we have also been busy with the recent wellbeing week for residents and staff. We had hand massages, mindfulness sessions, yoga, seated exercise, trips along the River Thames from Kingston to Hampton Court and a trip to Squires garden centre in Hersham. You can see some of the photos later in this newsletter. Thanks to everyone involved.

We are all looking forward to keeping you updated on the progress of our new home's construction and please do check out the Home's website and follow us on Instagram for latest information.

With very best wishes

Rory Belfield MA, Registered Home Manager



Let the good times roll...

Thank you Rory.

Yes, with all that has been going on with the exciting redevelopment, we have also had a fair bit going on here with a very fun packed diary. Unfortunately, the weather hasn't always been kind to us, however, when has that ever stopped us doing anything! We look forward to some warmer (drier) days!

In the meantime, below are just some of the photographic memories from last month.



The incredible Dawn from G Fitness, a regular for us with Tai Chi and Exercise classes



Strike a pose! Our amazing yoga teacher Deborah



Janet & Joyce have a giggle whilst enjoying the entertainment from Liam



Gladys' choreography and dance routines are sought after on the Molesey cabaret circuit.

We are very pleased to announce that both Vicky and Maggie have volunteered and signed up to do the Gold Standards Framework and will be our ambassadors and trainers for this incredibly worthwhile complimentary service. They have started their training with completion set for the end of October.

The National Gold Standards Framework Centre offers comprehensive, evidence-based, quality improvement training programmes for all generalists delivering care to people nearing the end of their life.

The Gold Standards Framework (GSF) Care Homes Training Programme is the most widely used training programme for all care homes in the UK, supporting all elderly residents as they near the end of their lives. Since its launch in 2004, thousands of care homes have completed the programme, and hundreds of thousands of residents have benefited from GSF in their care home enabling more proactive, personalised, well-coordinated care. Demonstrating significant impact with a reduction in unplanned hospital admissions and deaths, enabling more to live well towards the end of their lives.

For more information please visit: [Welcome to Gold Standards Framework](#)



Staff News

At the beginning of the month we said goodbye to Danny, our Maintenance Manager and also Les our Domestic Assistant. Both have gone on to pastures new and we wish them both well for the future.

Recruitment

We are recruiting for the following roles:

- Handy Person - Part-time (20-25 hours per week) – A good knowledge of DIY skills willing to step in and help out with general tasks.
- Domestic Assistant – Part-time – Working alongside the domestic team assisting with cleaning and kitchen duties.
- An experienced Carer – Full time and Part time roles available.



Office Hours

Just a reminder of the main office hours:

Sue – Tuesdays-Fridays 08.00-16.00hrs
secretary@royalcambridgehome.org

Melissa – Mondays-Thursdays 09.00-15.00hrs
admin@royalcambridgehome.org

Main Telephone number: 020 8979 3788



Resident Birthdays

Prepare folks for lots of cakes, candles, high tea buffets and gatherings as we celebrate the following residents' birthdays in May:

4 th	Bob
12 th	Joyce
20 th	John
25 th	Edie

Hope you all enjoy your special days.



What's Coming Up

With the weather hopefully turning warmer we will be doing ad-hoc trips to the river and walks but in the meantime, we have some fabulous entertainment scheduled for May. Please note that our very popular Gardening Club is starting up again. Let Gay know if you would like to join.

Enjoy everyone. Below are just a few highlights to note:

- **Residents' Meeting** – Tuesday 2nd May – 11.00am
- **Floristry with Liliana** – Thursday 11th May – 2.30pm
- **Carol, the singer** – Wednesday 17th May – 2.00pm
- **Minibus drive and carvery lunch** – Wednesday 24th May – 11.00am departure
- **Liam, the singer** – Thursday 25th – 2.00pm
- **Minibus trip to Bushy Park** – Tuesday 30th – 10.30am



Martyn recently serenaded us



Liam gets us all up dancing



Robert, Carol & Rory

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.



May 2023 Diary



May	Morning	Afternoon
May Day Bank Holiday	10.30am – Keep Fit	2.30pm – Residents' Choice
Tuesday 2	11.00am – Residents' Meeting	2.00pm – Dawn, G Fitness
Wednesday 3	10.30am – Gardening Club	2.30pm – Flower Craft
Thursday 4	10.45am – Kits Knits	2.00pm – Coronation Quiz
Friday 5	Grace, the hairdresser	2.30pm – Residents' Choice
Saturday 6		
Sunday 7		
Kings Coronation Party (celebrations going on all day)		
Tuesday 9	10.30am – Hand Massages	2.00pm – Dawn, G Fitness
Wednesday 10	10.30am – Keep Fit with Pom Poms	2.30pm – Arts & Crafts
Thursday 11	10.45am – Kits Knits	2.30pm – Floristry with Liliana
Friday 12	Grace, the hairdresser	2.30pm – Residents' Choice
Saturday 13	10.00am to 4.00pm – Gillian (various activities)	
Sunday 14		
Monday 15	10.30am – Seated Netball	2.30pm – Activity Table
Tuesday 16	10.30am – Tea & Cakes in garden	2.00pm – Dawn, G Fitness
Wednesday 17	10.30am – Gardening Club	2.00pm – Carol, the singer
Thursday 18	10.45am – Kits Knits	2.30pm – Arts & Crafts
Friday 19	Grace, the hairdresser	2.30pm – Residents' Choice
Saturday 20		
Sunday 21		
Monday 22	10.30am – Keep Fit with scarfs	2.30pm – Tea & Cakes in garden
Tuesday 23	10.30am – Photo Shoot in lounge	2.00pm – Dawn, G Fitness
Wednesday 24	11.00am – Minibus Drive and Carvery Lunch	2.00-4.00pm – “In Memory of Margot” – Celebration Tea Party in garden
Thursday 25	10.30am – Gardening Club	2.00pm – Liam, the singer
Friday 26	Grace, the hairdresser	2.30pm – Residents' Choice
Saturday 27	10.00am to 4.00pm – Gillian (various activities)	
Sunday 28		
Spring Bank Holiday	10.30am – Fun & Games	2.30pm – Residents' Choice
Tuesday 30	10.30am – Minibus trip to Bushy Park	2.00pm – Dawn, G Fitness
Wednesday 31	11.00am – Bingo	2.30pm - Quiz

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!