



Home Matters

The newsletter for The Royal Cambridge Home

Dipping a tentative toe in a warm June pool.....

Bring on the sunshine! We are ready and waiting. The garden is looking quite spectacular. The Gardening Club have made some impressive summer pots and hanging baskets, so do take a spin or sit in a quite spot in the grounds to enjoy the scenery. You'll see some great British wildlife visitors and many a bird and squirrel on the tree feeders.

Our regular entertainment schedule was as ever, varied and cultural. Thanks to Brian the pianist, Janet and Pretzel our friend and PAT dog, Nathan the singer and another creative floristry class from Liliana, who we won't see for a few weeks as she's off with her husband in their camper van for a grand tour of the UK. Fingers crossed for sunny weather.



Gisele and Beryl enjoying the entertainment at Walton Arts Centre

We were also extremely fortunate to be invited by our friends and supporters Music in Hospital & Care, who invited us over to Walton Riverside Arts Centre for a magnificent afternoon of professional jazz plus tea and cake. Another superb event and an excellent venue, so thank you MiH.



Irene and Doriana with Liliana's floristry creation

In this issue of Home Matters we are delighted to reinstate our occasional "Resident Feature" section and have focussed on Colonel Duncan Beat for this one. It's been a while since we have done this but it has been quite popular in the past and we think you will find it fascinating to take a glimpse into Duncan's incredible career.

On this June day the buds in my garden are almost as enchanting as the open flowers. Things in bud bring, in the heat of a June noontide, the recollection of the loveliest days of the year, those days of May when all is suggested, nothing yet fulfilled. By Frances King

This coming month we will be travelling out and about as we celebrate Founder's Day at The Royal Hospital Chelsea, a minibus trip to Bushy Park and a boat journey to Richmond and back. And if of course you prefer to be entertained in the comfort of the Home's surroundings, we welcome the enigmatic Serge, the Russian accordionist, who is always extremely popular and the visiting Theatrical Show will be back for a performance of "Summertime".



Sandra heads on out to the gardens on a beautiful day

Staff News

A Fond Farewell

We are very sad to say that after over 25 years at The Royal Cambridge Maggie will be leaving us on Friday 14th June. We will all miss her laughter and smiling face around the place. We wish her every happiness for the future and hopefully she will pop in and see us from time-to-time! Take care Maggie and good luck.



Pat & Maggie with a cuppa alfresco

She's a winner – Gay, one half of the successful Molesey Ladies Darts Team



Two Hundred and Eighty

Congratulations to Gay who, alongside her sister, won the Molesey & District Ladies Dart Leagues Pairs. Such is their skill and talent they went on to win the League Runners Up cup as well. Next up flaming torch throwing...



Rory and Vicky and somewhere in that cage a slightly embarrassed but relieved Max



News from The Dark Furry One

Well, what an eventful week it was for our Max. Unfortunately Max does not enjoy being groomed, unless of course he is bribed with copious amounts of treats, which we cannot do now as he is trying to slim down (hmmmm.). We give him a brush most mornings but alas, his fur is so thick, he ended up with some fairly substantial fur clumps on his back. These were too close to his skin to cut out so we took him to the lovely people at Vets at Home in Walton who

Yes well, this latest hair style is all the rage don't you know on the Molesey Cat Walk



administered a very careful sedative and then went about shaving bits of his body affected. Back at the Home, we were all worried about him, however, we needn't have been as he was in very capable and caring hands. Vicky, the lovely nurse monitored him and we were over the moon to hear that he had recovered well, although a little bit embarrassed by the indignity of it all.

However, news flash.....she weighed him while we were there and gave us a very firm talk about his diet that he had been on for a few weeks. There wasn't a huge amount of weight loss.....can't imagine why not! So now, we have bought a set of scales and are very strict in weighing out his food. Treats are out for quite a while.

Forthcoming Highlights & Diary Notes

Don't forget to book your place on the Boat Trip on the 19th June, which is always a wonderful couple of hours out on the river.

- ⊙ **Chiropodist** – Thursday 11th July (please note, not June)
- ⊙ **Residents' Meeting** – Monday 3rd June at 11.00am in the Chapel Lounge
- ⊙ **Shopping at Tesco** – Weds 5th June and Thurs 20th June, both departing at 11.00am
- ⊙ **Library Trip** – Tues 4th June, departing at 2.00pm and Thurs 13th June, departing at 11.00am
- ⊙ **Bushy Park** – Weds 12th June, departing 10.30am
- ⊙ **Boat Trip** – Weds 19th June, departing at 10.30/11.00am



Social Media

Follow us on Instagram and Twitter for all the latest photos and news as well as our newly revamped website www.royalcambridgehome.org

Redevelopment Update / Office Moves – From Rory Belfield, Registered Manager

The May Bat Survey has taken place, with two more scheduled for June and July, with a view to the planning application being resubmitted later in June. We hope to receive the planning decision in September / October of this year. N.B. This is the only additional information that is required by Elmbridge Council's planning department.

In the interim, if there is anything about the planned redevelopment or any comments, concerns or issues that you would like to discuss then please do not hesitate to contact Rory or the team. We do operate an open-door policy and also we can arrange an appointment when convenient. There is also the monthly Manager's Thursday evening drop-in service from 6.00pm – 7.30pm, dates of which will be posted up in the main Reception area or from the Office.



Ah summer has arrived. Wendy plus Jake and Sue in the background

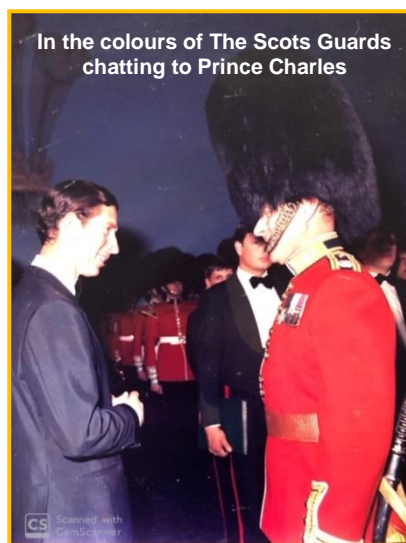
Useful Telephone Contacts

The Care Quality Commission (CQC) – 03000 616161
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.

Resident Feature

Lieutenant Colonel Duncan R Beat LVO ARCM



A Musical World

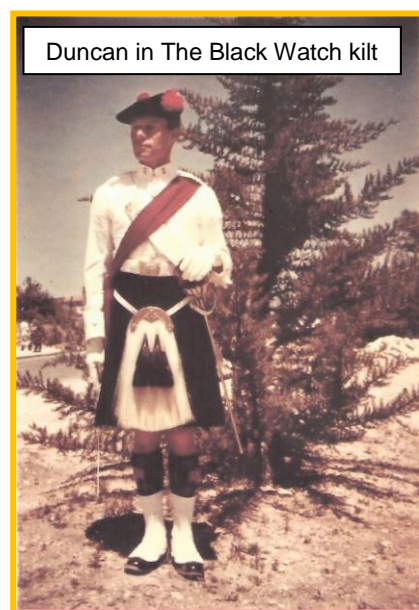
Lieutenant Colonel Duncan Beat has music running through his veins. His father Charles was Bandmaster of the Argyle & Sutherland Highlanders Band and so, with the background of music and a natural born talent it seemed inevitable that the young Duncan Beat would eventually end up in this world.

In 1946, aged 15, he joined The Royal Artillery to start his military career, before specialising in his glittering musical vocation with the army.

Kneller Hall - The Royal Military School of Music, Twickenham

By 1958 he embarked on his training to become a Bandmaster.

A hint of things to come during his time at the School he won the Directors' Prize for Conducting with his Band of The Royal Artillery Woolwich.



The Black Watch

In 1959 he became Bandmaster of The Black Watch, stationed for periods of time in Cyprus, Germany and the UK. His time with The Black Watch took him around the Globe on various tours, meeting many of the World's leading royalties, celebrities and dignitaries of that time. One interesting time in his career was when his Band toured the US in 1963; he played on the lawn of the White House, entertaining President Kennedy, the week before the President's assassination.

Other Key Career Dates

1965-1968 - Highland Brigade, Aberdeen

1968-1974 - Royal Army Ordnance Corps

1974-1982 - Scots Guards, as Director of Music

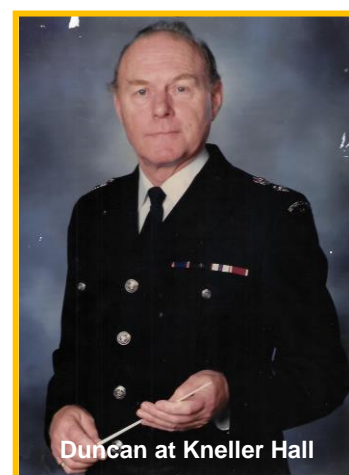
Kneller Hall

From 1982 to 1988 Duncan took up his post as Director of Music and Chief Instructor.

We have been lucky enough to hear from Marion, Duncan's secretary at Kneller, who recalls that the office was always busy.

Some of his regular engagements that took place were:

- The Wembley Pageant, featuring the massed bands.
- He conducted the Kneller Hall Fanfare Trumpeters at the annual inspection of the Chelsea Pensioners by a member of the Royal Family at The Royal Hospital Chelsea's Founder's Day. (*An event that The Royal Cambridge Home is lucky enough to be invited to each year.*)
- Either Duncan or the School Bandmaster would conduct the Fanfare Trumpeters at the Garter Ceremony at St George's Chapel, Windsor Castle every year.
- The annual Summer Garden Concerts were held at Kneller Hall, which were open to the public by tickets.





With Patrick Moore, a keen pianist and xylophone player

Other key engagements were the Edinburgh Tattoo and The Wembley Pageant.

One of Duncan's favourite engagements was the Children's Concert. Local schools would attend and also special needs children brought by the Sunshine Coaches, belonging to The Royal Variety Club. Duncan knew how to get the children involved surrounded by a lot of excitement.

On a personal note, Marion remembers her time working with Duncan with great fondness and says that he was a wonderful person to work for. They had a lot of fun. When Duncan retired from the Army, the School held a "palm court" tea party with a small string ensemble. Duncan fetched his violin and joined in as well!

The Metropolitan Police Band

After retiring from the Army, Duncan went on to become Director of Music at The Metropolitan Police Band for the period 1988-1997. He carried out lots of engagements, including many Buckingham Palace Garden Parties. He knew the Queen and in fact at one party, Her Majesty approached Duncan and asked why on earth he was playing in a plain blue uniform (The Met Police Band) and not the glorious red colours of the Scots Guards that she was used to seeing him in!

The Royal Cambridge Home

We are lucky enough to have Duncan here as one of our residents at the Home. He regularly practices with the Band of The Royal Hospital Chelsea In Pensioners' Band on Thursday mornings and joins the Band three times a year when they come over and play for us, led by Major Philip Shannon, who was one of Duncan's pupils during his time at Kneller Hall.



Entertaining The Royal Cambridge Home



Duncan, front row far right with the rest of the Class of 1958

Thanks to Mary and Kim, Duncan's wife and daughter and also Marion, for supplying background material and memories of her time working with Duncan as his Secretary.

The Diary for June 2019

Date	Morning	Afternoon
Sat 1 st June	Grace, the hairdresser	
Sun 2 nd June	11.00am – Sherry in the lounge	
Mon 3 rd June	11.00am – Keep Fit	2.30pm – Board Games / Dominoes
Tues 4 th June	11.00am – Gardening Club	2.00pm – Library 6.30pm-7.30pm – Evening Activity
Weds 5 th June	11.00am – Tesco Shopping Trip	2.30pm – Bean Bag Games
Thurs 6 th June	Founder's Day – Royal Hospital Chelsea	
Fri 7 th June	10.30am – Coffee & Cakes in Lounge	2.30pm – Bingo 6.30pm-7.30pm – Evening Activity
Sat 8 th June	Grace, the hairdresser	
Sun 9 th June	11.00am – Sherry in the lounge	
Mon 10 th June	11.00am – Keep Fit with Pom Poms	2.30pm – Quiz & Poetry
Tues 11 th June	11.00am – Music In Hospitals – Serge, Russian Accordionist	2.30pm – Skittles 6.30pm-7.30pm – Evening Activity
Weds 12 th June	11.00am – Bushy Park	2.30pm – What's In The Bag?
Thurs 13 th June	11.00am – Library Trip	2.30pm – Horseshoe Game 6.00pm – Manager's Monthly Drop-In Session 6.30pm-7.30pm – Relatives & Friends' Meeting
Fri 14 th June	10.30am – Theatre Show - Summertime	2.30pm – Bingo 6.30pm-7.30pm – Evening Activity
Sat 15 th June	Grace, the hairdresser	
Sun 16 th June	11.00am – Sherry in the lounge	
Mon 17 th June	11.00am – Keep Fit to Music	2.30pm – Quiz Ball
Tues 18 th June	11.00am – Gardening Club	2.30pm – Memory Tray 6.30pm-7.30pm – Evening Activity
Weds 19 th June	10.30am – Boat Trip	2.30pm – Quiz & Poetry
Thurs 20 th June	11.00am – Shopping at Tesco	2.30pm – Hoops on a Ring
Fri 21 st June	10.30am – Glass Jar Game	2.30pm – Card Making 6.30pm-7.30pm – Evening Activity
Sat 22 nd June	Grace, the hairdresser	
Sun 23 rd June	11.00am – Sherry in the lounge	
Mon 24 th June	11.00am – Keep Fit with Pom Poms	2.30pm – Memory Tray
Tues 25 th June	11.00am – Hand Massage	2.30pm – Seated Netball 6.30pm-7.30pm – Evening Activity
Weds 26 th June	11.00am – Keep Fit to Music	2.30pm – Mad Hatters Tea Party, Twickenham
Thurs 27 th June	11.00am – Brian Hall, Pianist	2.30pm – Hoops on a Ring
Fri 28 th June	10.30am – Keep Fit to Music	2.30pm – Bingo 6.30pm-7.30pm – Evening Activity
Sat 29 th June	Grace, the hairdresser	
Sun 30 th June	11.00am – Sherry in the lounge	
Mon 1 st July	11.00am – Residents' Meeting	2.30pm – Quiz & Poetry
Tues 2 nd July	10.30am – Visit from ABF 11.00am – Coffee & Cake in the Garden	2.00pm – Library 6.30pm-7.30pm – Evening Activity
Weds 3 rd July	11.00am – Gardening Club	2.30pm – Bingo
Thurs 4 th July	11.00am – Sing A Long in the Lounge	2.30pm – Board Games & Dominoes
Fri 5 th July	11.00am – Keep Fit with Pom Poms	2.30pm – What's In The Bag? 6.30pm-7.30pm – Evening Activity

All outdoor activities are subject to the Great British weather.