

H^{THE ROYAL CAMBRIDGE HOME}ome Matters

The newsletter for The Royal Cambridge Home

A sparkling bright September 2021

Celebrating inclusiveness in all that we do in a bumper edition!

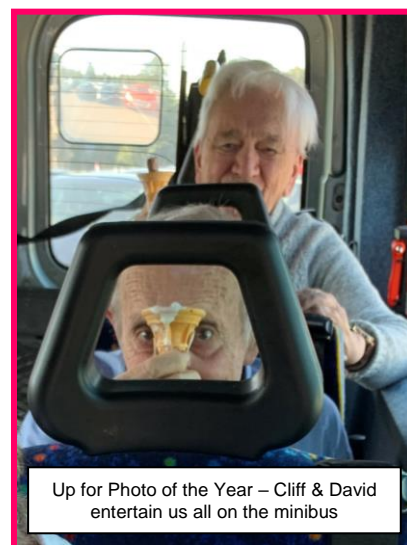


Update from Rory Belfield, Registered Care Home Manager

It was lovely to see everyone who attended the Home's garden party in August, there's lots of pictures of the brilliant afternoon later in the newsletter. It was also great to finally be able to take the residents out in the minibus last week to Bushy Park for a change of scene and an ice-cream. There was a morning and an afternoon trip and in total we took 11 residents out. We were lucky with the gorgeous sunny weather and so many people were enjoying Hampton Court, Bushy Park and the River Thames.

As a result, with crossed fingers for lovely weather and no Covid outbreak, we are arranging a small boat trip on Wednesday 22nd September from Kingston to Hampton Court return. If any relatives or friends would like to accompany us for the boat trip then do please let us know.

As ever, when visiting the care home please book an appointment in advance and please continue to do your Lateral flow tests prior to your visit and show the result on arrival, have your temperature taken, complete the short Covid-19 questionnaire, wear full Personal Protective Equipment including wearing a face mask and please wash your hands. Further information can be seen on page 5 and please see the latest guidance at www.gov.uk/coronavirus.



Up for Photo of the Year – Cliff & David
entertain us all on the minibus



Notes from the Chairman

"What a swell party that was" - to slightly misquote the words of the song from High Society. I am, of course, referring to the Garden Party which took place on 19th August to the sounds of music provided by the band from the Royal Hospital and, thank goodness, without a drop of rain falling on the event. I am sure that everyone who attended will be aware and will appreciate the enormous amount of careful planning and hard work which was needed to bring it about so our very grateful thanks go to all the staff who made it a very memorable occasion and a reminder of the Garden Parties of the pre-Covid era.

While the decision was made to restrict invitations to families and friends of our residents there was one exception; Helen McMahon from ABF The Soldiers' Charity from whom we received a very generous grant came along to see the recently completed "wet room" and to view the plaque commemorating the donation. Helen has been a great friend to the Home and she will always be a very welcome visitor.

The day of the party was also notable for being the day on which we heard of the appointment after many months of waiting of the Planning Inspector who will be reviewing our appeal for the redevelopment. The Inspector paid a visit to the Home one week later and now we have to wait while he considers the case comprised in a very substantial bundle of documents. We have been advised that it is likely to be a matter of possibly three months before his decision is made known – so for those who are superstitious please keep fingers etc. crossed. **Robert Dowler, Chairman – Sep 2021**

RCH Summer Garden Party 2021 - What a day!

A huge thank you to everybody that came along and supported our Home. However, special thanks go out to Phil Shannon and The Royal Hospital Chelsea In Pensioners' Band, who provided some wonderful background music, Ann who baked what seemed like an endless supply of two million delicious cakes, Ann's husband Dave who worked behind a very busy bar and all the staff on the day, who worked so hard as a team. However, it was all worth it to see so many familiar faces enjoying the event after what seemed like an eternity of not socialising. A truly memorable day. Lots of photographs were taken; we may not have snapped everyone but those that we did we have featured later on in this newsletter. Our thanks to our Chairman Robert Dowler and many of our Trustees who came along to support us.

Also, thank you to our gorgeous four-legged friends that came along:

Beautiful Sootie, Handsome Stanley (the boxer), Delicious Dottie, Cute Stanley (the Shitzu), Pippa the Pickle, Amazing Pud and finally Charming Charlie, who all helped to make the day extra special.

Minibus trip

Our faithful minibus came out of its garage recently for an impromptu couple of trips to Bushy Park for a leisurely ride with the sole purpose of purchasing ice creams!



Janet B



Janet W



Esme



Joyce C

New admissions

We welcome four new residents, who are each in for a period of respite. Joyce S, Diana, Sally and Joyce C, which makes a total of three Joyce's here!

Welcome All.



Staff Wellbeing Event

As some of you may be aware, we held our first ever Staff Wellbeing Event back in July. This consisted of an exhibition featuring information and takeaway leaflets on the following areas:

- ♥ Nutrition and Sleep
- ♥ Keep Moving
- ♥ Stress Management & Mental Health

As well as the exhibition we had taster hand massages and yoga & breathing sessions. There were free giveaway prizes to be won for all those that attended. Up for grabs were:

- ♥ Annual pass to Wisley (RHS)
- ♥ Family pass to Kew Gardens
- ♥ 2 x Nutribullets
- ♥ An Essential Oil Diffuser and a selection of oils
- ♥ An exotic fresh fruit hamper.

On entry each attendee received a goody bag with some truly delicious snacks.



The day was a real success. We could not have wished for a better start to our first ever staff event. The feedback has been phenomenal. Our thanks go out to the following people:

Deborah – an experienced and well-regarded local yoga teacher who gave her time freely. Deborah is also the niece of one of our late residents and a friend to the Home.

Gillian – our very own activities coordinator, is also a qualified masseuse and aromatherapist and delivered some very relaxing hand massages.

Jenny – the daughter of one of our residents who gave an extremely generous cash donation, which went towards a couple of our prizes.

Andy – our greengrocer who donated the delicious fruit hamper, which smelt incredible.

We also had some very generous offers from relatives and friends offering their services for the next event.

It proved to be such a hit, we will be doing something like this again. Also, watch this space as Rory, Melissa and Sue will be meeting soon to discuss something similar in the not-too-distant future for all of our residents. How exciting.

Thanks everyone for making this a fabulous day !



Staff News

A big welcome to Les, who is our new and long-awaited member of the Domestic Team.

We are currently recruiting for a Day Care Assistant and a Night Care Assistant.

To assist Vicky, our Deputy and the Senior Carers, we are also looking for an experienced and qualified Care Manager.



Les

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.

Superwoman Kasia



Kasia with her supporters: goddaughter Natalia and twins Zuzia and Adam

Well, imagine our surprise when our very own Kasia mentioned she would be going back to Poland for a couple of weeks and whilst there would be entering a running event. Er, not just any running event but an Ultra Marathon. And for those not in the know this is a double marathon consisting of 52 miles in a mountainous area of up hill and down dale.

We are thrilled to report that she has returned to us, slightly slimmer with a few extra muscles, after successfully completing this epic run called "Chudy Wawrzyniec" in Beskid Zywiecki, a mountainous area in the southern part of Poland on the Polish/Slovakian border.

She started the race at 4.00am on 7th August, travelled a distance of 80km, with the highest point at 3500m, which took her 15 hours and 6 minutes! Kasia reported the terrain was mainly rocky and muddy.



A rock of a medal

Congratulations Kasia and one final word... **WOW!**



Visiting Guidance

Please can you continue to book your visits with Sue or Melissa in the main office. They take bookings from the Thursday of the week before for the following week.

- Please could everyone continue to do a lateral flow test **on the day of the planned visit**. We then ask that you report it to the Government website:

<https://www.gov.uk/report-covid19-result>

You will then be asked for the Home's own unique ID number, which is: 10028876. You will then receive a confirmation email confirming your result.

- When you arrive please could you show us the confirmation email as proof.
- Then on entry we will ask you to put a fresh mask on, take your temperature, sign in, wash hands and put on an apron and gloves. There is also a very brief form that needs completing with your signature.

Our advice is also that all eligible adults are double vaccinated. If not, please do let us know.

Residents' Birthdays

Happy birthday to the following residents:

4th – Duncan
19th – Lavinia
23rd – Janet B
30th - Gisele



Social Media

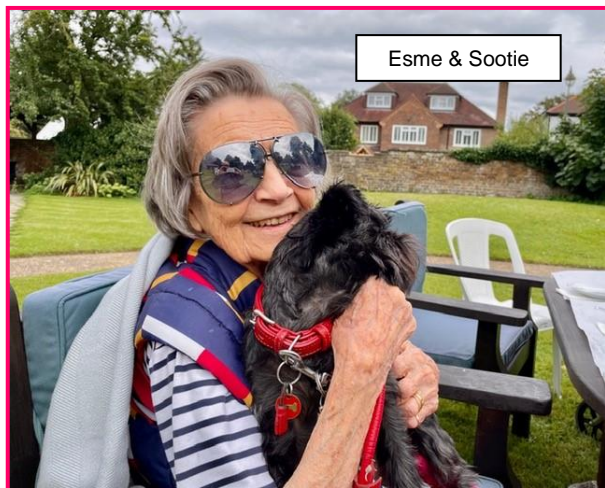
Follow us on Instagram and Twitter for all the latest photos and news as well as our website
www.royalcambridgehome.org

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.



Esme & Sootie



Audrey



Cliff & friends
Karen and Chris



David & Hilka
with Meri & Paul



Edie with family and friend Maria



Edna & daughter
Lesley



Janet W with daughter Jane and son in law Mark



Rory



Janet B with grandson Sam



Gisele and friends

Joyce S, partner Alan, daughter Amanda and granddaughter Tia



Mary with daughter Vicky and granddaughter Grace



Duncan & family



Joyce C & family





Lavinia & daughter Penny with Dottie & Stanley



The girls...



The girls 2...

The Diary for September 2021

September	Morning	Afternoon
Weds 1	10.30am – Keep fit	2.30pm – Quiz & Poetry
Thurs 2	10.30am – News & Views	2.30pm – Library Visit
Friday 3	Grace, the hairdresser 10.30am – Residents' Choice	2.30pm – Friday Bingo
Saturday 4	Duncan's Birthday	
Sunday 5		
Monday 6	Stella, the Chiropodist 10.30am – Gentle Exercise & Relaxation	2.30pm – Hand massages
Tuesday 7	10.30am – Tea & cakes in the garden	2.30pm – Board games
Wednesday 8	10.30am – Keep fit with scarfs	2.30pm – Jigsaw
Thursday 9	11.00am – Residents' Meeting	2.30pm – Seated netball
Friday 10	Grace, the hairdresser 10.30am – One to One's	2.30pm – Friday Bingo
Saturday 11		
Sunday 12		
Monday 13	10.30am – Gentle Exercise & Relaxation	2.30pm – Liliana, the florist
Tuesday 14	10.30am – Memory Ball	2.30pm – Board Games
Wednesday 15	10.30am – Keep fit with tins	2.30pm – Quiz & Poetry
Thursday 16	10.30am – News & Views	2.30pm – Hand Massages
Friday 17	Grace, the hairdresser 10.30am – Parachuting in the lounge	2.30pm – Friday Bingo
Saturday 18		
Sunday 19	Lavinia's Birthday	
Monday 20	10.30am – Gentle Exercise & Relaxation	2.30pm – I Spy Bottles
Tuesday 21	10.30am – Target Shooting	2.30pm – Board Games
Wednesday 22	11.00am departure – BOAT TRIP	2.30pm – Bird Feeders
Thursday 23	Janet B's Birthday 10.30am – News & Views	2.30pm – Library Trip
Friday 24	Grace, the hairdresser 11.00am – MacMillan Coffee Morning	2.30pm – Friday Bingo
Saturday 25		
Sunday 26		
Monday 27	10.30am – Gentle Exercise & Relaxation	2.30pm – Memory Tray
Tuesday 28	10.30am – Gardening Club	2.30pm – Board Games
Wednesday 29	10.30am – Keep Fit	2.30pm – Quiz & Poetry
Thursday 30	Gisele's Birthday 10.30am – News & Views	2.30pm – Skittles

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!

Have a sensational September