

★ Home Matters ★

The newsletter for The Royal Cambridge Home

A festively joyous 2019

Celebrating inclusiveness in all that we do.



Rory celebrates in style

2019 Message from Rory Belfield

Hello Everyone and welcome to this year's festive edition of Home Matters. It has certainly been an eventful time.

As you know we have made many changes in anticipation of our planned redevelopment within the Home. We moved the main kitchen from the basement of no. 84 to no. 82, the snacks kitchen moved opposite, the main office moved to the old Chapel Lounge and the old office became the main dining room. Some of our residents moved over to new rooms in no. 82. Thank you everyone for your cooperation and hard work. Consequently this has allowed us to completely free up no. 84 ahead of the proposed demolition.

We have waited the majority of this year for our plans to go to Elmbridge Planning Committee. Finally, we had a date for the evening of Tuesday 26th November. After a lengthy wait our case was heard, however we were extremely disappointed that the Committee refused our plans unanimously. This has been a quite a blow to us. However, we have dusted ourselves off and we intend to consider our next step with Sheppard Trust. Our priority has always been to provide first class care for all our residents. We firmly believe in the Royal Cambridge Home and its future in Molesey and this is just a minor set back. We will be reporting back with further updates as the new year progresses. Onwards and upwards everyone.

On a brighter note following two unannounced visits by the CQC Inspectors and separately by The Food Standards Agency, I am delighted to report that we have retained both our "Good" CQC rating and also 5 Stars on our Food Rating. Thank you to all the team for your continued hard work, excellent service and dedication in working so well together for the Home.

Our activities team has provided some exceptional entertainment throughout the year, whether it's been excursions, professional musicians and entertainers, visiting zoos, arts and crafts sessions and some superb games in the lounge. It is never a dull place that's for sure and the laughter that often emanates from the lounge is testament to that.

I myself this year also celebrated a big birthday by hitting 50, which just happened to coincide with our annual Elf Day!

A huge thank you to all our residents, relatives, friends, staff and our extremely loyal band of volunteers for making this such a special place to live, work and visit. In particular thank you to Brian our regular pianist, Reverend Ann Farmer alongside Peter Toth for providing our marvellous monthly Hymns & Prayers sessions and of course Major Phil Shannon the Royal Hospital Chelsea Band. Oh and not forgetting our delightful PAT dog Pretzel and best friend Janet.

A happy and healthy Christmas to each and everyone of you.



Talking of elves.....

So what happened in November?

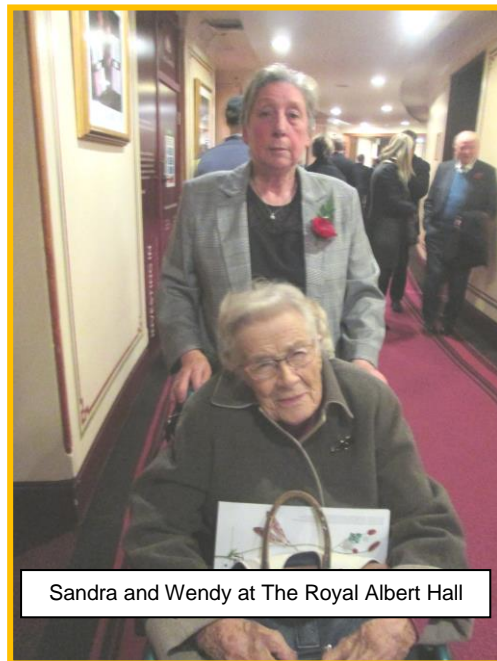
Well, first up we had a wonderful visit to The Royal Albert Hall as we had a complimentary box for The Festival of Remembrance. Thank you so much to The Royal British Legion for being so generous again this year. It was another wonderful event, enjoyed by all that attended.



Audrey. A very glamorous elf.

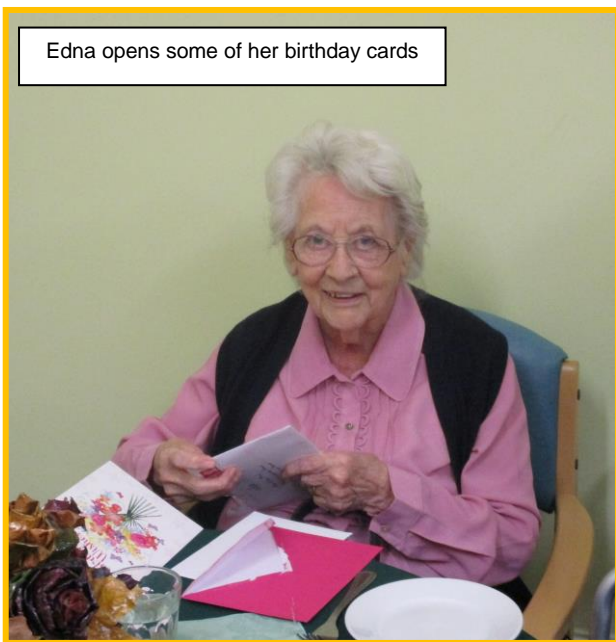
Elf Day was a huge success. You really couldn't move around the place without bumping into someone wearing green and red felt.

On the birthday front we celebrated both Edna's and Beryl's who, we think it's fair to say, both had thoroughly good days!

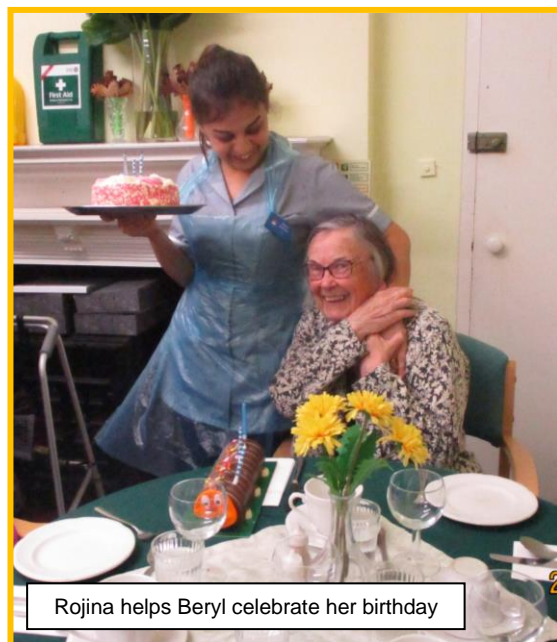


Sandra and Wendy at The Royal Albert Hall

Our annual traditional **Stirring The Christmas Pudding** took place and we were joined by our Chairman and Trustees. Guest of honour this year was Diana Kenny, friend to the Home and the wife of the late Governor of The Royal Hospital Chelsea. We all had a stir of the Pudding and of course a wish!



Edna opens some of her birthday cards



Rojina helps Beryl celebrate her birthday



It's so dark inside the box where I live most of every year. But I'm always so excited when December time draws near.

I know it's when the lid will move and happy faces stare at me, as I lie on top of all the things that will decorate your tree.

Right at the top you'll place me with nothing else above, for I'm the Christmas fairy who brings happiness and love.

Though twelve days after Christmas you may well hear me sigh as you place me back inside the box until next December's night.



News from The Dark Furry One...

Hello All, Max here.

I think you'll all agree it's extremely tough being a manager. You can never predict staff and to be honest with you although I have had various meetings with some of the team (performance issues) and there have been goodness knows many shennanigans throughout the year with them I decided to put all that aside and let them enjoy some festive cheer Max style. Imagine my surprise when I discovered some mice in the garden. Nobody can call me selfish and I decided to share this discovery with the main office. Well, talk about ungrateful. The kerfuffle that ensued was absolutely ridiculous. Therefore, I have decided to add "Receiving Gifts Gracefully" to their training schedule. It's a work in progress folks.

Happy Christmas everyone. I thought you might like this special cut out and keep special edition picture of me above. This can also be a very thoughtful gift for friends and family. Let the good times roll.

Max Cambridge, Head of Pest Control and Security

Christmas Quiz:

1. How many reindeer pull Santa's sleigh?
2. Name the herb used as a magic word in a Christmas pantomime?
3. How many pipers were piping in "The 12 days of Christmas"?
4. What is the surname of the 16th century German monk, a famous religious reformer and father of Protestantism, who is considered the originator of putting candles on a Christmas tree?
5. Which pantomime hero marries Jasmin?
6. What is the name given to a piece of music that is played at the beginning of a production such as a pantomime / operate etc.?

Answers: 1-Nine, 2-Sesame, 3-Eleven, 4-Luther, 5-Aladdin, 6-Overture





Forthcoming Highlights & Diary Notes

OK folks, buckle up and prepare to go on a roller coaster of a ride as we enjoy some fantastic festive events throughout December. We can relax in January!

- Monday 2nd December at 10.30am **Hedley Kay from Music in Hospitals** plays guitar and sings.
- A new entertainer joins us on Thursday 5th at 10.30. A jazz singer called Melissa.
- We head off on Saturday 7th at 2.00pm for a **Christmas Dinner at Molesey British Legion**.
- The delightful local Brownies have promised to drop in late afternoon on Monday 9th.
- **The Royal Cambridge Christmas Party** with musical entertainment from The Royal Hospital Chelsea takes place in the lounge at 2.30 on Thursday 12th.
- We have a **Christmas Variety Show** by the travelling theatre group at 10.30 on Monday 16th.
- A visiting **Christmas Choir** entertains us on the morning of Tuesday 17th.
- **Tea with Tinsel** in Molesey, departing at 2.00pm on Tuesday 17th.
- **Brian the pianist** plays for us on Wednesday 18th followed by the Esher College Christmas Party in the afternoon departing at 2.00pm.
- **Christmas Hymns & Prayers** at 11.00am on Monday 23rd.

Now then, if all of that doesn't get you in the mood for Christmas then why not join us in the lounge on Christmas Eve for the **Grand Christmas Raffle** at 10.30am swiftly followed by the world famous (well ok then, Molesey famous) Gay's Christmas Carol Concert.

Other key notes

- ◉ **Residents' Meeting** – Tuesday 3rd December commencing at 11.00am in the dining room.
- ◉ **Shopping at Tesco** – Thursday 19th, departing at 10.30am..
- ◉ **Library Trip** – Thursday 19th departing at 2.30pm.
- ◉ **Tim the Chiropodist** – Thursday 2nd Jan



Mary and Margot



Our Chairman Robert Dowler with guest of honour Diana Kenny opens the Stirring ceremony

21/11/2019



Unusual Christmas Traditions around the World

British children are well acquainted with Father Christmas but they can consider themselves extremely lucky they don't live in Austria, where a ghoulish creature called "Krampus", the evil accomplice of St Nicholas, is said to wander the streets in search of badly-behaved children. During the month of December you can expect to see terrifying masked figures out and about scaring kids and adults alike with ghastly pranks.

In the Venezuelan capital of Caracas, swathes of city-dwellers make their way to mass on roller skates every year on Christmas morning. The tradition is now so well-established that many of the city's streets are closed to traffic from 8am on the day, so that the skating congregation can get to church safely. It's even said that children will sleep with one lace from their skates tied around their toe, the other skate dangling from the window so that their friends can wake them up with a friendly tug on the lace.



Ukraine's strangest festive tradition is not one for arachnophobes! Where we would have baubles, tinsel and stars, Ukrainians use decorations that mimic the natural formation of spiders' webs shimmering with dew. The tradition goes back to a folktale about a poor widow who could not afford to decorate a tree for her children. Legend has it that spiders in the house took pity on the family's plight, and spun beautiful webs all over the tree, which the children awoke to find on Christmas morning. Spiders' webs are also considered to be lucky in Ukrainian culture.

Many homes in Finland come equipped with their own sauna, and at Christmas time this cosy spot becomes a sacred space associated with long dead ancestors. On Christmas Eve, it's customary to strip naked (cripes) and take a long and respectful stint in the sauna, which is also believed to be home to the legendary sauna 'elf'. After the sauna session, Finns head out to the evening celebrations - while spirits of those ancestors take their place. We don't know about you, but this tradition sounds awkward for those big Christmas family gatherings...(We decided not to include a picture for this one.)

When you think of Christmas food, minced pie and turkey are often high on the list. In South Africa, however, it's the creepy crawlies that local children look forward to. Fried caterpillars on Christmas may seem like one of the weirdest Christmas traditions around the world, but these caterpillars aren't just the run-of-the-mill variety you find in the garden. The Pine Tree Emperor Moth, or Christmas caterpillars are covered in very festive hues – giving all who swallow a little extra luck in the coming year.

Bon Noel !



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

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
LGBT (Lesbians, Gays, Bisexuals and Trans People) **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.

Festive Christmas Diary 2019

Date	Morning	Afternoon
Sun 1 st Dec	11.00am – Sherry in the lounge	
Mon 2 nd Dec	10.30am – Hedley Key, Music in Hospitals	2.30pm – Seated Netball
Tues 3 rd Dec	11.00am – Residents' Meeting (Dining Room)	2.30pm – Boules 6.30pm-7.30pm – Evening Activity
Weds 4 th Dec	10.30am – Keep Fit	2.30pm – Bingo
Thurs 5 th Dec	10.30am – Melissa, Jazz Singer	2.30pm – Skittles 6.00pm – Manager's Monthly Drop In Session – followed by..... 6.30-7.30pm – Relatives & Friends Meeting
Fri 6 th Dec	10.30am – Baking with Melissa & Gay	2.30pm – Film Afternoon (Miss Marple) 6.30pm-7.30pm – Evening Activity
Sat 7 th Dec	Grace, the hairdresser	2.00pm – Molesey Legion Christmas Dinner
Sun 8 th Dec	11.00am – Sherry in the lounge	
Mon 9 th Dec	10.30am – Keep Fit with pom poms	2.30pm – Bingo
Tues 10 th Dec	10.30am – Tree Decorating	2.30pm – Liliana, Florist 6.30pm-7.30pm – Evening Activity
Weds 11 th Dec	10.30am – Tree Decorating	2.30pm – Quiz & Poetry
Thurs 12 th Dec	10.30am – Tesco Shopping	2.30pm – RCH CHRISTMAS PARTY (with the band from The Royal Hospital Chelsea) Janet & Pretzel (PAT dog) visiting
Fri 13 th Dec	10.30am – Baking with Melissa & Gay	2.30pm – Hand Massage 6.30pm-7.30pm – Evening Activity
Sat 14 th Dec	Grace, the hairdresser	
Sun 15 th Dec	11.00am – Sherry in the lounge	
Mon 16 th Dec	10.30am – Christmas Variety Show	2.30pm – Board Games
Tues 17 th Dec	10.30am – Visiting Christmas Choir	2.30pm – Tea with Tinsel Party (Refresh Centre Molesey) 6.30pm-7.30pm – Evening Activity
Weds 18 th Dec	10.30am – Brian the Pianist	2.30pm – Esher College Christmas Party
Thurs 19 th Dec	10.30am – Tesco Shopping	2.00pm – Library
Fri 20 th Dec	10.30am – Baking with Melissa & Gay	2.30pm – Christmas Bingo 6.30pm-7.30pm – Evening Activity
Sat 21 st Dec	Grace, the hairdresser	
Sun 22 nd Dec	11.00am – Sherry in the lounge	
Mon 23 rd Dec	11.00am – Christmas Hymns & Prayers	2.30pm – Quiz Ball
Christmas Eve	10.30am – Christmas Raffle 11.00am – Gay's Christmas Concert	2.30pm – Quiz & Poetry
Christmas Day	CHRISTMAS DAY	
Boxing Day	10.30am – Keep Fit	2.30pm – Bean Bag Games
Fri 27 th Dec	10.30am – Coffee & Games	2.30pm – Bingo
Sat 28 th Dec	Grace, the hairdresser	
Sun 29 th Dec	11.00am – Sherry in the lounge	
Mon 30 th Dec	11.00am – Keep Fit	2.30pm – Memory Tray
New Year's Eve	10.30am – New Year's Eve Sing Song	2.30pm – Quiz & Poetry
Weds 1 st Jan	10.30am – Keep Fit to Music	2.30pm – Skittles
Thurs 2 nd Jan	10.30am – Tesco Shopping	2.30pm – Hand Massage
Fri 3 rd Jan	10.30am – Coffee, cake & games	2.30pm – Friday afternoon Bingo