



Home Matters

The newsletter for The Royal Cambridge Home

Leaping into March 2020

Celebrating inclusiveness in all that we do



Flip & Dashers – The Champions –
Terry & Kasia



Welcome everyone to our March Home Matters. In this issue we look back over the month of February with some of the highlights (too many to mention) and look at what's coming up this month. Also, inside this issue on page 4 is a redevelopment update from our Chairman Robert Dowler.

2020 Flip & Dash Winners

Our photo of the month must surely go to Terry and Kasia, the winners of the 2020 Flip and Dash Pancake Run. Terry won the most amount of seated pancake flips for the residents and Kasia not only flipped but also dashed at great speed and dexterity across the lounge to lift this year's winning trophy for the staff. There were screams, gasps, high jinks, shouts of "cheat" and "that's not fair" and at one stage there was nearly a steward's enquiry. Eventually Gay stepped in and the 2020 winners were crowned. Well done Terry and Kasia. Joking aside, we loved every minute of it!

Melissa outruns Lou just before the pancake
hits the ceiling

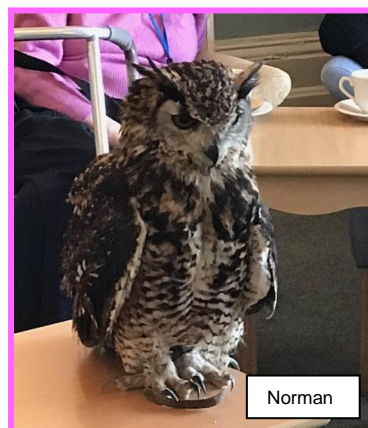


Rory & Brian battle it out



A flying visit

We had a very fascinating and informative visit from Wings of Freedom, the bird rescue charity. Handler Colin arrived with owls, an eagle and a charming kestrel, who only had one wing. We were all captivated.

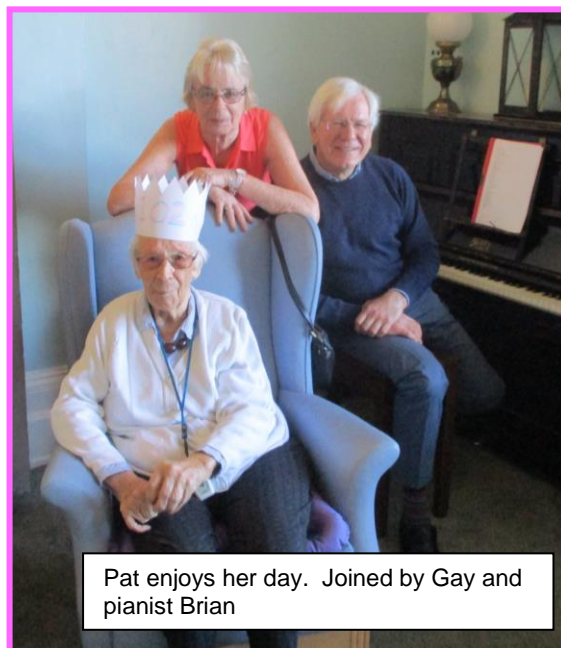


Joyce celebrates with her two daughters



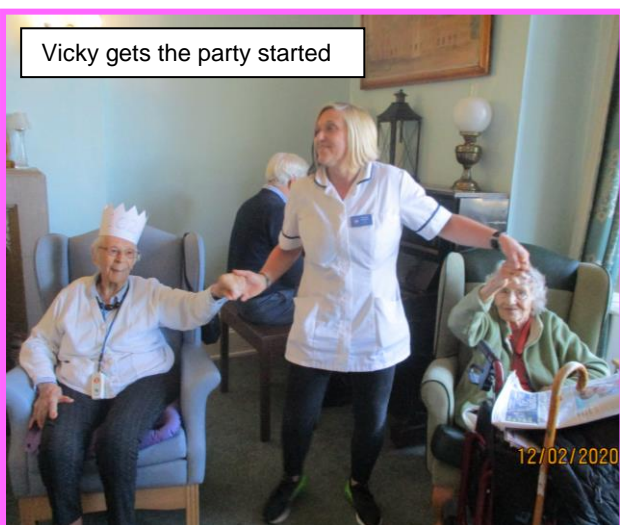
Cake, laughter and dancing

We joined both Pat & Joyce for their joint birthday celebrations. Families came over for both and of course it was a good opportunity for a bit of a knees up. As you know we do not need encouragement on this front!



Pat enjoys her day. Joined by Gay and pianist Brian

Vicky gets the party started

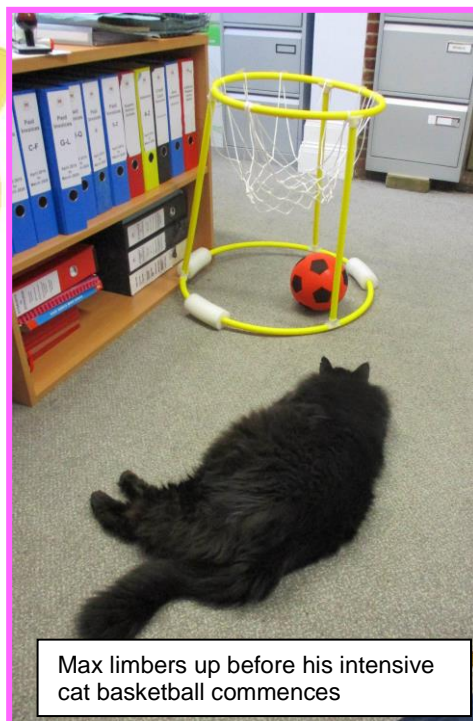


News from The Dark Furry One...

Hello All, Max here.

With the promise of spring on its way I have been upping my game as far as my fitness regime is concerned, I am quite determined to be beach ready by May. Therefore, I have incorporated into my day (which is quite a task as you are all well aware I am absolutely flat out during the days) a yoga and stretching routine. I generally do this after my full body brush, which one of my office team administers when they decide to pitch up in the morning. (Honestly, I don't know why they complain. It's part of their job description.) It is imperative I keep myself in this stunning shape as I often have to do last minute night manoeuvres and there is a constant threat of other cats in the garden plus part of my job is to maintain and manage the mouse population. I also believe very firmly the importance of mindfulness and meditation. This is a discipline I have been honing for many years. I may run this as one of my training classes to my staff.....

Max Cambridge, Head of Pest Control and Security and admired by all. Chilled, toned and handsome.



Max limbers up before his intensive cat basketball commences

A hop, skip and a jump into March

Well folks, contrary to the current weather conditions spring is on it's way. We have had a couple of dry blue sky days and in hopeful preparation for forthcoming dry days we will be starting up the Gardening Club. This is so popular so do join Gay on the 10th March for our first one this year.



Audrey and Beryl enjoy a garden stroll



Our stunning back garden on an early Feb morning

Coronavirus

At the time of going to print we understand this virus is affecting a lot of countries. We are asking all visitors not to visit if they are feeling unwell or indeed if they have been in contact with someone who has it or if they have visited a high risk country.

We respectfully ask everybody to be extra thorough in washing hands. There are also many antibacterial dispensers throughout the building.

We are monitoring the situation, which seems to be changing daily. We will keep everybody updated.

Birthdays

Happy Birthday to Mary on Sunday 1st March and Felicity on Monday 2nd. Have a lovely day both.

Forthcoming Highlights & Diary Notes

We have the touring theatre group visiting us on Friday 13th March at 2.00pm. Their show this time is Viva Las Vegas. Dust off those sequins folks; we think this could be a bit of a showy affair!

We're happy to report we have scheduled in another pub lunch for Friday 20th March. This is such a popular event so be sure to book your place on the minibus.

We welcome the delightful children of the local Rainbows Group who will be planting bulbs late afternoon on Monday 23rd March. They are sure to make us smile.

Other key diary events:

- **Residents' Meeting** – Monday 2nd March.
- **Shopping at Tesco** – Thursday 12th March and Thursday 26th March, both departing at 10.30am.
- **Library Trip** – Thursday 19th March, departing at 2.30pm.
- **Tim the Chiropodist** – Tuesday 9th APRIL

Redevelopment Update from Robert Dowler, Chairman

After an enormous amount of work by architects, planning consultants, ecology consultants, etc. a scheme for the redevelopment of the Home was produced and discussed at pre-application meetings with the Planning Officers of Elmbridge Borough Council our application was submitted to the Council for consideration by the Planning Committee and included on the agenda of the meeting of the Committee on 26th November. At that meeting an issue was raised as to whether the proposal was of sufficient size to warrant a more wide-ranging environmental assessment, the decision on that point being made by the Secretary of State in Whitehall. The Committee however took a vote on our application and unanimously voted to refuse consent.



However the environmental assessment issue being unresolved at the time of the meeting meant that a formal Notice of Refusal could not be issued and the application was therefore carried forward to the February meeting of the Planning Committee. At that meeting the Planning Committee once more voted to refuse consent unanimously. The main grounds for refusal are that the development in their opinion represents overdevelopment of the site and would have an adverse effect on the character of the area. The benefits which the scheme would bring to the borough appear to be totally ignored.

Needless to say this decision has caused great disappointment to all of us who have been working on the scheme for many many months and this disappointment is shared with our friends and families.

Together with Sheppard Trust we are therefore now taking advice on the matter of making an appeal against the decision of the Planning Committee and are consulting one of the leading barristers in the field of planning whose advice is awaited.

We shall report further as matters progress.

Robert Dowler, Chairman



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.

March Facts

The word 'March' comes from the Roman 'Martius'. This was originally the first month of the Roman calendar and was named after Mars, the god of war. March was the beginning of our calendar year. We changed to the 'New Style' or 'Gregorian calendar' in 1752, and it is only since then when we the year began on 1st January.

The Anglo-Saxons called the month *Hlyd monath* which means Stormy month, or *Hraed monath* which means Rugged month.

All through Lent the traditional games played are marbles and skipping. The games were stopped on the stroke of twelve noon on Good Friday, which in some places was called Marble Day or Long Rope Day. The game of marbles has been played for hundreds of years and some historians say that it might have been started by rolling eggs. In the past, round stones, hazelnuts, round balls of baked clay and even cherry stones have been used."

Beauty of The Month Of March Both Winter And Spring

*As winter's cold days and longer nights end,
and the last of snow and ice melt away,
there is a short window of time, a month that shares itself with winter and spring, March.
Although it only has 31 days, so much change happens to the earth, weather and nature.
March makes her presence known, with her high pitch song of whistling winds,
the wild gusty breezes, her clouds and sky become full of white like fleece set in deep blue sky, shorter
days, longer nights.
March sings out, waking Spring!*



Duncan with a hand delivered message from Sunshine Childcare –
"In a world where you can be anything...be kind"

A Mad March 2020 Diary

	Morning	Afternoon
Sun 1 st March	Mary's Birthday 11.00am – Sherry in the lounge	
Mon 2 nd March	Felicity's Birthday 11.00am – Residents' Meeting	2.30pm – Seated Netball
Tues 3 rd March	10.30am – Keep Fit	2.30pm – Quiz Ball 6.30pm-7.30pm – Evening Activity
Weds 4 th March	11.00am – Music in Hospitals – Elenlucia Pappalardo	2.30pm – Bean Bag Game
Thurs 5 th March	11.00am – Quiz & Poems	2.30pm – Skittles
Fri 6 th March	10.30am – Baking with Melissa	2.30pm – Bingo 6.30pm-7.30pm – Evening Activity
Sat 7 th March	Grace, the hairdresser	
Sun 8 th March	11.00am – Sherry in the lounge	
Mon 9 th March	10.30am – Keep Fit to Music	2.30pm – Quiz & Poetry
Tues 10 th March	10.30am – Gardening Club	2.30pm – Hand Massages 6.30pm-7.30pm – Evening Activity
Weds 11 th March	11.00am – Keep Fit	2.30pm – Liliana, the florist
Thurs 12 th March	10.30am – Tesco Shopping	2.30pm – Reminiscent Tray
Fri 13 th March	10.30am – Baking with Melissa & Gay	2.00pm – Viva Las Vegas – Touring theatre group 6.30pm-7.30pm – Evening Activity
Sat 14 th March	Grace, the hairdresser	
Sun 15 th March	11.00am – Sherry in the lounge	
Mon 16 th March	10.30am – Keep Fit	2.30pm – Board Games
Tues 17 th March	10.30am – Residents' Choice	2.30pm – Quiz & Poetry 6.30pm-7.30pm – Evening Activity
Weds 18 th March	10.30am – Brian, the pianist	2.30pm – Janet & Pretzel
Thurs 19 th March	10.30am – Skittles	2.30pm – Library Visit
Fri 20 th March	PUB LUNCH	2.30pm – Friday afternoon Bingo 6.30pm-7.30pm – Evening Activity
Sat 21 st March	Grace, the hairdresser	
Sun 22 nd March	11.00am – Sherry in the lounge	
Mon 23 rd March	11.00am – Hymns & Prayers with St Paul's	2.30pm – Crafting Afternoon 4.15pm – Rainbows Children planting bulbs
Tues 24 th March	10.30am – Coffee & cake in the lounge	2.30pm – What's in the bag? 6.30pm-7.30pm – Evening Activity
Weds 25 th March	10.30am – Keep Fit to Music	2.30pm – Board Games
Thurs 26 th March	10.30am – Tesco Shopping	2.30pm – I Spy Bottles
Fri 27 th March	10.30am – Baking with Melissa & Gay	2.30pm – Bingo 6.3pm-7.30pm – Evening Activity
Sat 28 th March	Grace, the hairdresser	
Sun 29 th March	11.00am – Sherry in the lounge	
Mon 30 th March	11.00am – Parachute Game	2.30pm – Hand Massages
Tues 31 st March	10.30am – Keep Fit with pom poms	2.30pm – Hoops on a Post 6.30pm-7.30pm – Evening Activity
Weds 1 st Apr	11.00am – Residents' Meeting	2.30pm – Quiz & Poetry
Thurs 2 nd Apr	11.00am – Music in Hospitals	2.30pm – Board Games
Fri 3 rd Apr	10.30am – Baking with Melissa & Gay	2.30pm – Friday afternoon Bingo 6.30pm-7.30pm – Evening Activity