



Home Matters

The newsletter for The Royal Cambridge Home

A very bouncy and springy April 2020

Celebrating inclusiveness in all that we do



Well hello there folks! Who would have thought this time last month the world would be on lockdown and practising social distancing?

Some of us here at the Royal Cambridge have experienced World War II, others have lived through many years of rationing, the swinging sixties, the moon landing and so it goes on, those major life moments but this is surely unprecedented in all our lives and as Rory's son Tom said "this is history in the making". We will get through this together but for the meantime, it has meant we have had to make a few changes.

As we are now on complete lockdown in the Home, we have cancelled all non-urgent visits, which has unfortunately meant all visiting entertainers, artists, the hairdresser and chiropodists. We've also had to put a stop on all

friends and relatives coming in, which is really sad, however, it is only going to be for a short period to ensure the NHS is not overwhelmed and obviously for our individual health & safety.

We are however, pleased to inform you that we now have a Home mobile phone, which can be used for FaceTime, video links or sending photographs, which is the next best thing to a physical visit.

So, what else are we doing?

There are Coronavirus morning meetings every Mon-Fri, whereby Rory and the Management Team meet to discuss the current situation and as a result we have instigated some excellent improvements. Wall antibacterial hand washes are pretty much everywhere. Deliveries to the Home are being left outside so contact with external people is kept to a minimum. The Housekeeping team are carrying out hourly sanitisation of all door handles and switches. Telephones, desks and keyboards are wiped clean regularly. Contingencies plans are in place and we feel confident we are going above and beyond to keep the Royal Cambridge Home that we all love so dearly, except now it is ultra sparkly! We also now have the facility for a few of the office team to work from home should they need to, so it's business as usual as far as we are concerned.

Stocks of essential items such as food, cleaning materials and personal protection equipment are monitored daily, with extra supplies brought in as required.

The lounge area has been modified so that we are not sitting too close to one another, consequently we now have small groups dotted around the room instead.



Vicky celebrates her birthday with Rory and Gay 02/03/20

Ita & Esme



The Activities team headed up by Gay and Gillian continue to provide first-class entertainment, such as daily seated exercises, quizzes, poetry, sing-alongs, cards, boardgames and bingo. Our care team often provide activities as well, so there is always something going on. We feel absolutely certain at some point the photo-shoot will make a reappearance as will the indoor parachute game! Melissa's and Gay's baking classes will also be showcasing some tasty recipes over the coming weeks.

Loyal friends and entertainers

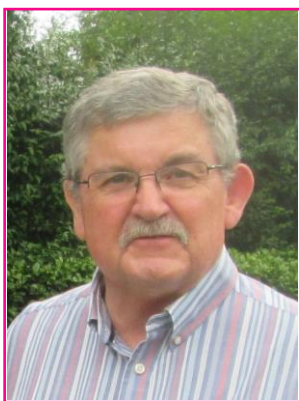
A special thank you to all our dear regulars such as Brian the pianist, Liliana the florist, Grace the hairdresser, Tim and Stella the chiropodists, Major Phil Shannon and the marvellous Royal Hospital Chelsea In-Pensioners Band, Janet and Pretzel and SG Productions who provide the visiting theatrical shows, all of which we have had to postpone for the time being. We very much look forward to seeing you all soon.

Medical Professionals

And finally, gratitude goes out to those incredible district nurses and also the doctors from Glenlyn and Vine who are keeping us all healthy in these very difficult times.

Any news other than Coronavirus?

Yes there absolutely is! Whilst we've all been holed up indoors listening to Boris's updates Mother Nature has put in a phenomenal job lately. Spring is springing! We have enjoyed a few glorious blue sky days, buds are starting to open, blossom has started to appear and the spring bulbs have been quite magnificent. We are hugely lucky to have our beautiful south facing garden, so on a warm day please do use the garden, it's most uplifting.



Redevelopment Update - Robert Dowler, Chairman

Since last month's report on the planning situation we have received preliminary advice from a leading Planning Counsel on his opinion of the chances of success for an appeal against the refusal of our application which in essence is that we have a better than even chance of success.

However, in the meantime Covid-19 has taken over the lives of all of us and in relation to the possible appeal means that a considerable delay in receiving a decision is inevitable. We cannot predict what the world will be like when we are free of this enormous problem and in the meantime our main concern is to continue to care for all our residents and to give heartfelt thanks to our wonderful staff who are having to cope with these very difficult circumstances. As soon as the picture becomes clearer we shall let you know how matters are proceeding.

Birthdays in April

2nd – Eileen
25th - Margot

We may be on lockdown ladies, but rest assured we will be celebrating your special days in style! Even more reason to get the bunting out is that Margot will be 100 years young on the 25th and still as beautiful as ever. We won't be holding back!



News from the Dark Furry One...

Hello All, Max here.

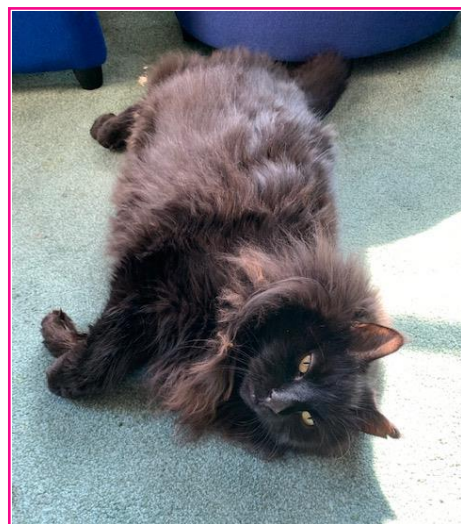


There's never been a better time than now to practice mindfulness and exercise folks, so get those mats out and get moving.

With the police currently preoccupied on keeping people at home I have had to carry out a lot more security measures. My regular surveillance of the grounds have been increased and working alongside Danny my maintenance manager, I can assure you pest and cat infiltration of the grounds remain at a minimum.

I am also happy to report I have added Social Distancing to my team's training schedule.

Max Cambridge, Head of Pest Control & Security. Chilled, toned and socially distanced.



Forthcoming Highlights & Diary Notes

Due to the fact that we are not hosting visits from entertainers this month and because we may have to change staff duties on a particular day we have decided not to issue a diary for April. Please do not worry, as mentioned earlier our in-house team will be providing the usual high standard of activities every day and there will always be something going on. We can however confirm the **Residents Meeting** will take place on the morning of **Wednesday 1st April at 11.00am**.

We know a lot of you have enjoyed trips to the supermarket so if there is anything that you need then don't hesitate to ask one of the team and we will try to assist.



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.

Wordsearch

Ancient Writers

AESOP
ANTIGONE
APULEIUS
ARISTOTLE
CAESAR
DIALOGUES
HERODOTUS
HISTORIES
LIVES
LUCAN
OEDIPUS
PLUTARCH
SOCRATES
SOPHOCLES
THE BIRDS
THE FROGS
THUCYDIDES

H	E	L	S	G	O	R	F	E	H	T
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Wordsearch

Wildthings

ALLIGATOR
 ANT
 APE
 BABOON
 BEAR
 BISON
 BUFFALO
 CHEETAH
 CHICKEN
 COYOTE
 DEER
 EAGLE
 FALCON
 GORILLA
 HAMSTER
 KANGAROO
 OSTRICH
 QUOKKA
 SQUIRREL
 TOAD
 TORTOISE
 WILDEBEEST

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April Trivia Quiz

1. “It was a bright cold day in April, and the clocks were striking thirteen”, is a quote from which book?
2. On what date in April is St George’s Day?
3. “April is the cruellest month” – is the first line of which T S Elliot poem?
4. What is April’s birthstone?
5. Which event made British news headlines on the 2nd of April 1982?
6. Which birds arrival in mid April is said to signal the start of Spring?
7. What was first introduced into Britain on the 1st April 1973?
8. On what date in April is the Queen’s birthday?
9. Which famous Englishman’s birth remains unknown, but is traditionally observed on the same day as Saint George’s Day?

Answers

1. *Nineteen Eighty-Four* (by George Orwell)
2. 23rd of April
3. *The Waste Land*
4. *Diamond*
5. *Argentina invaded the Falkland Islands*
6. *The cuckoo*
7. VAT (Value Added Tax)
8. 21 April
9. *William Shakespeare*

***Keep well everyone and have
a great April.***