



Home Matters



The newsletter for The Royal Cambridge Home

The Black Cat Special - Autumn 2020

Celebrating inclusiveness in all that we do

Hello Everyone, a warm welcome to you all. We have some sad news to report; as some of you are aware we lost our darling cat Max, who as Head of Security & Pest Control for the Home has been a huge loss. We miss him terribly and so, please indulge us if you will, as we look back on some terrific times and memories of Max, who was very much a big part of The Royal Cambridge.

The arrival of the Dark Furry One

It was early 2017 when the residents suggested it would be a lovely idea to get a cat for the Home. At that time Rory, our manager, had recently adopted two young cats for his family and got back in touch with the cat charity who just happened to have two rather gorgeous brothers; the delightful Ernie & Max. Their owner had passed away and they were both looking for a lovely new home and so, in stepped The Royal Cambridge. It was a joy to have them but unfortunately Ernie was not well and after just a couple of weeks he became very ill and sadly died.

And then there was one

We were all moved by the loss of little Ernie but we threw all our attentions on Max and boy did he respond. With his infamous swagger, persistent landings on desks (which often resulted in papers flying everywhere and unintentional emails being sent out and on one hilarious occasion, misplaced his paws and fell from the desk into the big bin) and demands for snacks he was very hard to ignore.

The roving reporter

Before long, we realised he had a talent for reporting and so, he had his own section in the newsletter....what we're going to fill that with now we do not know.



Gorgeous boy

Fur balls at dawn

One of the marvellous things about having a rescue pet is gaining their trust. Max was a very long haired cat and he absolutely hated being brushed to start with but over time and with the aid of a few cat treats he tolerated it, possibly even enjoyed it a bit if his purring was anything to go by, although the office team occasionally sported the odd claw mark after a grooming session!

We weren't always successful with his beauty treatments and on occasions we had to take him to the vets for a shave when his fur became clumped up. He never really minded. When we first took him he wandered round the consulting room and at one stage ended up curled up in the sink!

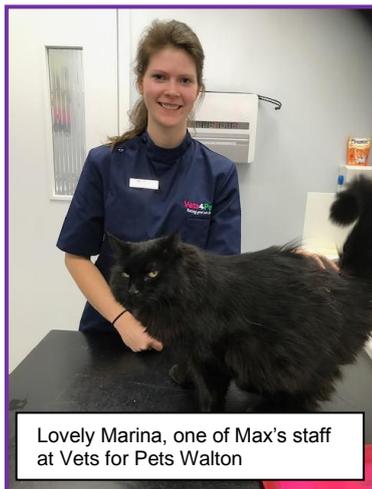
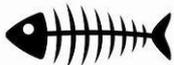


Max & Beryl enjoy a chat



Did someone mention food?

The Home is often a noisy place, with phones ringing, buzzers going, doors banging, laughter, singing, entertainment in the lounge and the weekly fire alarm test, so for a cat this is challenging, however Max grew to ignore all this and eventually slept through the whole lot. It would take an awful lot to rouse him from slumber, however, with his selective hearing the sound of his food cupboard door being opened was all that was needed to get his attention especially if somebody had brought in a fish supper.



An awful lot of fur

His love of food meant he was regularly on a diet, although we believed at the time he was just very big boned with a lot of fur (oh really !!!).

The social butterfly

Max loved company. At nights he followed the night team around, early mornings he would pounce on the first staff to arrive for his breakfast, he used the main office for snoozing & grooming and would often be sprawled out in the main lounge mingling with residents looking scrumptious.

We were never alone on our walks around the garden. As soon as Max heard someone outside then off he went to join them. Rather similar to a dog, he would lead the way on a perimeter walk, perhaps carrying out his undercover surveillance and escort his charges back to the building safely afterwards.



And so...The Dark Furry One bows out

Like all bright stars he went too early. On the morning of Sunday 18th October he did not appear for his breakfast. This was odd and we knew something was wrong. We searched and eventually he was found in the main office in one of his usual spots. He had fallen asleep for the last time. A terrible shock for all of us but for dear Max, what a way to go!

Although heartbroken at losing our lad it was a privilege sharing so many happy moments with a truly remarkable creature. A rather large pawprint has been seared on all of our hearts.

RIP dear Max, it was an absolute joy.



Well folks, let's dry our eyes and move on to some Home news.



New Resident

We are so pleased to report that David's wife Hilkka, joined us recently to recuperate following a spell in hospital.

Both are here for a period of respite. A very warm welcome Hilkka, it is lovely to have you here and that you are both together again.

Birthdays

We will be getting those candles out, sourcing delicious cakes and gathering to celebrate the following two residents' birthdays:

- 1st November – Edna
- 21st November – Beryl

Happy birthday ladies. We will as ever, be quality testing the cakes!



New Kid on the Block

Our Audrey recently had a new addition to her home life; the rather delicious Blue. Isn't he gorgeous! She has brought him in a couple of times and for such a youngster he is very well behaved. Such a delight and very, very cuddly! (ahhhhh, the Dark Furry One would be ever so furious.)



Surveys

We have recently rolled out our annual residents' surveys. We are currently looking at responses and we will be circulating a summary in due course. Before the end of the year we hope to send out our Relatives & Friends surveys also.

Home Diary

We have ressurected our monthly diary! As you know, we always used to produce one ahead of the forthcoming month, but once we went into lockdown earlier in the year when the pandemic hit and non-essential visits were cancelled, we decided to do away with this and to provide ad-hoc daily activities. However, after a recent residents' meeting it was agreed we should reintroduce this, which we are very pleased about. Please refer to the end of the newsletter for forthcoming diary dates. Just to remind you things can sometimes change due to circumstances and there will be ad-hoc walks out to the river if the weather permits.

Our dear friends at Music in Hospitals continue to provide fantastic musical concerts, via live links. We don't know what is on until the Friday before, so we will advise on the day. It can be anything from classical jazz, opera, folk, piano concerts – they are an eclectic bunch and extremely talented. Concerts are an hour long Tuesday-Friday either in the morning or afternoons.



Sandra & Ann, our glamorous MacMillan girls (you should see them juggle a French Fancy)



Gay kicks off the MacMillan Morning

MacMillan Coffee Morning

We scaled down a bit this year for the annual MacMillan Coffee Morning and although we couldn't invite anyone over all staff did an excellent job in providing prizes for the raffle and purchasing lots and lots of tickets. We raised £107.00 which we think is pretty amazing bearing in mind the circumstances! Thanks to Gay for organising and all our staff. It was a huge amount of fun in the lounge.

Hairdresser

The Tier 2 High Risk that we find ourselves in at the moment has meant that we have had to cancel visits from Grace our hairdresser for the time being. Obviously once we are out of this lockdown Grace will be back (she's a huge hit here and we do not want to lose her). In the meantime our Gay & Ewa do a fantastic job in filling in for Grace in her absence.

Chiropodist

We are pleased to report that Stella our Chiropodist, is considered an essential visit. She recently came in and she is due to visit again on Thursday 17th December.



Double winner Louise (now known as Bubbles)

Covid-19

At the time of going to press we remain Covid-19 free as a Home. We continue to test all staff weekly and residents once every 28 days.

However, recently the Government announced that Elmbridge is now a Tier 2 High Risk area. For us as a Home, this means we are no longer allowed to have nominated visits inside, which were taking place in our old library (scheduled visits, in a highly sanitised environment). It is such a shame as this was going so well as people were able to meet with their loved ones again. However, we want to help as much as we can without compromising on our safety and after considering our options we would like to suggest the following:

External Visits

Residents' nominated relative/friend could arrange for an external visit, i.e. meet outside for a local walk, whilst following the national guidelines, i.e. no physical contact.

Royal Cambridge Garden Visits

Similarly, residents' nominated relative/friend could arrange to come over to the Home for a garden visit, following the national guidelines but this is very dependent on weather.

Window Visits

We have found that our dining room works incredibly well for window visits! Relatives / Friends have arrived outside of the building and can meet up through the open window.

Obviously all of the above is very much subject to weather conditions! Please liaise with the main office if you would like to book something up and again, we would like to stress that the first two options will have to be kept to nominated visitors only. Also, for those residents who have ground floor rooms on the front of the building you could also consider a window visit.

Other Methods

Please don't forget we have the iPad, mobile and Portal. We can easily arrange Zoom Meetings for families / friends, FaceTime or else a simple telephone call. Our mobile number is 07730 691907 and again, if you would like to arrange something please call either Sue or Melissa in the main office 020 8979 3788 to arrange.

Care Control – Friends / Families

We introduced to the Home a brand new care plan system called Care Control, which is going well and has a lot of extra features, which we are gradually introducing. One of these is a separate App called "Friends & Families" – this allows relatives and friends to send messages / upload photos and in certain situations, such as next of kin, to view their individual relative's care plan. We are working on this and we hope to launch it by the end of the year. Watch this space.

We really are trying to do as much as possible in order to keep important contact going.

In the meantime folks, on behalf of The Royal Cambridge we wish you all the very best of health and continued good spirits. It's business as usual here and our aim is to keep everyone safe whilst having fun!



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.

The Diary for November 2020

It's back !

	Morning	Afternoon
Sun 1 st Nov	Edna's Birthday 11.00am – Sherry in the lounge	Garden Walks / River Walks / Games in lounge
Mon 2 nd Nov	11.00am – Keep Fit with Pom Poms	2.00pm – Quiz & Poetry
Tues 3 rd Nov	11.00am - Skittles	2.00pm – Memory Tray
Weds 4 th Nov	11.00am – Keep Fit to music	2.00pm – I Spy Bottle
Thurs 5 th Nov	11.00am – Residents' Choice & Newspapers	2.00pm – Seated Netball
Fri 6 th Nov	11.00 – Coffee, cake & Conversation	2.00pm – Friday Bingo
Sat 7 th Nov	Garden Walks / River Walks / Games in lounge	
Sun 8 th Nov	REMEMBRANCE SUNDAY 11.00am – Sherry in the lounge	Garden Walks / River Walks / Games in lounge
Mon 9 th Nov	11.00am – Keep Fit with Batons	2.00pm – Board Games
Tues 10 th Nov	11.00am – Residents' Meeting	2.00pm - Boules
Weds 11 th Nov	REMEMBRANCE DAY	2.00pm – Quiz & Poetry
Thurs 12 th Nov	11.00am – Residents' Choice & Newspapers	2.00pm - Bingo
Fri 13 th Nov	AM - Hairdressing	2.00pm – Seated Exercise
Sat 14 th Nov	Garden Walks / River Walks / Games in lounge	
Sun 15 th Nov	11.00am – Sherry in the lounge	Garden Walks / River Walks / Games in lounge
Mon 16 th Nov	11.00am – Keep Fit with Pom Poms	2.00pm – Quiz Ball
Tues 17 th Nov	11.00am – Indoor Parachuting !	2.00pm Quiz & Poetry
Weds 18 th Nov	11.00am – Keep Fit to music	2.00pm – Hand Massages
Thurs 19 th Nov	11.00am – Stirring the Christmas Pudding	2.00pm – Hoops on a Ring
Fri 20 th Nov	11.00am – Photo Shoot	2.00pm – Friday Bingo
Sat 21 st Nov	Beryl's Birthday - Garden Walks / River Walks / Games in lounge	
Sun 22 nd Nov	11.00am – Sherry in the lounge	Garden Walks / River Walks / Games in lounge
Mon 23 rd Nov	11.00am – Keep Fit with Batons	2.00pm – Board Games
Tues 24 th Nov	11.00am – Sing-Along with Gay	2.00pm – Horse Shoe Game
Weds 25 th Nov	11.00am – Keep Fit to music	2.00pm – Making Bird Feeders
Thurs 26 th Nov	11.00am – Residents' Choice & Newspapers	2.00pm - Bingo
Fri 27 th Nov	AM - Hairdressing	2.00pm – Seated Exercise
Sat 28 th Nov	Garden Walks / River Walks / Games in lounge	
Sun 29 th Nov	11.00am – Sherry in the lounge	Garden Walks / River Walks / Games in lounge
Mon 30 th Nov	11.00am – Keep Fit with Pom Poms	2.00pm – Hand Massages

Just a reminder, activities subject to change, additions and the Great British weather.