



# Home Matters

The newsletter for The Royal Cambridge Home  
Gliding Gracefully into January 2020

*Celebrating inclusiveness in all that we do*



After struggling for months with failing eye sight Maggie finally took the plunge and visited the opticians. This new understated range is so versatile and fits in with many of Maggie's outfits.

## Happy New Year Everyone and welcome to the very space age sounding 2020!

It seems like only yesterday we were celebrating the new millennium and here we are 20 years later. Incredible.

We had the most fun packed December. Our diary is normally full however the festive month really was something quite special. We had so many musicians in, so much so that at times the main office felt like the Royal Albert Hall box office.

We enjoyed some soulful jazz from a new singer, Phil and the wonderful band from the Royal Hospital Chelsea entertained us, the touring theatre show who put on a spectacular variety show, a marvellous local choir who quite frankly stopped us all in our tracks with their uplifting songs, Reverend Anne Farmer and some of the local congregation from St Paul's and last but not least Brian our pianist came in with his grandson and we enjoyed a good old festive sing song. This on top of all our other usual activities and trips out. The atmosphere here has been simply electric! Oh and did we mention we enjoyed another pub lunch?!

## Fundraising

Thank you everyone who supported us so generously with tombola, raffle prizes and buying raffle tickets. Our two festive fundraising events raised a magnificent **£635.00** in total, which comprised of £506.00 for Magical Molesey and our Christmas Raffle £129.00. For a small independent Home that is quite something and we thank you all for your support.



Everyone a winner....Monique's daughter Pat scoops a superb prize at the Christmas Eve raffle.



Suspense as Wendy and daughter Carolyn await the start of the raffle.







Another delicious pub lunch with friends at The Marquis of Granby

2020  
happy new year



## News from The Dark Furry One...

Hello All, Max here.

Like many of us during this festive time, I have perhaps indulged a little too much. Luckily, I do not worry about waistlines and counting calories. With my stunningly dark and brooding good looks I have been blessed with plenty on the handsome front, although sometimes this can be a nuisance as the office staff can become preoccupied with my model looks. A curse I have to bear.

As a little bit of festive fun I thought you might like to know some very interesting cat facts. I am truly amazing and these little nuggets prove it:

- ♥ A cat's sense of smell is 14 times – yes, 14 times! – more sensitive and stronger than humans.
- ♥ Cats can run at 30 mph – don't try and catch me you'll never win!
- ♥ On average, cats spend around two thirds of their days sleeping. To give you an idea, a nine-year old cat has been awake for three years of its life. Do not underestimate me, I am busy scheduling and planning!
- ♥ Cats can make over 100 different sounds, whereas dogs make around 10. Need I say anymore!
- ♥ The ridged pattern on a cat's nose is as unique as a human fingerprint. The same applies to dogs. Except they are not as gorgeous as me and my feline friends!

**Max Cambridge, Head of Pest Control and Security and admired by all. It's cool to be a cat.**



Christmas Jumper day with Janet & Pretzel



A dazzling member of the visiting theatre group



## Staff News

We will be carrying out a recruitment drive in January to add more care staff to our team.

In the meantime, we are very pleased to announce that we have a new Care Manager who is due to start in mid-January. His name is Dominik and he will be joining Jake and Vicky.

Paula joins the night care team and Mandy will be joining the day care team.

A warm welcome to our new team members and good luck in your new roles everyone.

Sadly, Patricia our Kitchen Assistant will be leaving in January to start a new career. Good luck Patricia!



Backstage at Gay's Carol Concert. Rory and Melissa apply some last minute wardrobe adjustments to Gillian's hat.



Liliana and Duncan create beautiful floral table displays.



Boxing Day is only complete when the blow up reindeer antlers are in place. Look out Ladies Day at Ascot.

26/12/201



Aha, this can only mean one thing.....yes folks the start of the Christmas Raffle.



Rojina & Kasia sport the latest in designer headgear. Rojina's perked up no end when they were watered.

## Forthcoming Highlights & Diary Notes

After the absolute jam packed diary of December we are taking it a little bit quieter, although still a good schedule.

Please do book your seat on the minibus for another pub lunch scheduled for Friday 17<sup>th</sup> Jan. This is so popular and always terrific fun.

We're also off to the garden centre (venue to be confirmed) on the afternoon of Thursday 23<sup>rd</sup> Jan. We'll have a browse round followed by tea and cake, so do book your spot.

### Other key notes

- ⊙ **Residents' Meeting** – Friday 3<sup>rd</sup> Jan at 11.00am.
- ⊙ **Shopping at Tesco** – Thursday 2<sup>nd</sup> Jan, Thurs 16<sup>th</sup> Jan and Thurs 30<sup>th</sup> Jan, all departing at 10.30am.
- ⊙ **Library Trip** – Weds 6<sup>th</sup> Jan and Weds 29<sup>th</sup> Jan, both departing at 2.30pm.
- ⊙ **Tim the Chiropodist** – the morning of Thursday 2<sup>nd</sup> Jan



## Condolences

*Our condolences go out to the daughter and family of May Moon and also to the daughters and family of Marjorie Edwards, who both recently passed away. Incredible ladies both of them and although we were sad to say goodbye we have such fond and lovely memories. RIP dear friends.*



## 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](http://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 Month of January – interesting facts...

- January was named for the Roman god Janus, known as the protector of gates and doorways, which symbolize beginnings and ends. Janus is depicted with two faces, one looking into the past, the other into the future. A fitting symbol for this first day of the year. It's natural for us to reflect on the past year and also look forward to the new.
- The weather of the first 12 days of the year is said to be indicative of the following 12 months.
- January was originally the 11th month, not the 1st, until at least 153 B.C. In Rome, this month was often a time of peace when the gates of the temple were closed. Only when the gates were open was Rome at war.
- January 5th brings Twelfth Night, an English folk custom that marked the end of Christmas merrymaking, and in ancient Celtic tradition, the end of the 12-day winter solstice celebration.
- January 6 is Handsel Monday. According to Scottish custom, the first Monday of the new year was the time to give children and servants a small gift ("handsel"), intended to bring good luck.



- Saturday 25<sup>th</sup> January marks the Chinese New Year and this year is the year of the Rat. It's traditional for Chinese families to give money in envelopes at this time of the year. Colour has a powerful impact on mood, and red is considered auspicious and powerful, hence many envelopes are red.

- January's birthstone, the garnet, is thought to keep the wearer safe during travel.



### A Red, Red Rose

by Robert Burns

O my Luve's like a red, red rose  
That's newly sprung in June  
O my Luve's like the melody  
That's sweetly play'd in tune

As fair art thou, my bonie lass,  
So deep in luve am I;  
And I will luve thee still, my dear,  
While the sands o' life shall run.

And fare-thee-weel, my only Luve!  
And fare-thee-weel, a while!  
And I will come again, my Luve.

# The Diary for January 2020

	Morning	Afternoon
Weds 1 <sup>st</sup> Jan	10.30am – Keep Fit	2.30pm – Quiz & Poetry
Thurs 2 <sup>nd</sup> Jan	AM – Tim, The Chiropractor 10.30am – Tesco Shopping	2.30pm – Hand Massages
Fri 3 <sup>rd</sup> Jan	11.00am - Residents Meeting	2.30pm – Friday afternoon Bingo
Sat 4 <sup>th</sup> Jan	Grace, the hairdresser	
Sun 5 <sup>th</sup> Jan	11.00am – Sherry in the lounge	
Mon 6 <sup>th</sup> Jan	10.30am – Keep Fit with pom poms	2.30pm – Board Games
Tues 7 <sup>th</sup> Jan	10.30am – Hand Massage	2.30pm – Seated Netball <b>6.30pm-7.30pm – Evening Activity</b>
Weds 8 <sup>th</sup> Jan	10.30am – Keep Fit	2.30pm – Library
Thurs 9 <sup>th</sup> Jan	10.30am – Hoops on a Ring	2.30pm – Quiz Ball <b>6.00pm – Manager's Monthly Drop In Session</b>
Fri 10 <sup>th</sup> Jan	10.30am – Baking with Melissa & Gay	2.30pm – Bingo <b>6.30pm-7.30pm – Evening Activity</b>
Sat 11 <sup>th</sup> Jan	Grace, the hairdresser	
Sun 12 <sup>th</sup> Jan	11.00am – Sherry in the lounge	
Mon 13 <sup>th</sup> Jan	10.30am – Keep Fit to Music	2.30pm – I Spy
Tues 14 <sup>th</sup> Jan	10.30am – Photo Shoot	2.30pm – Skittles <b>6.30pm-7.30pm – Evening Activity</b>
Weds 15 <sup>th</sup> Jan	10.30am – Brian the Pianist	2.30pm – Horseshoe Game
Thurs 16 <sup>th</sup> Jan	10.30am – Tesco Shopping	2.00pm – Beanbag Game
Fri 17 <sup>th</sup> Jan	11.30am – PUB LUNCH	2.30pm – Friday afternoon Bingo <b>6.30pm-7.30pm – Evening Activity</b>
Sat 18 <sup>th</sup> Jan	Grace, the hairdresser	
Sun 19 <sup>th</sup> Jan	11.00am – Sherry in the lounge	
Mon 20 <sup>th</sup> Jan	10.30am – Keep Fit	2.30pm – What's In The Bag?
Tues 21 <sup>st</sup> Jan	10.30am – Parachute Game	2.30pm – Board Games
Weds 22 <sup>nd</sup> Jan	10.30am – Keep Fit with Pom Poms	2.30pm - Bingo
Thurs 23 <sup>rd</sup> Jan	10.30am – Hand Massages	2.30pm – Garden Centre
Fri 24 <sup>th</sup> Jan	10.30am – Baking with Melissa & Gay	2.30pm – Quiz & Poetry
Sat 25 <sup>th</sup> Jan	Grace, the hairdresser	
Sun 26 <sup>th</sup> Jan	11.00am – Sherry in the lounge	
Mon 27 <sup>th</sup> Jan	11.00am – Keep Fit	2.30pm – Board Games
Tues 28 <sup>th</sup> Jan	10.30am – Hymns & Prayers with St Paul's	2.30pm – Skittles
Weds 29 <sup>th</sup> Jan	10.30am – Keep Fit to Music	2.30pm - Library
Thurs 30 <sup>th</sup> Jan	10.30am – Tesco Shopping	2.30pm – Memory Tray
Fri 31 <sup>st</sup> Jan	10.30am – Baking with Melissa & Gay	2.30pm – Friday afternoon Bingo
Sat 1 <sup>st</sup> Feb	Grace, the hairdresser	
Sun 2 <sup>nd</sup> Feb	11.00am – Sherry in the lounge	
Mon 3 <sup>rd</sup> Feb	11.00am – Residents Meeting	2.30pm – Quiz & Poetry
Tues 4 <sup>th</sup> Feb	10.30am – Keep Fit to Music	2.30pm – Board Games
Weds 5 <sup>th</sup> Feb	10.30am – Coffee, cake & games	2.30pm – Beanbag Game
Thurs 6 <sup>th</sup> Feb	10.30am – Skittles	2.30pm - Skittles
Fri 7 <sup>th</sup> Feb	10.30am – Baking with Melissa & Gay	2.30pm – Friday afternoon Bingo

**We wish you all good health and peace for 2020**