



May 2020

The newsletter for The Royal Cambridge Home

*Celebrating inclusiveness in all that we do*

Hello Everyone and a big Royal Cambridge welcome to the May edition of our Home Matters newsletter. Although we, like so many others, are on a lockdown and not seeing any non essential visitors we are coping surprisingly well with the situation and although we miss our families and friends we have kept our spirits high and have had a remarkably good April, helped enormously by the weather and our substantial back garden. We have had plenty to celebrate, including an impromptu BBQ and the 100<sup>th</sup> birthday party for Margot. Lookout in this issue for a marvellous picture of Margot from her birthday do plus a photo supplied by her family of when she was about 22 in her ATS uniform.



Before we recap and share our photos from the last month below is a message from our Chairman, Robert Dowler.



*As the Covid-19 pandemic continues can I say, on behalf of the Trustees, how grateful we are to all the members of staff who are working under very difficult and stressful conditions to provide care for our residents. You are doing an amazing job – so thank you. I am sure those feelings are echoed by residents' families and friends despite their frustrations of not being able to have personal contact with their loved ones.*

*The effects of the Covid-19 pandemic are varied and far-reaching and clearly are having a major impact on our re-development plans. Discussions with Sheppard Trust representatives are on-going and, as you can imagine give rise to a number of imponderables. For example how long will it take, if it goes ahead, for the Planning Appeal to be heard and therefore how long before we know the outcome, what will the effect of the pandemic be on the construction industry in terms of materials supply and building costs etc. and many other issues. As time passes, no doubt, the situation will become a little clearer and as and when it does I shall let you know.*

*Please stay safe and well.*

*With best wishes  
Robert Dowler*



Pretty in pink Lavinia

## A Glorious April

Just as we approached the lockdown we were suddenly plunged into some very warm early sunshine. For us this was just what the doctor ordered and we were able to enjoy coffee and cake mornings, a BBQ and some promenades around the garden.



Pat



Gisele wears a daisy chain

## Family, Friends & The Community

This is an extremely strange time for all of us, however we have seen so much good and acts of kindness we have been bowled over.

Not only have we received some lovely gifts and hampers we know we have the support of our friends, families and our Trustees, which means so much to us. Thank you.

People have offered their time should we need it so much so that we are now keeping a list just in case!

Gerry, a neighbour, dropped off Easter Eggs for each of our residents, Aaron a local gentleman created and made 3D plastic visors and we recently received some hand knitted face mask adapters from Jan, again a local neighbour who has created quite a storm on Facebook. Not only that we were so thrilled and surprised to receive three beautiful handmade cards from the Molesey Cubs – we don't mind admitting this brought a tear to our eyes. Thank you.



Audrey enjoys a cuppa al fresco





Ewa awaits her next client

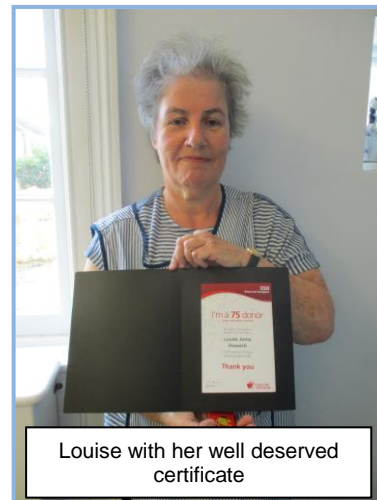


## The Royal Cambridge Staff

So many people have been mucking in and going the extra mile. With the absence of Grace our hairdresser Ewa has not only been carrying out her role as Senior Carer but has also been manicurist and hairdresser to some of our residents. There's not been a hair out of place! Right next the staff....

We would also like to mention that when Louise is not working at the Home or walking the families' two dogs she is a regular blood donor. She recently gave blood for the 75<sup>th</sup> time and has been awarded with a special certificate. Incredible.

Gillian, whose main job is as Activities Coordinator has been donning a blue T shirt and has assisted the care team on occasions, which has been hugely helpful.



Louise with her well deserved certificate

## Coronavirus Update

First of all we send best wishes to everyone out there on the front line, including all of our colleagues in the care industry. We are very happy to report that currently we do not have any cases amongst our residents and staff. Long may it continue. In the meantime Rory continues to hold regular Coronavirus meetings with his management team and we are keeping up-to-date with Public Health England updates and the Government's daily briefings and guidelines. We can also confirm that all necessary and essential supplies, including personal protection equipment (PPE) remain fully stocked.

## A Birthday to Remember



... amazing at 100

We had the most incredible day celebrating Margot's 100<sup>th</sup> birthday. Although Margot's family could not be here in person she received so many cards (many homemade), gifts, flowers and balloons and of course an extra special one from The Queen. The team put on a 100<sup>th</sup> birthday buffet and we celebrated with a few bubbles. Big thanks to Kasia in the kitchen who made three cakes for Margot which spelled out 100. They didn't last long!

Margot was active throughout World War II as a member of the ATS. Initially she spent over two years in Scotland with the unusual



ATS girl Margot at 22

combination of roles as a PT instructor in a women's unit as well as being a lecturer in politics. Following this period, she went to live in London where amongst other things, she worked as a fire watcher on the roof of Victoria Station, including during the Blitz. While in London, Margot became engaged to an RAF pilot, Brenin Valentine, who had several poems published in the Punch magazine and whose family worked in the heyday of Hollywood films. Sadly Brenin was lost over the North Sea on a bombing mission. Shortly after the War, Margot met and married John Webb, who had spent 5 years specialising in Radar in Army Intelligence in Burma. They had three daughters, Rosalind, Annabel and Victoria. Margot has three grandsons and five granddaughters, not to mention nine great grandchildren.



## News from The Dark Furry One...

Hello All, Max here.

I don't know where to start. Picture the scene.....one afternoon I'm busy minding my own business and the next minute three members of my team bundle me into what I've heard them refer to as a "cat carrier" – I ask you!!!! I should have known as they had purposely not fed me that morning and I sensed trouble was brewing. Then the next thing I'm whisked outside, shoved in a car and taken to Vets at Home. I've been there before and so I knew the drill. It either involves a set of what can only be described of as garden shears or a syringe type instrument. Either way I don't like it and I have told them this on numerous occasions. Well I can report they knocked me out with drugs (this part is very enjoyable) and I awoke starving hungry with a very unusual haircut. I have to say it's not many of us that can carry this off but I am certainly one of them. I am still breathtakingly gorgeous. Plus I've lost weight, which I have put down to my yoga and skittles practice (action photo on the right with one of my assistants).



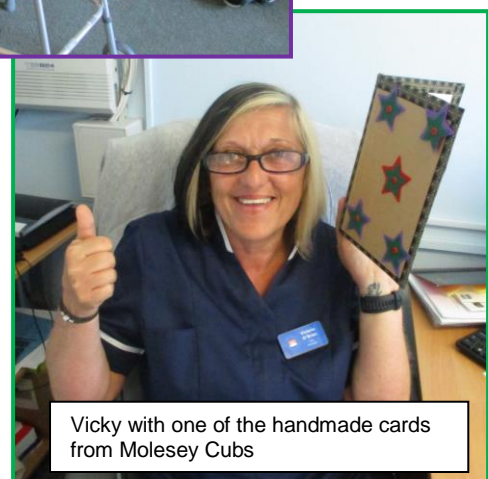
**Max Cambridge, Head of Pest Control and Security and admired by all. Chilled, toned and handsome.**

## Birthdays

This month we celebrate Monique's on the 7<sup>th</sup> and Edie's on the 25<sup>th</sup>. Happy birthday ladies.



Melissa with some flowers from Moira, a gift for the staff to enjoy



Vicky with one of the handmade cards from Molesey Cubs





## We'll Meet Again

With the help from our dear friends at ABF The Soldiers Charity we will be marking the anniversary of VE Day as it is 75 years on **Friday 8<sup>th</sup> May**. This is a bank holiday in the country and whilst we may not be able to go out rest assured our street party will take place either in our lounge or in the garden.



## VE Night

By Iris Aspland, age 11 on 8<sup>th</sup> May 1945

I went to see a bonfire  
On VE night on a hill  
The searchlights all were glowing  
And all was bright and still

Then someone raised a mighty shout  
'Throw on some wood' they said  
'Let's go and bring the people out  
To see the embers red'

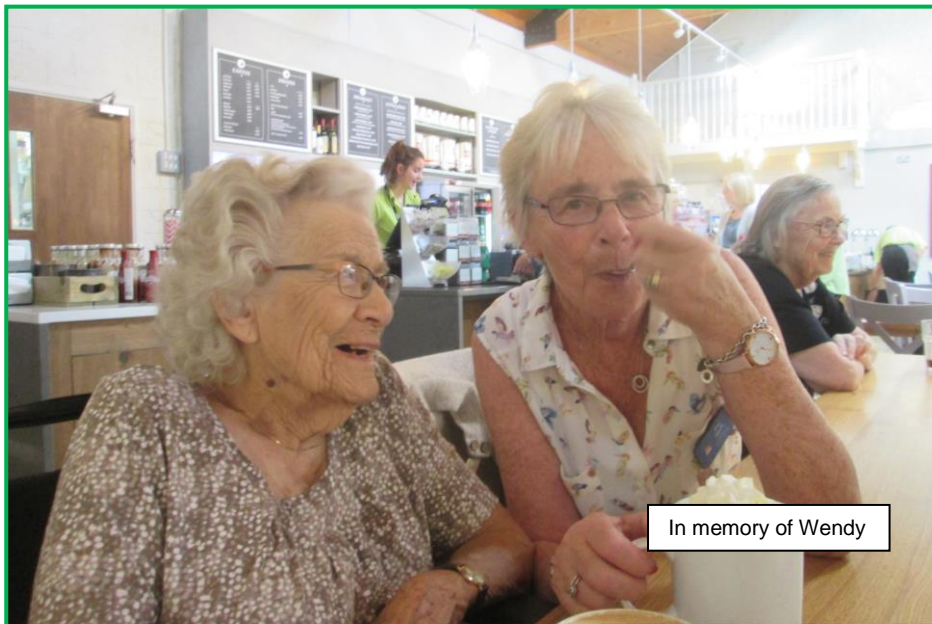
'Let's let off lots of fireworks  
Some yellow, Green and Blue  
Some Catherine wheels and rockets  
And rain of every hue'

The people sang the people danced  
They threw wood on the fire  
And many children saw entranced  
That scene, their hearts' desire

For some had never seen before  
A fire so big as that  
While fireworks and searchlights  
They made a union jack

And when at 4 o'clock next morn  
The crowd went down the hill  
And dawn was breaking far away  
That memory lingered still

# Condolences



*Our condolences go out to Carolyn and Ian, the daughter and son of dear Wendy, our friend and resident who sadly passed away at the beginning of April. The attached photograph is one of our favourite ones. Here she is with Gay smiling as Gay tackles a hot chocolate. Rest in peace.*



## 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.*