

OCTOBER NEWSLETTER 2026

Welcome to October's newsletter. With summer coming to an end, we are enjoying the last of the sunny days and looking towards planning for the cooler months.

Keeping Active

'Kiddleydivey' is such a popular morning. Gunni leads the session, providing a wonderful mix of nostalgic music, props, fun and exercise. These sessions never get old!

Dean from 'G Fitness' is also a welcome visitor. He visits monthly, working with the residents in both House 1 and House 2. Dean's sessions are supplemented by regular 'seated exercise' sessions held by our Wellbeing team members.

The Care and Health and Wellbeing teams regularly review residents' needs and capabilities; and actively encourage as much movement and exercise as possible.

Community engagement: Community Afternoon Tea

Since our last newsletter, we have held two further Community Afternoon Tea events. Gary Oliver performed for us in August, and Andy Farrow in September. Both provided fabulous entertainment.

The sessions were very well attended, and we welcomed lots of visitors from the village as well as residents' families and friends.



Our next donation from money raised from the Community Afternoon Tea raffle, will be to the 'Trussle Fund' Food bank. The charity helps support families and individuals who may be struggling with the rising cost of living and soaring food costs.

In-house Communion Service from URC

This month we welcomed Trevor Andrews to hold our monthly in-house Communion Service. Trevor is a Lay Preacher and has recently started supporting Father Simon of St. Mary's Church, Kelvedon by taking alternate services.

Trevor is getting to know our residents, and they are enjoying the opportunity to worship together.

Attending local coffee mornings

St. Dominics is fortunate to be in an area where there is a real sense of community. Some residents were recently taken to coffee mornings at Kelvedon Library and the URC where they were made very welcome and were soon chatting with villagers. Many of those attending are known to us as they attend our Community Afternoon tea.

Feering Singers

Again, being part of the community means that we have regular visits from local groups, organisations and clubs. The Feering Singers were very keen to come and perform for us and the choir kept everyone entertained with a great selection of tunes. Our residents were in fine voice and enjoyed singing along!

Visit from Harvey Wash – Classic Car Specialist

During a 'Village Showcase' event earlier in year, our Head of Health and Wellbeing was able to do some networking and chat with Harvey, he kindly agreed to come and bring one of his classic cars along for us to see.



It was such a successful morning, so many residents enjoyed seeing the Bentley (some taking the driving seat!) and chatting with Harvey and his wife, Andrea, and reminiscing.



Harvey Wash (left of photo) chatting to residents.

Entertainment & events:

Performance from Alex Southgate

Alex put on a great performance recently, her performance included vocals, harmonica and other instruments. Residents, volunteers and visitors clearly enjoyed the session and there was singing and plenty of armchair dancing!



Angie – Keyboard

What can we say about Angie, she is such a talented musician and ensures plenty of participation during her visits. Her visits are always long awaited.

Michael W – Singer/Guitarist

Michael holds regular singing groups, and as a friend of one of our residents, was keen to come and perform for us. He selected a mixture of 50's and 60's tunes which residents were able to sing along to. Music is so powerful and an individual can be transported back in time by a particular tune.

Animal Therapy

Visit from 'Guide Dogs for the Blind'

What a wonderful morning we had when Sara and Rick, Guide Dog Trainers, came with the new puppy 'Ray' and 'Oakleigh' the German shepherd now 18 months.

So many residents, visitors and staff were delighted to see the dogs and there were so many conversations and questions for Sara and Rick. The animals (and Trainers) were very obliging, spending time in both homes and making room visits. A return visit has been requested!



Pets as Therapy – Poppy

After a break over the summer, Poppy came to visit residents in both homes with her owner Heather. Poppy is a beautiful dog and has such a gentle nature. She never tires of being given attention and strokes! We thank Heather for giving up her time to visit and bringing so much joy to residents.

Other Activities during the month...

Intergenerational Activities

Indoor games with our 'Grandfriends' the Nourished Child (Childminding group)

We had planned a trip to the park with a picnic, however, sadly the weather had other ideas! Instead residents congregated in the upstairs lounge of House 2, where they enjoyed a morning of games, singing and fun!

Going forward, we will be welcoming the children every fortnight to split their visits between both homes.



Creative sessions

Many of our residents enjoy the opportunity to be creative and these sessions encourage conversation while working together. Most recently, a small group made greeting cards for staff members who were celebrating weddings and the arrival of new babies. Our arts and craft cupboard is full of resources and it's great to put it to good use.



'Knit & Natter'

This session generally takes place on a Tuesday afternoon hosted by Kay, Wellbeing Assistant, and joined by Anne, one of our volunteers.

It is a lovely, friendly afternoon and even those who may not have knitting skills, still enjoy the company of other residents (and the occasional visitor).



'History of Flowers' Talk

Carol our Volunteer and flower and plant expert, gave us a very interesting talk recently about the history of many popular flowers. Taking the time to allow everyone to see, touch and smell the flowers made this a sensory as well as a visual session.



We value Carol's expertise and enthusiasm and will be welcoming her back in October where she will be creating some Autumnal/Halloween displays in both homes.

Employee of the Month

We are very pleased to announce our lovely Manager, Tracy Delannoy, has been nominated as **Employee of the Month** by several staff members this month. This recognition is truly deserved and reflects her exceptional commitment, leadership, and dedication to her role.

Tracy has worked at St Dominics for many years, working her way up from Carer to eventually taking on the role of Home Manager. Tracy has managed the Home providing consistently high standards of care and unwavering support for both residents and staff creating a warm and compassionate environment.

Staff who nominated Tracy said she is always available to offer advice and support to them. Another said Tracy is kind and caring towards the residents, she is very knowledgeable of their needs. They said she always makes time for them and is fair and, finally, Tracy is a team player who is lovely to work alongside.

As a company, Tracy's ability to successfully oversee an additional care home this year while maintaining excellent standards of care, staffing support, and resident wellbeing, is a testament to her exceptional leadership skills. Her commitment, accessibility, and willingness to support both staff and residents at all times have earned the respect and appreciation of everyone around her.

We thank Tracy for her unwavering dedication, kindness, compassion, professionalism, and the positive impact she continues to make across all departments and in both homes. Her hard work and willingness to go above and beyond make her very deserving of this award. Well done Tracy! 🎉

In other news...

House 1 continues to be decorated and improved. Lorraine, Facilities Manager, and Matt (Taff) Head of Maintenance have been working at night to paint some of the 'high traffic' areas which would be difficult to work on during the day. They are an amazing team and already everywhere is looking much fresher and brighter.

Residents Meetings

Resident meetings were held at the end of the month to give residents in both homes the opportunity to discuss any concerns or issues. Residents were also updated on what was happening within the home i.e. home improvements and new staff members.

Residents were reminded that they did not need to wait for the next meeting if they had anything that was troubling them, or if there was anything they wished to suggest or discuss.

Congratulations!



Many Congratulations to Team Leader, Ceri, who recently married her Partner, Shaun, on a beautiful September day.

Also, many congratulations to our Deputy Manager, Charlotte, and her Partner, Phil, on the birth of their daughter, Harper.



Congratulations to our Executive Chef, Matt, & his partner, Taylor, on the safe arrival of their daughter Thea.

September Celebrations

Many of our residents celebrated birthdays and occasions this month. Thank you to all the team for making these celebrations run so smoothly and an extra big thank you to the Catering department for their amazing baking skills!

John R wanted to say a special thank you to everyone that helped make his, and his wife, Mary's, wedding anniversary so special.

"On the 25th August, my Wife and I celebrated 64 years of marriage. The Chef in our care home kindly gave us a lovely, decorated celebration cake. In addition, the following Sunday, our family attended a fabulous buffet which was exceptional. We would like to give our heartfelt thanks to all the Staff of St. Dominics"

Another resident and local lady, Pat P, celebrated her 90th birthday this month. On her actual birthday, she was surprised by 17 of her friends from the 'Rosary Group'. After holding a service together, the ladies enjoyed refreshments and some homemade birthday cake.



Forthcoming Events...

This year we are supporting the 'Wear it Pink' Breast Cancer Charity again by hosting a Fundraising Coffee morning. Staff, residents, friends and families are invited to join us on Friday 23rd October from 10.30am in both homes. Angie our talented keyboard player will be entertaining us (in House1) from 2.30pm and cakes will be sold throughout the day. Should you wish to make a cake donation, please speak to our Wellbeing team.

Thank you!

Raffle donations

Raffle prizes for the Community Afternoon Tea fundraising raffle are running low. Should you have any good quality items you may wish to donate, please speak to our Wellbeing Team. We appreciate your support in helping us donate to local groups and charities.

OCTOBER 2026 ACTIVITIES

Thurs 1 st	2.30pm	St. Mary's Communion Service – In-house (House 1)
Fri 2 nd	2.30pm	'The Break Fill Four' Band (House 2)
Sat 3 rd	2.00pm	Alpa Acres Visit to St. Dominics – Garden
Tues 6 th	10.15am	Trip to M&S Tollgate – limited seats
Weds 7 th	2.30pm	'The Casual Crooners' 2.30pm (House 1)
Thurs 8 th	2.30pm	Chris Gordon – Singer (House2)
Fri 9 th	11.00am	Autumnal/Halloween Flowers with Carol (House 1)
	2.00pm	Autumnal/Halloween Flowers with Carol (House 2)
Weds 14 th	11.00am	'Kiddleydivey' Movement & Music (House 1)
Thurs 15 th	10.45am	'The Nourished Child' Nursery children visit (House 2)
Fri 16 th	2.30pm	Alex Southgate Performing (House 1)
Mon 19 th	3.00pm	Dean 'G Fitness' Seated Exercises (House 1)
	3.40pm	Dean 'G Fitness' Seated Exercises (House 2)
Tues 20 th	2.30pm	'Searchlight Re-enactors' 1940s Dancers (House 1)
Weds 21 st	2.30pm	URC Harvest Festival Service House 1 (Harvest Supper in evening – both homes)
Fri 23 rd	10.30am	' Wear it Pink ' Fundraising Coffee morning (House 1 & 2)
	2.30pm	Angie – Keyboard (House 1)
Tues 27 th	10.45am	Sporting Memories Session – House 1
Thurs 29 th	10.45am	Anne Townley 'Household items' Talk – House 2
Frid 30 th	2.30pm	Community Afternoon Tea – Roy Lodge Performing

Daily Activities held in the lounges

Please note, unfortunately, Activities can be subject to change