

AUGUST NEWSLETTER 2026

Welcome to August's newsletter. It certainly seems like our Summer is never ending! The rare cooler days have been a blessing.

Keeping Active

Our monthly visits from 'Kiddleydivy' Movement & Music are eagerly awaited. Gunni has been a very popular visitor to St. Dominics for a number of years now, but her energy and enthusiasm never wains. Every month she arrives with a trolley full of props and residents join in with gusto!



Dean from **'G Fitness'** is also a welcome visitor; his armchair exercise sessions encourage plenty of movement using resistance bands and other equipment. We are pleased to announce that Dean will holding an additional session at House 2 from later this month. I'm sure he will be very popular!

Fred Douglas Entertainment Holiday Music & Movement Session

This session led by Mark really had everyone getting involved, with a 'Holiday' theme playlist. Everyone was encouraged to join in with a selection of travel and holiday related songs while exercising and using props. Mark is such a live-wire, he leaves everyone feeling on a high. As this session was on a warm day, residents cooled down with ice lollies and ice creams to reward them for their efforts.



Sporting Memories

Outreach session from Witham Leisure Centre

Nick has been visiting monthly, playing Boccia (like the French game Pétanque) with a group of residents. Residents appear to become quite competitive although it is all in good spirits, and it is good to see so many people wanting to take part.

Community Engagement: Community Afternoon Tea

July's Community Afternoon Tea event was an excellent afternoon. We welcomed lots of visitors from the village as well as some new residents from House 2 and their friends and families. Entertainment was provided by Joanna Lee, and she put on a brilliant performance, singing a great variety of songs. It was also the first event since our new furniture has been introduced and the new blinds have been fitted, making the Conservatory look very smart and spacious and much cooler.





Communion Service with Trevor Andrews - URC

To create a more 'church like' feel, this service was held in the Conservatory to enable maximum participation. We welcomed residents from House 2, as well as some of our volunteers who are involved with the church. Trevor's service was well received, and it was apparent everyone enjoyed the opportunity to worship together.

Out and About

Wherever possible, we like to attend groups and clubs within the village, **The Library Coffee Morning** is an event where we always receive a warm welcome. It is nice for our residents to mix with locals, and for some of our residents who come from the area originally, it is nice for them to see some familiar faces.

St. Mary's Church Fete

This was a lovey afternoon with all the fun of the fair! The churchyard was set up with some wonderful stalls and treats and our residents really enjoyed looking around and chatting with some of our friends from the village. After, some of our residents enjoyed refreshments and the chance to chat and relax in the cool.

Sadly, we didn't win any prizes, but did come back with some delicious homemade cake and plants.



Out and About:

'Bob's Wish' Trip to Stow Maries Aerodrome

Our resident Bob was very keen on planes and flew his own small plane in later life. It was with him in mind that this trip was booked.



Very sadly, Bob was too unwell to take the trip and died soon after. In his memory, the trip went ahead and residents, Wellbeing staff and a family member/volunteer spent a very enjoyable day out.

Everyone at Stow Maries was incredibly welcoming and volunteers stopped to chat and answer any questions we had. After a morning of exploring and learning about the history of the Aerodrome, we had our picnic and stopped for refreshments (due to it being a warm day, these were well needed) After lunch, we had the opportunity to explore more of the hangers and look around the museum. We all came away tired but happy!



Entertainment:

'The Searchlight Re-enactors' 1940s Dance Troupe

Our versatile conservatory became a dance hall for the afternoon!

The dancers displayed their routines which residents clearly enjoyed, many getting up to join in the dances and the sing-along finale. Dancing together for fun, the troupe perform in many settings and have an amazing collection of vintage clothing and shoes!





'The Ladybirds' Singers

This was the first time we had welcomed the group to perform for us and they did not disappoint! The ladies performed songs through the decades which included an eclectic mix, performing everything from The Weather Girls to Ed Sheeran. Some of these songs may not have been very familiar to our residents, however many expressed how much they had enjoyed the entertainment, asking the ladies to please come back again.



Lynne – Harpist

Lynne is a very talented musician who plays the Harp so beautifully. Residents seated in both lounges really enjoyed her performance and we all felt very relaxed after! Lynne never tires of answering questions about the Harp, especially how such a petite lady manages to transport such a difficult instrument!



Other Activities during the month...

It is almost impossible to list how many activities and interactions take place during the month. Our entire team taking time to chat and engage with our residents.

Many of our residents love quizzes and wordgames, many like to be outside in nature. Some prefer a coffee and a chat and the chance to reminisce. Bingo sessions, singalongs, armchair exercises, art club, flower arranging, pampering, indoor games and room visits are just some of the things that have taken place.

Essex Therapy Dog – Poppy & owner Heather

Poppy is an adorable labrador who is so soft and gentle. She loves to visit and never tires of fuss and affection. Heather, her owner has built up good relationships with some of our residents. and they look forward to seeing her.

Impromptu coffee mornings and sing-along in the garden

Due to the continued warm weather, we have spent time outside where possible, bringing residents and visitors together from both homes. These relaxed mornings have been very sociable, giving everyone the opportunity to get to know each other over a cup of tea. Our most recent gathering included a singalong!



Employee of the Month

This month's Employee of the Month award is being granted to Jackie our lovely Laundry Assistant. Jackie is being nominated for being a great member of the team, always being loving and caring towards the residents. Jackie always provides a listening ear to everyone. Jackie does a great job of managing the laundry and all that it entails.

In other news...

Official opening of 'House 2' by Priti Patel

House 2 has now been open since 19th June, and we welcomed Priti Patel to come and officially open the site. She appeared very impressed, chatting with residents and staff. After she and her team had afternoon tea with our Proprietors prepared by our Catering Team.





Residents Meetings

Residents' meetings have recently been held at both homes. These were led by the Head of Health & Wellbeing and the Home Supervisor. Going forward, the meetings will be held every two months to ensure residents are given the opportunity to raise any issues or make suggestions.

August Birthdays

This is a quiet birthday month, however we make up for it during September when our Chef will be very busy baking!

AUGUST 2026 ACTIVITIES

Tues 4 th	1.40pm	Monastery Visit (limited spaces)
Weds 5 th	2.30pm	St. Mary's Church Service with Father Simon (House 1)
Fri 7 th	2.30pm	Chris Gordon Sings (Upstairs lounge – House 2)
Weds 12 th	11.00am	'Kiddleydivey' Movement & Music (House 1)
Thurs 13 th	10.45am	Talk - 250 years on 'John Constable the Man & his Landscapes' The National Trust (House 1)
Fri 14 th	2.30pm	'Pimms on the Patio' with entertainment from Alex Southgate (House 1 Garden)
Tues 18th	1.00pm	SUMMER BBQ – RESIDENTS + GUEST (HOUSE 1 & 2) ENTERTAINMENT FROM ANDY FARROW
Thurs 20 th	2.00pm	Outdoor fun & games with 'The Nourished Child' childminder (House 1 Garden)
Fri 21 st	2.30pm	Angie – Keyboard performing at House 2 (Upstairs lounge)
Mon 24 th	3.00pm	Dean 'G Fitness' Seated Exercises (House 1)
	3.40pm	Dean 'G Fitness' Seated Exercises (House 2)
Tues 25 th	10.45am	'Sporting Memories' session from Witham Leisure Centre (House 1)
Thurs 27 th	2.30pm	'The Casual Crooners' Choir (House 2 – Upstairs Lounge)
Fri 28 th	2.30pm	Community Afternoon Tea - performance from Gary Oliver (House 1)

Daily Activities held in the lounges

Please note, unfortunately, Activities can be subject to change