

SEPTEMBER NEWSLETTER 2026

Welcome to September's newsletter. What a summer it's been! The cooler temperatures have been a relief for us all and we hope for some dry and sunny late summer and autumn days.

Keeping Active

As per previous months, we have some regular Activities which residents really look forward to. This includes 'Kiddleydivey' a fun-filled hour of nostalgic music, exercises and fun. Gunni who runs the session is so full of positivity and energy and everyone joins in with enthusiasm.

Dean from 'G Fitness' is also a welcome visitor. This month, Dean worked extra hard as he did back-to-back sessions at both House 1 & then House 2.

Residents in both homes enjoyed exercising using resistance bands and other equipment. Dean is a cheeky chappie and gets the best out of everyone using his humour and charm!

Sporting Memories Outreach session from Witham Leisure Centre

Nick has been visiting us for the past few months and is getting to know residents well. His session often includes encouraging residents in a game of Boccia and/or armchair exercises and virtually everybody gets involved.



Community Engagement:

Communion Service with Father Simon

This month it was the turn of Father Simon of St. Mary's Church, Kelvedon to deliver the Communion Service. Father Simon gave his sermon and those residents who wished to do so took Communion. Many of our residents are religious and appreciate the opportunity to worship, pray and sing hymns together. Father Simon will always take time to chat with residents afterwards which they all enjoy.

Out and About

Trip to the Monastery

This trip took place on a very warm afternoon, so it was a real relief to visit the shade of the monastery grounds and see some of the fascinating buildings. Father Andrew greeted us and was very attentive during our visit. He took time to share the history of the Monastery and answer any questions we had. At the end of the tour, we were offered refreshments in the Refectory and enjoyed sampling the Greek equivalent to Turkish Delight which was delicious!



Entertainment & events:

Chris Gordon – Singer

Chris put on a fabulous afternoon's entertainment where residents from both homes came and enjoyed a variety of '50s and '60s tunes. A very experienced vocalist, Chris sang with bands for many years before becoming a solo entertainer. He ensured there was plenty of participation from the audience and left everyone feeling happy.



Andy Farrow 'Andy's Vocals'

Unfortunately, our Summer BBQ was cancelled due to the very dry conditions and the fire risk.

However, we still had entertainment from Andy, and he put on an amazing show. Again, residents from both homes and some visitors joined us and virtually everyone was singing along!



There was some dancing too! Andy is a great showman, taking time to chat and engage with his audience.

We look forward to his next visit.

Talk from Patricia from The National Trust '250 Years on – John Constable, the man and his landscapes'

Patricia, a Volunteer for the National Trust gave us a very informative talk recently about John Constable. Due to a technical issue, we were unable to see the images on the screen, instead using the blank wall (this was equally as effective!) Pat shared her knowledge of the Artist and his life which Residents found very interesting.

Due to the success of this session, future talks on subjects of interest are being planned.



Performance from 'The Casual Crooners' Choir

Many of the members in this group have sang with other choirs over the years and have now become part of 'The Casual Crooners'

The group from Tiptree are so friendly and love to see residents singing along with them to a selection of well-known tunes. Their visits always leave everyone in a cheerful mood. Doreen C even played the spoons which added to the entertainment!



Other Activities during the month...

Intergenerational Activities

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

This was such a lovely morning with some residents from both homes joining Nikki (Childminder) and the children in the garden variety of games, songs and nursery rhymes. The 'Parachute' game had everybody joining in and there were so many happy faces.



Afterwards, residents were on a real high and clearly benefited greatly from the inter-generational activity.



Outdoor creative/art session

Making the most of the cooler temperatures, a group of residents enjoyed the good weather by taking part in an Arts and craft session in the garden. Chatting (and singing) together while working, residents created some beautiful patterns using doilies as a template and made a collage. The afternoon encouraged residents to be creative, using fine motor skills as well as enjoying each other's company. Encouraging both homes to mix during Activity sessions is forging new friendships and widening the residents' social circle.



Gardening/Harvesting

Many of our residents are keen gardeners and enjoy being outside in the fresh air. Some of our 'vegetable crop' was ready to be harvested and a group of willing residents spent an enjoyable afternoon, digging, weeding and chatting together. The harvest was only small, but everyone was pleased with their efforts. Our tomatoes are still going strong so they will be ready to be picked soon.



'Knit & Natter'

Many of our residents are very keen knitters and we have re-introduced our 'Knit and Natter' sessions, giving residents the opportunity to chat together whilst working on their creations. As the weather cools and the days shorten, these sessions will become even more popular.

Our activity sessions are very varied, and we try to cater for all residents likes and interests as much as possible.

Most days you will find our teams holding a variety of sessions including word game challenges, number games, seated exercises, quick thinking games, quizzes, Bingo! (we have cat, dog, bird, and musical bingo) sing-a-longs, indoor games, arts, crafts, flower arranging, reminiscence, garden walks, gardening, village walks, trivia, 'themed' days and pamper treatments and one to one sessions.

Many of our residents are very keen on classic cars and in early September (weather permitting) we look forward to welcoming a local Vintage car expert, Harvey Walsh, who will be bringing a vintage Bentley for us to see.

Employee of the Month

We are delighted to recognize **Nicole** as our Employee of the Month for her exceptional dedication, commitment, and unwavering support of **St Dominics**.

In other news...

The 'Quiet Lounge' in House 1 has recently undergone a transformation. The room has been completely re-decorated and new flooring laid. The area looks especially inviting now and very airy and spacious.



Residents Meetings

Resident meetings will be held at the end of September in both homes, giving residents the opportunity to discuss any issues, raise any concerns and give feedback. Please see the Activities sheet for the time and dates of these meetings.

Congratulations!

Congratulations to our residents (House 2) John and Mary who recently celebrated their 64th Wedding Anniversary. The couple enjoyed the day and were presented with a cake and prosecco. They look forward to celebrating with their loved ones.



September Birthdays

Many happy returns to Pat P (Special birthday!), Val T, Brian, Roy S and Nellie who all celebrate their birthdays this month.
Cheers!

SEPTEMBER 2026 ACTIVITIES

Wed 2 nd	2.30pm	Songs from 50s & 60s from Michael Wigley (House 2)
Thur 3 rd	2.30pm	URC Communion Service - Trevor Andrews (House 1)
Wed 9 th	11.00am	Carol (Volunteer) 'History of Flowers' Talk (House 1)
Thur 10 th	2.30Pm	Performance from Alex Southgate – Singer (House 1)
Fri 11 th	11.00am	Harvey bringing his Vintage Bentley Weather permitting
Tues 15 th	10.45am	Guide Dogs Visit (House 1 & 2)
Wed 16 th	11.00am	'Kiddleydivey' Movement & Music (House 1)
Thur 17 th	11.00am	Games & Picnic with 'The Nourished Child' at the Park Weather permitting
Sat 19 th	2.30pm	Angie – Keyboard (House 1)
Mon 21 st	3.00pm	Dean 'G Fitness' Seated Exercises (House 1)
	3.40pm	Dean 'G Fitness' Seated Exercises (House 2)
Wed 23 rd	2.30pm	Feering Singers – (House 2)
Fri 25 th	2.30pm	Community Afternoon Tea with 'Andy's Vocals'
Mon 28 th	4.45pm	Visit from local 'Rainbows' Group (House 1)
Tues 29 th	10.45am	Sporting Memories (House 1)
		'Gents Club' with Volunteer Karl (House 2)
Wed 30 th	1.20pm	Tea Dance with Jeff Short Band – Witham Public Hall (limited tickets – lunch provided)

RESIDENTS MEETINGS

HOUSE 1 – WEDNESDAY 23RD SEPTEMBER 11.00AM

HOUSE 2 – THURSDAY 24TH SEPTEMBER 11.00AM

Daily Activities held in the lounges

Please note, unfortunately, Activities can be subject to change